

Integrative Health Experience Session
Sports Medicine Department Team



Olympic Training Center
Sant Cugat del Vallés SPAIN

CST CONSORCI SANITARI DE TERRASSA



- From the 17th century onwards we get references about a Hospital called Sant Llatzer in Terrassa.
- On March 25, 1988, the DOGC published Decree 58/1988 of the Department of Health and Social Security, through which the Hospital Consortium of Terrassa was created.
- As of February 1991, a special attention unit for athletes from the Sant Cugat Sports Center (CAR) Center was created.

On the occasion of the designation of Barcelona as the site of the Olympic Games of the 92, the High Performance Center was inaugurated in October 1987.

It was a labour rehabilitation Center (CMR). The first modalities that trained at the CAR were fencing, weightlifting, table tennis, wrestling and judo.

In 1991, a collaboration agreement was signed between the Catalan Health Service, the catalan sports department (SGE) and the CST to create a care unit for CAR athletes.

Evolution of the environment and the specific sector where we are

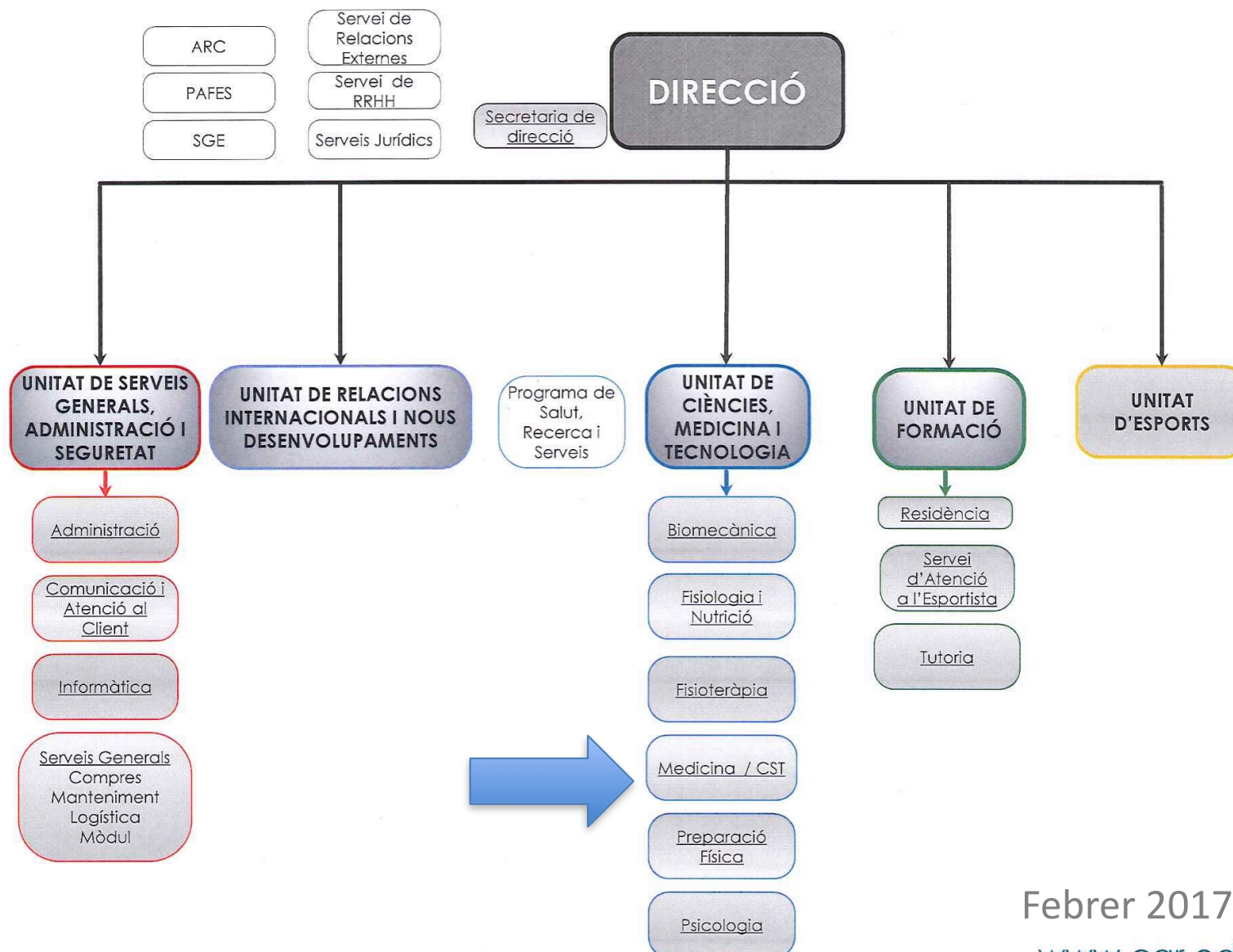
A high performance center with its own hospital



CENTROS DE ALTO RENDIMIENTO Y CENTROS ESPECIALIZADOS DE ALTO RENDIMIENTO

Clasificados por el CSDs, según establecen la Resolución de 27 de mayo de 2014, de la Dirección General de Deportes.

Medical sports service at CAR



Febrer 2017
www.car.edu

CAR

CST

SCIENCE, MEDICINE AND TECHNOLOGY

**STRENGTH
TRAINING**

BIOMECHANIC

**PHYSIOLOGY/
NUTRITION/
PSICOLOGY**

**SPORTS
MEDICINE**

PHYSIOTHERAPY

**Clinic biomechanics
Functional diagnostics**

Musculoskeletal
ultrasound

Medx test

Estabilometry

Isokinetics
Tests

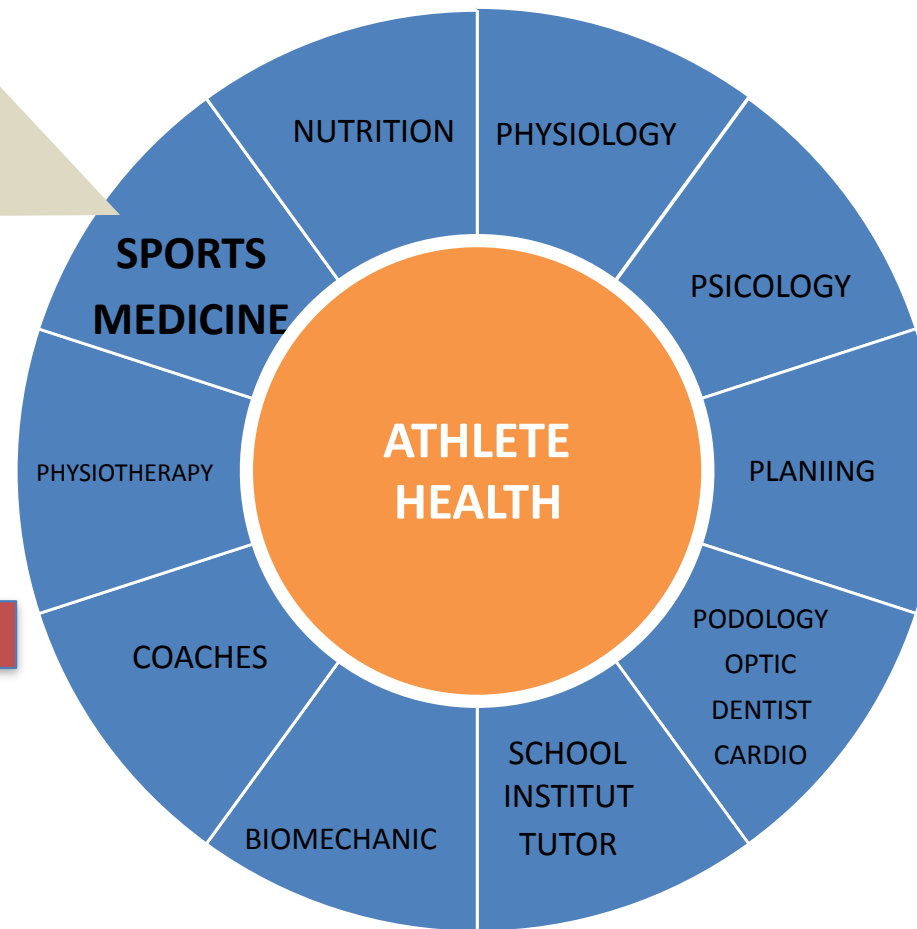
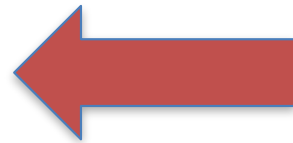
Functional
vascular test

KIND OF CONSULTANCY

- Prevention
- Emergency
- Follow up

Sports medicine is integrated WITH all scientific, academic and technical staff

**Facilitate
PERFORMANCE**





To preserve a safe sports practice, identifying illnesses and / or injuries' risk factors that can turn the sport practice into a health issue.

Human resources



CARDIOLOGY



DENTIST



SPORTS MEDICINE

- Sports medicine doctors
- Nurses
- Nurses assistants
- Secretary
- Physiotherapist



ORTHOPEDICS

PEDIATRICS



OPTICS

Human resources Sharing SPORTS MEDICINE (CST-CAR)

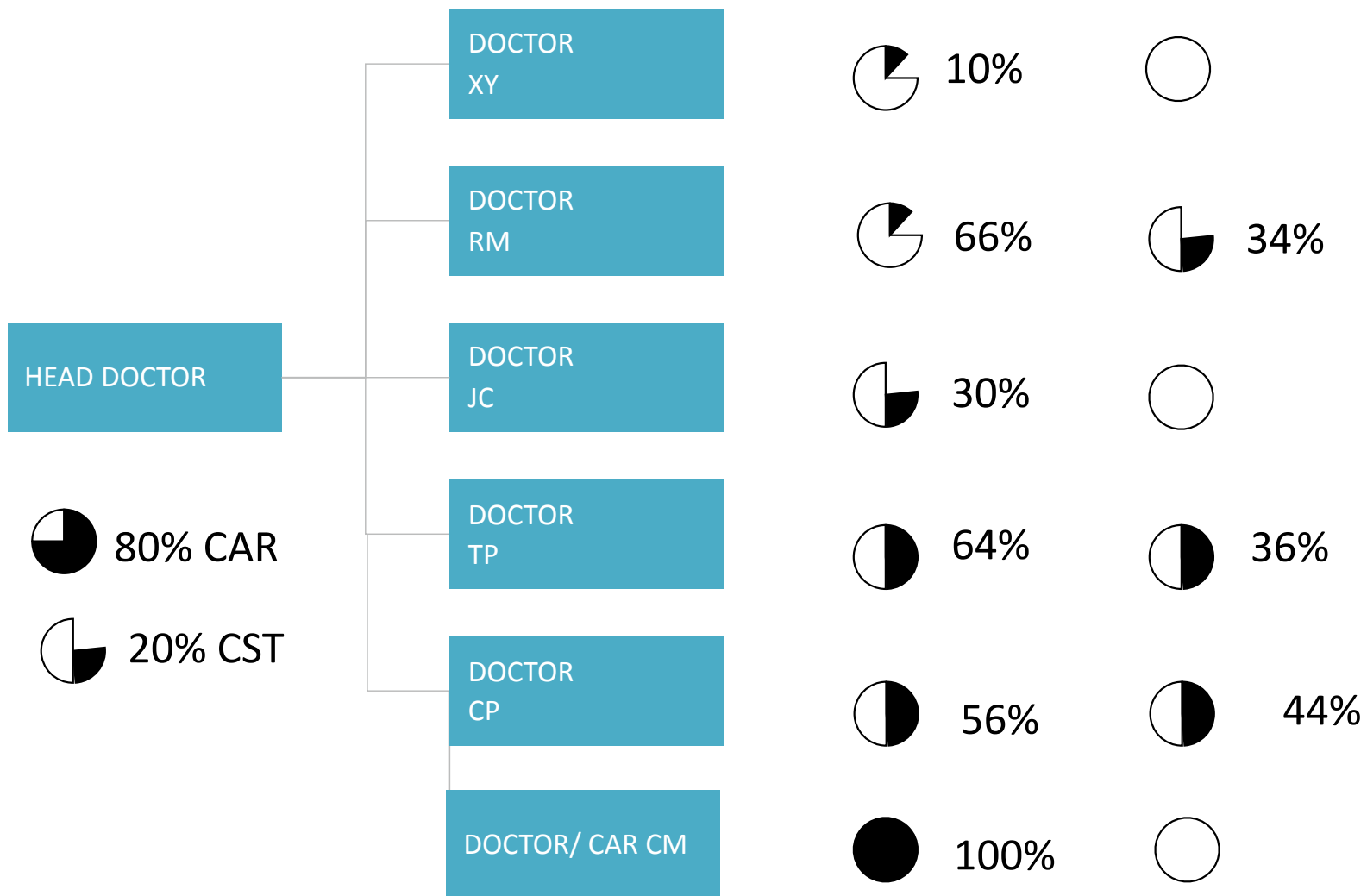
	CAR	CST
CHIEF DOCTOR		1
DOCTORS	1	5
NURSES		3
PHYSIOTHERAPISTS	5	1
NURSES ASSISTANTS		1
SECRETARY	1	2

Doctors

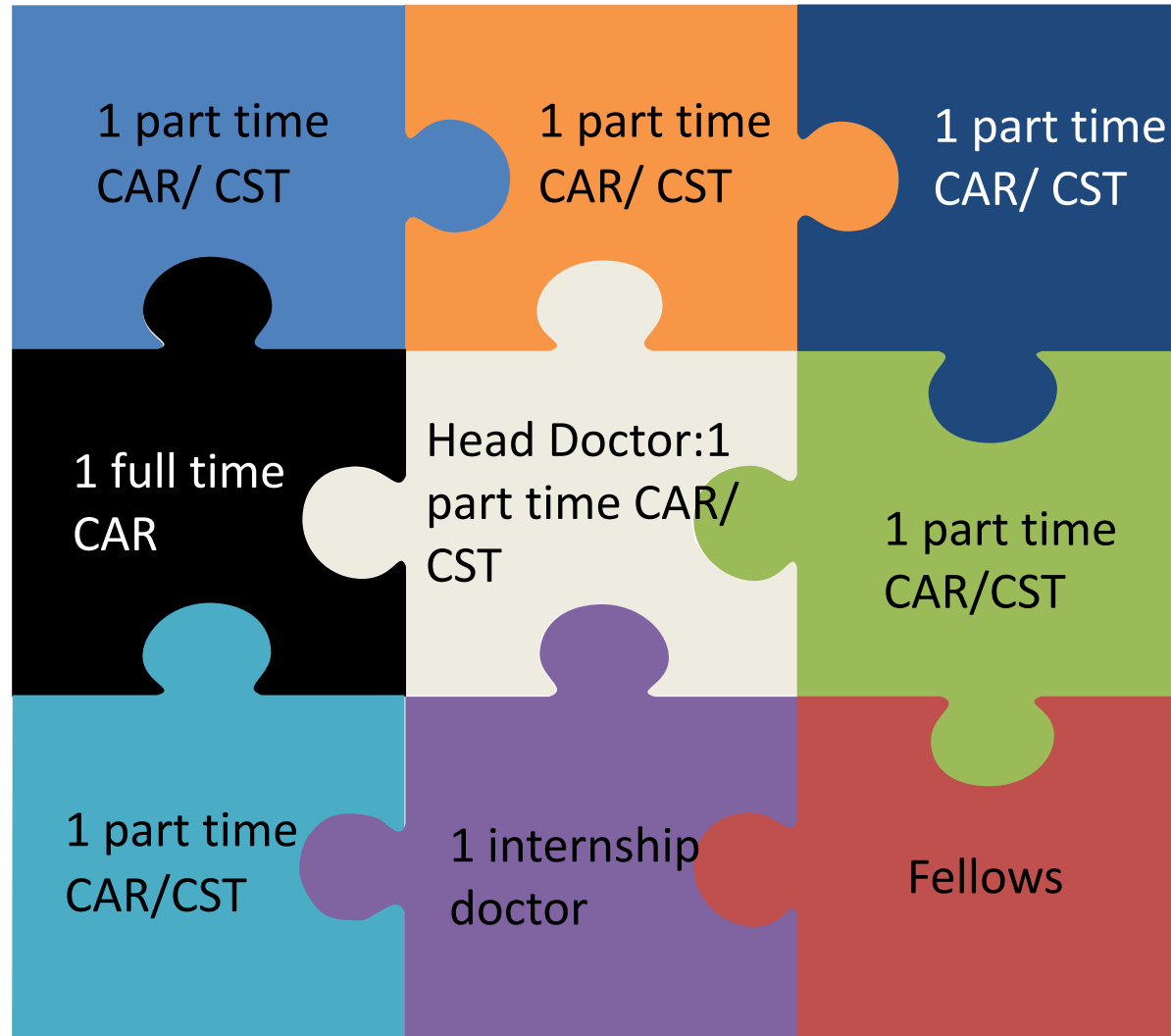
% TIME attending patients

CAR

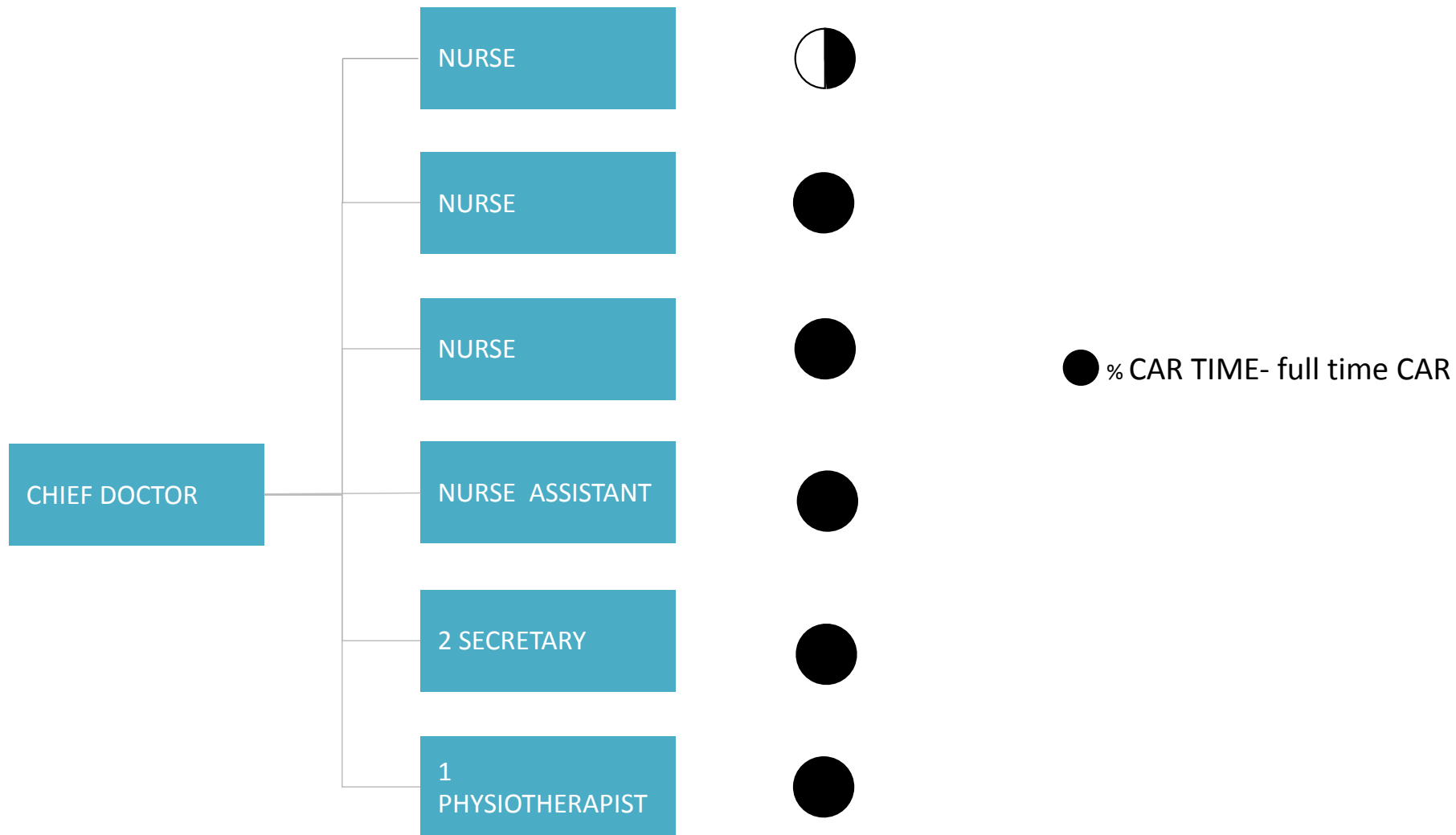
CST



MEDICAL ORGANITZATION



NURSES-PHYSIOTHERAPIST



TARGETED CUSTOMERS

At CAR:

1) HIGH PERFORMANCE ATHLETES

Sports camps: only emergencies and first aid

PERMANENT athletes : full services

EXTERNAL PERMANENTS: first medical check

2) PRIVATE ATHLETES

At CST:

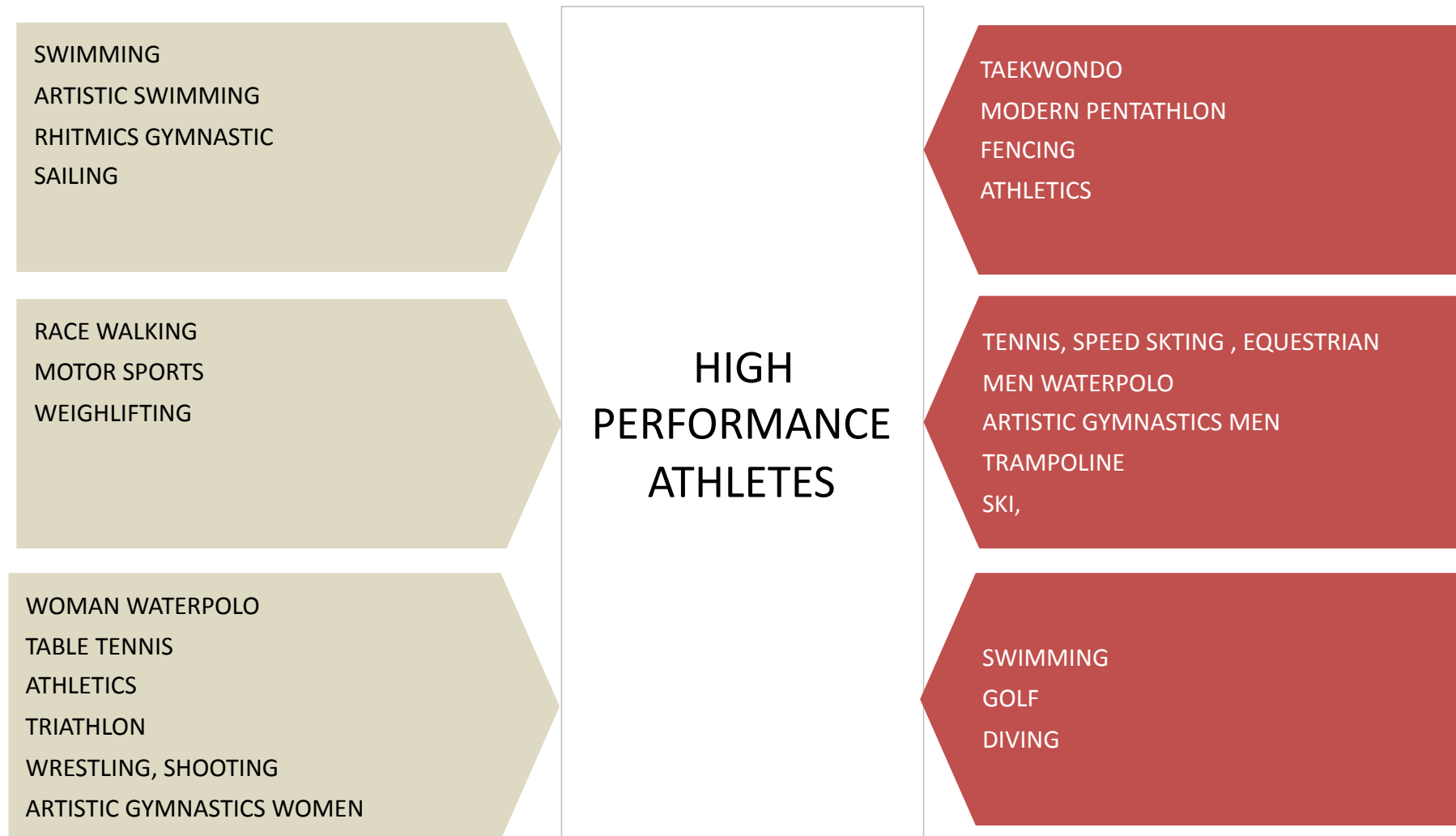
- PATIENTS
- COMMUNITY ATHLETES

At CAR:

OTHERS: Only emergencies

- HIGH SCHOOL
- CAR PERSONEL
- IOC olympic solidarity coaches

At CAR: Staff Appointment



DOCTOR-NURSE-PHYSIOTHERAPIST: we are organized to guarantee that each sport has appointed one of each professionals.

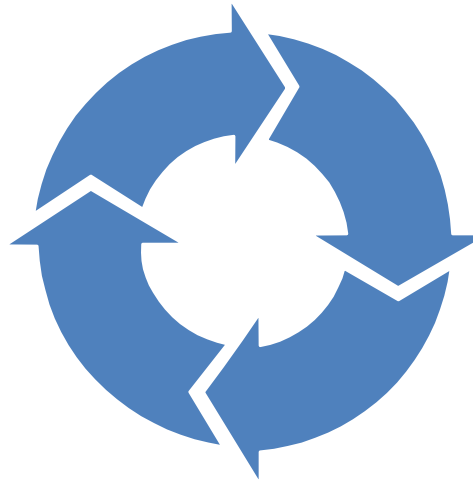
SERVICES PANNEL

MEDICAL CHECK

- Clinical history
- Physical assesment
- Functional assesment
- Blood sample
- ECG
- Respiratory functional tests
- Ultrasound
- Strenght tests: Medx, Isokinetics, Stabilometry

PREVENTION

- Prevention strategies by specific sports
- Personalised profiles for each sport



INJURED ATHLETE

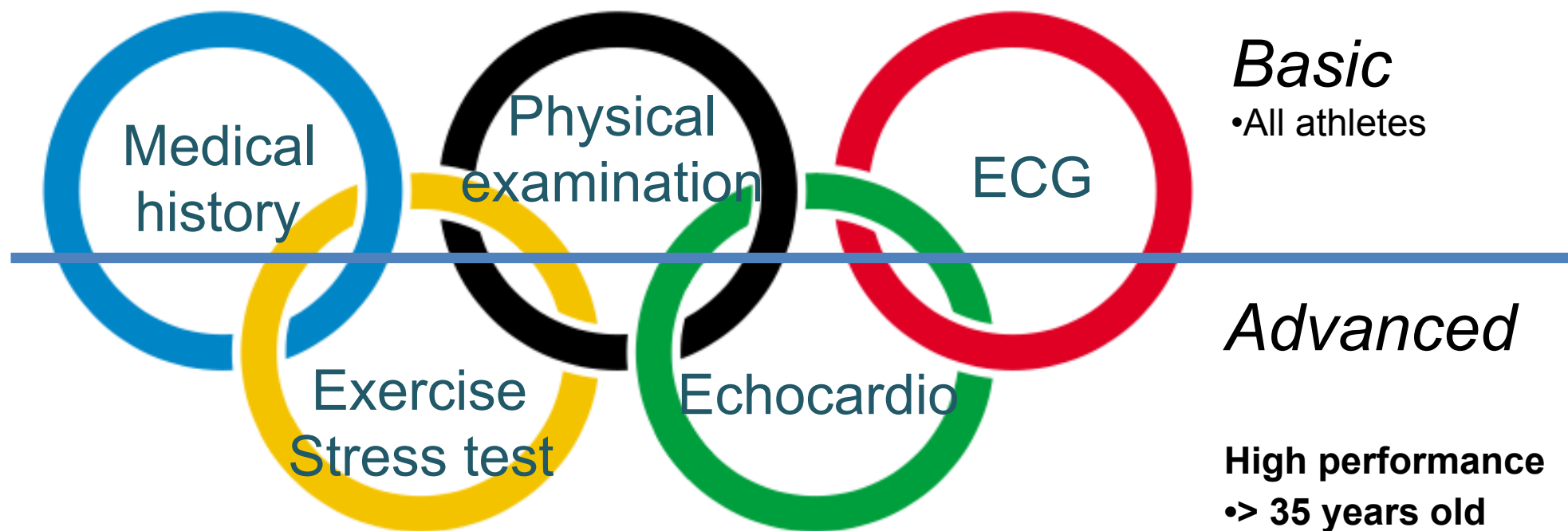
- Straight forward diagnostic.
- Easy Accessibility to medical tests: X-ray, MRI, Scan), musculoskeletal ultrasonography.
- Innovative treatment: medical treatment, physiotherapy, PRP, surgery (CST)



OTHER

- Trip planning/assesment and vaccination
- Paralympics athletes.
- Anti doping advice
- Interdisciplinary approach with nutrition and physiology

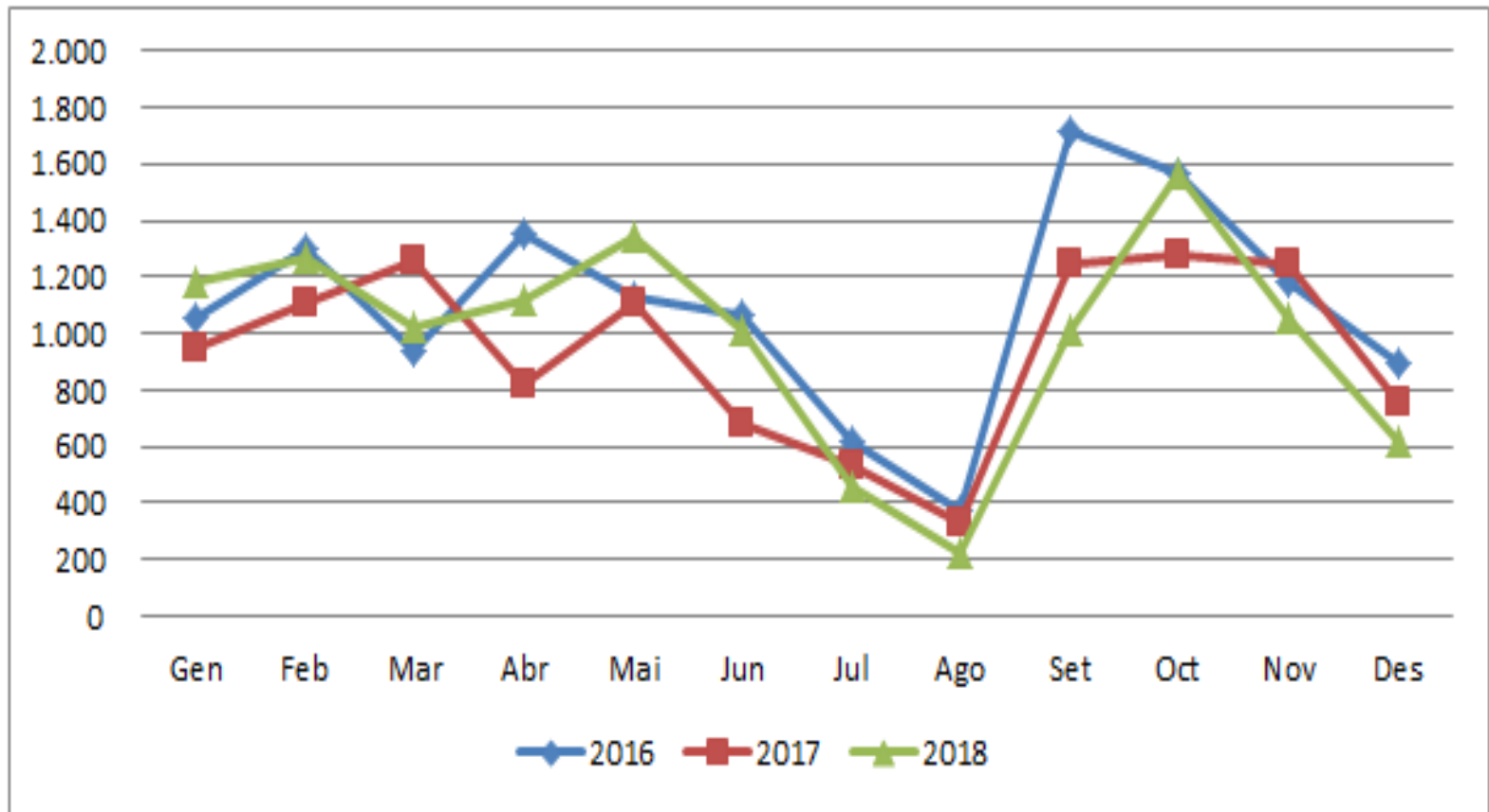
To use the FIVE rings is mandatory for our athletes



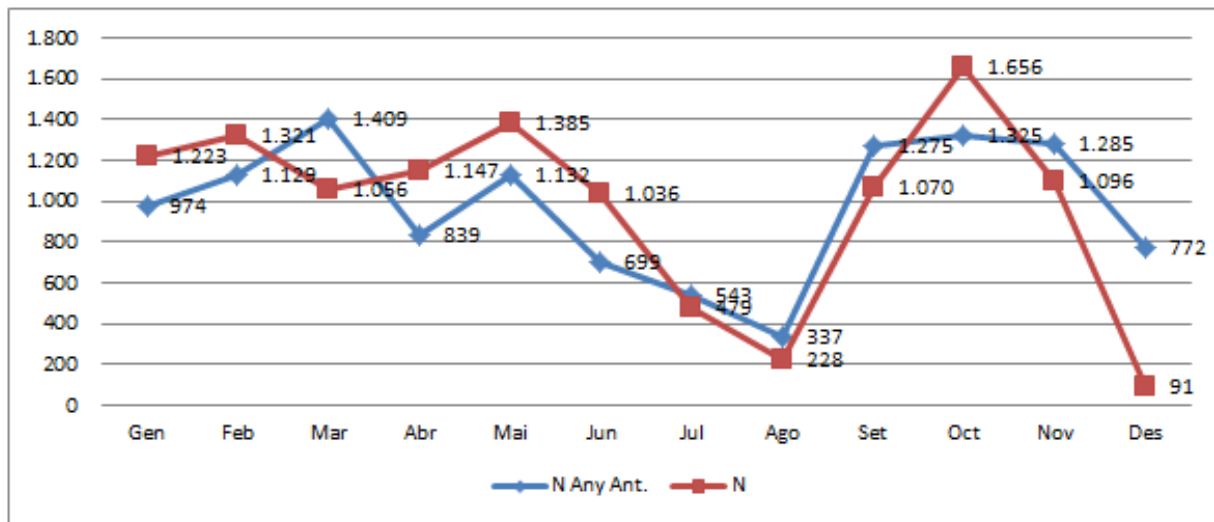
Sitges et al. Apunts Med Esport. 2013; 48(177) :35-41.

Consultancy stats

doctors



nurses



EDUCATION-RESEARCH-INNOVATION

1) FELLOWS AND INTERNSHIPS: family doctors, rehab doctors

2) PROMOTE CONTINUOUS TRAINING OF PROFESSIONALS AND WE ARE ALSO TRAINERS:

- Security plan and risk prevention. Emergency plan: reviewing the previous plan, updating it and training professionals in a specific way.
- Training in research methodology
- **Musculoskeletal ultrasound course: A national reference**
- Increase the participation of our professionals in the monthly general intra hospital sessions: in current affairs in sports medicine, sports physiotherapy, sports nursing, Up-dates.



NETWORKING

- **International:**

- HPC's
- IF's: FINA, IAAF, FIVB

- **National:** network of spanish training centers

- **Scientific societies**

- Sports medicine catalan society (SCME).
- Spanish Sports medicine society (FEMEDE-SEMED).
- European sports medicine society
- ACSM

- **Clubs Medical Services:** A reference for FCB, RCDE, Girona

- **Medical colleges:** Col.legi de Metges de Barcelona (COMB), contribution to medical games promoting doctors physical activity

- **Local Universities:** UB, UAB, INEF

EXERCISE IS MEDICINE

- Oncology
- Cardiac rehab
- Pneumology
- Family doctors



SALUT I MES

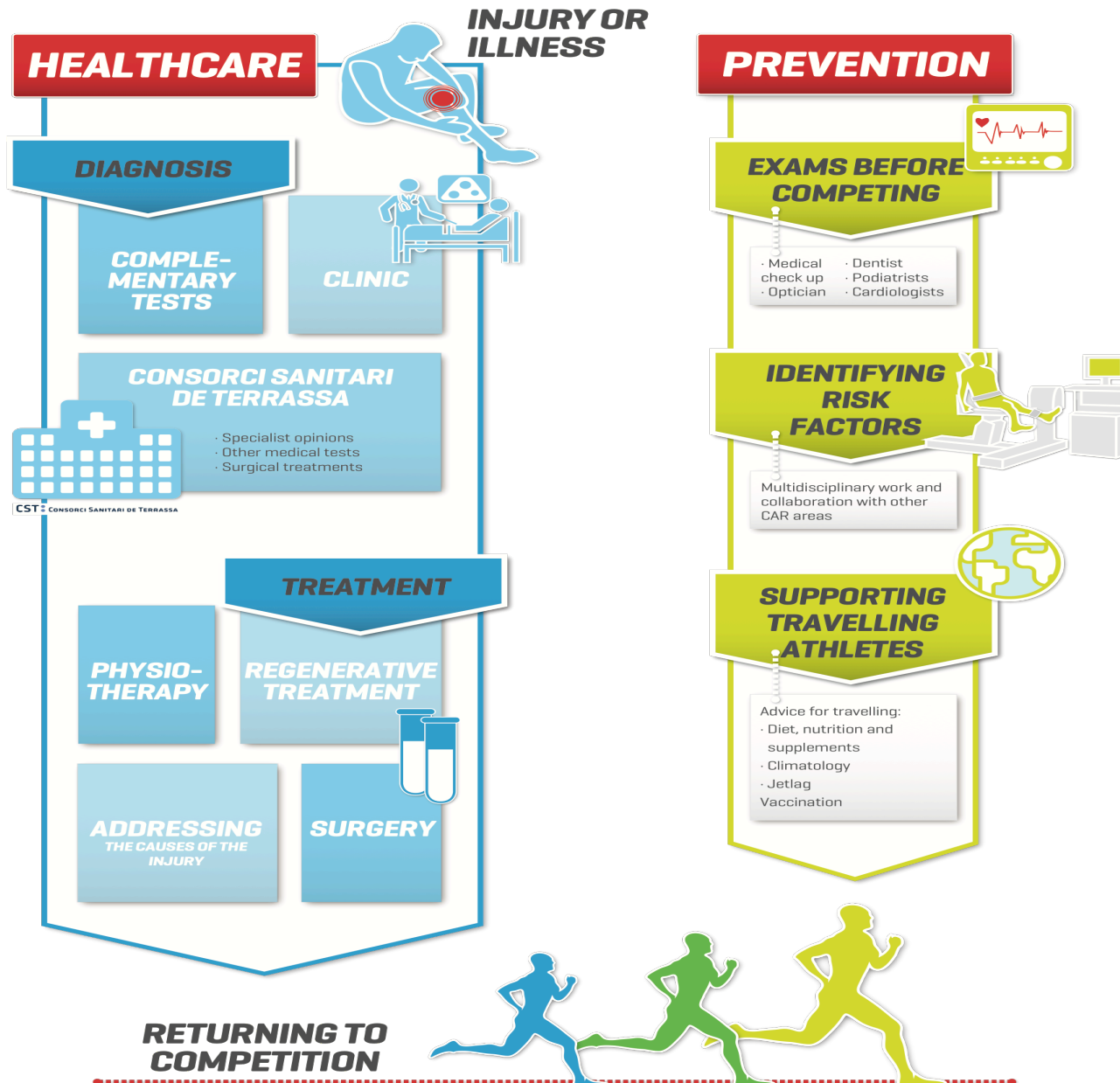
- To asses and attend recreational athletes





OBJECTIVE

Overseeing and monitoring athlete health



CONSORCI SANITARI DE TERRASSA

- Specialist opinions
- Other medical tests
- Surgical treatments

CST - CONSORCI SANITARI DE TERRASSA



Thank you for your time!!