

National Centre for Sport and Exercise Medicine - East Midlands

...and connecting it to N3

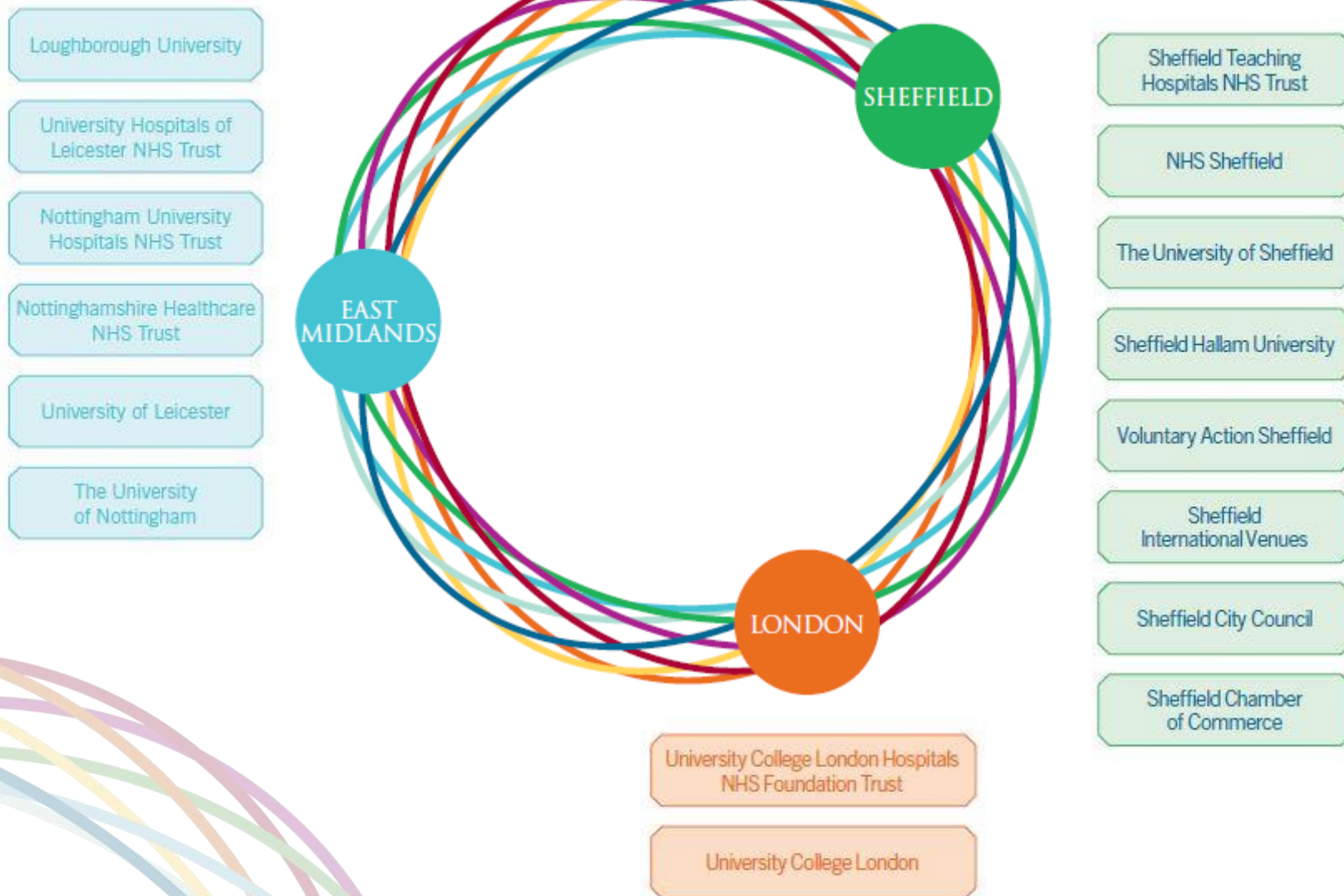


2012 Olympic Health Legacy



- Improving the nation's health through sport, exercise and physical activity
- Transforming the delivery of sport and exercise medicine within the UK
- Creating three new facilities to co-locate and integrate research, education, clinical and wellbeing services to deliver exceptional health benefits throughout the UK and beyond
- Accelerating the translation of research and basic science into new models of patient care and front line practice
- £30 million capital investment
- Part of Public Health England remit since August 2013
- Regional hubs in London, East Midlands and Sheffield

NCSEM regional hubs



NCSEM East Midlands



- ‘Hub’ in a newly built facility at Loughborough University
- Designed to bring together the research, education and clinical capabilities of the partners
- Will facilitate a wide range of joint working initiatives between exercise scientists and clinicians
- Will work with a number of partners on the Loughborough University campus and the wider sporting community, including sport governing bodies and the English Institute of Sport


Our vision



To build on existing capabilities in research, education and medicine within the East Midlands to deliver:

- an international centre of excellence attracting research funding, advising government and providing educational and clinical services to elite and recreational athletes, NHS and private patients, clinicians and allied healthcare professionals
- a transformation of the way that physical activity and exercise are used in the prevention, management and treatment of long term conditions

Our aims

- Create an international centre of excellence for research in sport and exercise medicine
 - Accelerate the translation of research and basic science into new models of patient care
 - Provide a comprehensive clinical service including a state of the art diagnostics facility on Loughborough campus
 - Promote the take-up of exercise as a prescriptive medicine and as preventative therapy
 - Promote knowledge transfer and inform clinicians, allied healthcare professionals and deliverers of exercise
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IOC accreditation



- International Olympic Committee Research Centre for Prevention of Injury and Protection of Athlete Health
- One of only nine centres around the world
- NCSEM tasked with researching, developing and implementing effective preventive and treatment strategies for sports-related injuries and illnesses



Research foci

- i. Exercise as an intervention to address disease related pathology (acutely and chronic intervention)
- ii. Musculoskeletal trauma and exercise rehabilitation
- iii. Implementation of exercise medicine to the general public for physical and mental health and wellbeing
- iv. Nutrition in the context of public health (healthy living) and athletic performance



Education

MSc Musculoskeletal Medicine

- Programme structure
 - The low back, principles of musculoskeletal medicine and research
 - The upper limb, cervical and thoracic spine
 - The lower limb and sports and exercise medicine
 - Systemic disorders and the integrated approach
 - Research project linked to supervisor's research area

MSc Musculoskeletal Sport Science and Health

- Programme structure
 - Orthopaedic biomechanics
 - Neuromuscular function
 - Motion analysis of human movement
 - Muscle physiology and metabolism
 - Sports injury
 - Research methods for sport and exercise
 - Human nutrition
 - Cardiorespiratory physiology
 - Research project linked to supervisor's research area

Clinical services



- Sports and exercise medicine
- Sports respiratory medicine
- Cardiac and pulmonary rehabilitation
- Orthopaedic service – aligned with the SEM service
- IAPT – integrating exercise with a CBT service for patients with mild/moderate anxiety/depression
- Mindfulness Based Cognitive Therapy (MBCT) – offered to athletes and general population for managing stress and anxiety
- National Sleep Centre – training and consultations plus clinical therapy for athletes, coaches and the general population

And then we introduce IT

- 3 different IT departments
- Who is responsible for what?
- Who is leading?
- Who are the users and what do they want?



Connectivity alternatives

- A dark fibre to each trust
- A wavelength over the MAN to UoN & UoL
- A dark fibre to Loughborough hospital and onto their N3 connection
- Use the existing N3 connection to the campus medical centre
- A dedicated N3 connection for the building



Why N3?

- Radiology facilities
- PAS – Patient Admission System
- EMRAD – East Midlands Radiology Consortium
- PACS – Picture Archiving & Communications Systems
- RIS – Radiology Information Systems
- Information Governance



The plan

- Procurement led by NUH
 - Some advantages to this
 - But some disadvantages
- Delivered to our main communications hub on campus and routed over our infrastructure to the building
- Interim solution for PACS designed by the trusts and EMRAD until everyone has moved to the new EMRAD solution
- Desktop solutions delivered by VDI thin clients in all clinical rooms but clinicians can also bring their own devices

It takes time

- First discussions with NHS bodies in late 2013
- Nothing happened until mid 2014
- Agreed to order N3 in November 2014
- Survey done in January 2015
- N3 installed March 2015
- Testing done and go live in May 2015



Lessons learned



- N3 was not what we thought it was
- Not everyone uses N3 in the same way
- Different NHS trusts = very different approaches
- ...and is often like herding cats
- N3 is expensive
- ...but not difficult to use

