

# WDSF

## Medical Commission (WMC) Report 2018

Dr. Patrizia Melchert

# Chair

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Patrizia Melchert, MD

Former Athlete  
Sports Medicine & General Medicine  
Anaesthesia and Emergency Care  
Dance Medicine Specialist

AUSTRIA

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# Disclosures

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The Chair of the WDSF Medical Commission has **NO** financial disclosures that would be a potential conflict of interest for the general WDSF MC objectives and for the following report 2018.

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# Members

(in alphabetical order)

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Helena Kruusamae, PhD

Former Athlete  
Sports Science  
Dance Medicine

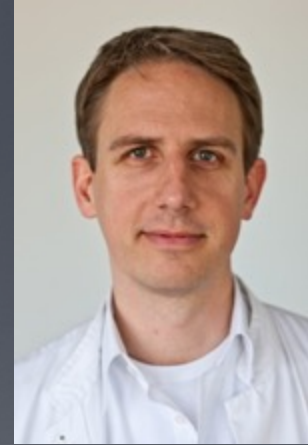
ESTONIA



Ram Randhawa, MD

Psychiatry  
Canada Dancesport

CANADA



Tim Rausche, MD

Former Athlete  
Internal Medicine/  
Cardiology  
German DS-Federation

GERMANY

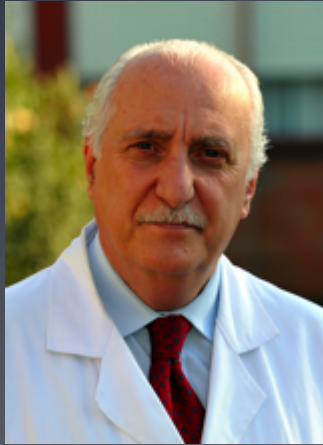
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# Members

(in alphabetical order)

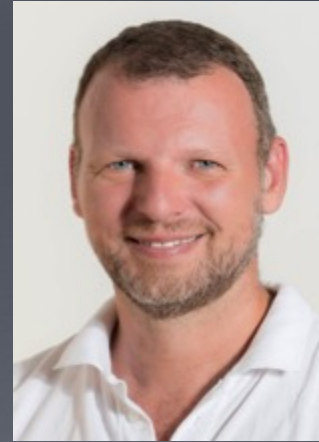
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Prof. Carlo Tranquilli, MD

Sports- Medicine, -nutrition,  
-management, -rehabilitation  
Member FMSI

ITALY



Thomas Quinton, MD

Internal Medicine / Cardiology  
Sports Medicine  
Emergency Medicine

AUSTRIA

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# Mission

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*To*

- *support in a professional and independent way all officials, athletes, and coaches in medical issues of all kind concerning DanceSport*
  - *promote scientific research, injury prevention, and rehabilitation in DanceSport*
  - *promote health education in both prevention and sport specific rehabilitation and recovery strategies*
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# Catalogue of Services

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1. Establishment of an international network of local (dance-) medicine specialists for medical care in DanceSport
2. Advice for the WDSF and its members in all (sports-) medical questions
3. Medical review of the WDSF Competition rules
4. Collection of data to define the medical "status quo" in DanceSport.
5. Promotion of (sports specific) health education for officials, athletes and coaches
6. Promotion of research and science in DanceSport
7. Representation of the WDSF Medical Commission at other international medical associations - future cooperation with such associations

# 1. International network

## Tasks

- **Liaison** between the WMC and the national association regarding medical issues
- **Promotion** of WMC-objectives on a national level (communication!)
- Report any medical issues facing DanceSport in his/her country
- **Education** of athletes, officials and coaches on medical issues in DanceSport
- Support for anti-doping-commission
- National **co-ordinator** for dancesport medical questions and concerns
- Medical Contact person for the national team

# 1. International network

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*Inspired by the German olympic sports confederation:*

## Requirements:

- Medical doctor in one of the following fields:
    - Internal medicine, Orthopaedics/Trauma, Sports medicine, Prevention/Rehab
  - Expertise in **Sports medicine** (additional qualification desirable)
  - Interest and/or experience in the **medical care of DanceSport athletes**
  - Competence in **Anti-Doping-tasks**
  - Membership in the WDSF member association is desirable but not mandatory
  - He or she should stand in **good relationship** to the WDSF Members' federation and to the WDSF
  - **Materially independent of the function as a medical attendant**
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# 1. International network

- Current status

Answer from **12/95** members  
(in alphabetical order):

AUT, BOT, FIN, FRA, GER, JPN, LTU,  
NED, SVK, USA

BLR, SWE  
(Feedback w/o representative:



The image shows a screenshot of a large spreadsheet, likely a Google Sheet, with multiple columns and rows. The columns are labeled: Country, Name, Address, Telephone, Fax, E-mail, Web, and Comments. The rows list various countries and their corresponding information. A blue circle highlights the 'Country' column header. The spreadsheet is titled 'International network' and contains data for various countries, including AUT, BOT, FIN, FRA, GER, JPN, LTU, NED, SVK, USA, BLR, and SWE.



# 1. International network

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If you have a medical responsible person in your federation,  
PLEASE send us:

- a brief **biographical background**
- the area of **medical expertise**
- city of current **residence**
- contact details including at least: **1 Email address, 1 telephone number**

If you DON'T have a medical responsible person in your  
federation, PLEASE find one or at least LET US KNOW about it!

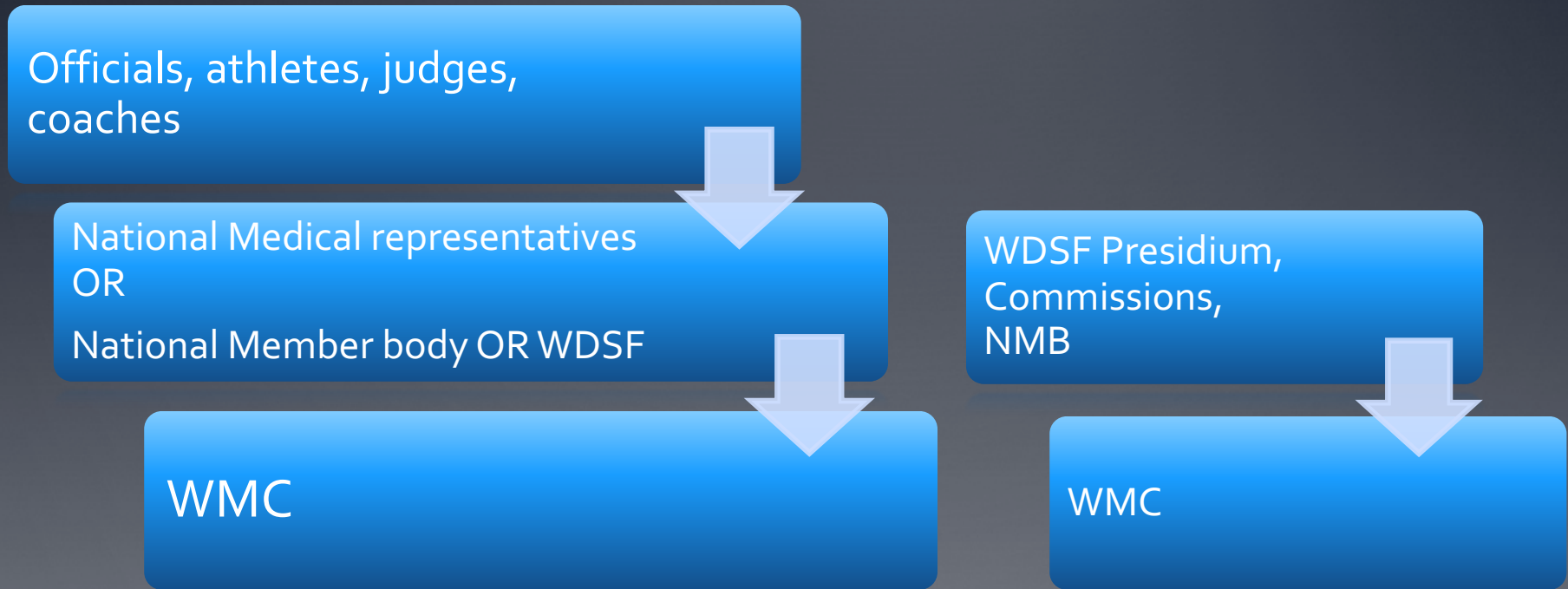
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[medical@wdsf.org](mailto:medical@wdsf.org)

Deadline:  
July 31<sup>st</sup>, 2018

## 2. Advice for the WDSF and its members - Current Ways of communication

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Current direct Cooperation partners within the WDSF:

Anti-Doping-Commission, Athletes-Commission, WDSF Presidium

Future perspectives for cooperation: Development Commission?

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# a. Advice for the WDSF/Commissions

Future cooperation with the **Anti-Doping-Commission**  
regarding submitted TUEs



The image shows a 'Therapeutic Use Exemptions (TUE) Application Form' from the World Dancesport Federation (WDSF). The form is titled 'Therapeutic Use Exemptions TUE Application Form' and includes the instruction 'Please complete all sections in capital letters or typing'. It is divided into two main sections: '1. Athlete Information' and '2. Notifying medical practitioner'. The '1. Athlete Information' section contains fields for Surname, Given Names, Gender (Male/Female), Date of Birth, Address, City, Country, Postal code, Tel. home, Tel. Mobile, E-mail, Sport, Discipline/Position, National Sporting Organization (NSO Member), and a checkbox for athletes with disability. The '2. Notifying medical practitioner' section is partially visible at the bottom.

The WMC will in the future support the Anti-Doping-Commission in the profound evaluation of indications for prescribed medications of submitted TUEs in the WDSF.

Especially recurrent prescriptions of lidocaine and cortisone for different indications are in the current focus.

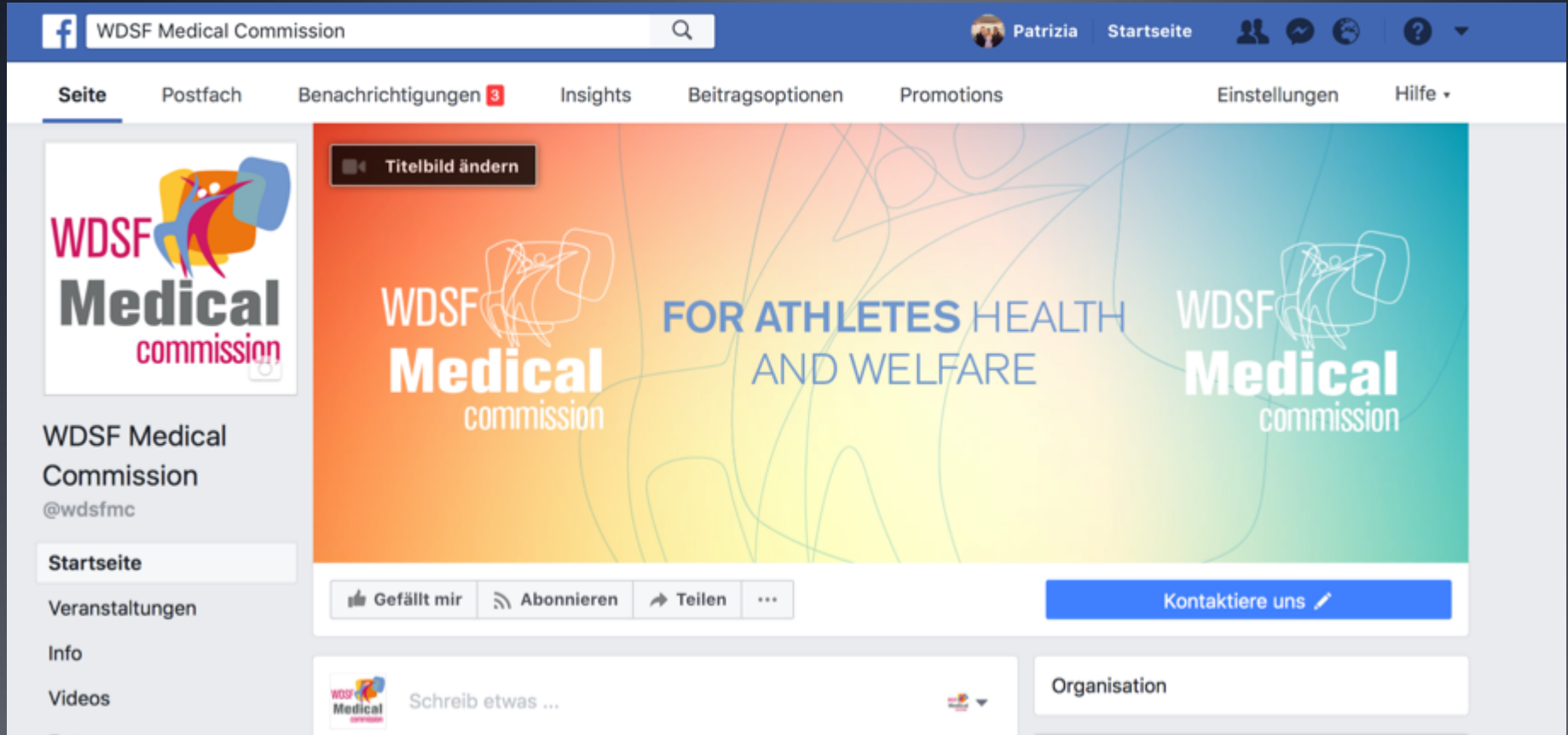
## b. Advice WDSF members

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- Contact per Email:

[medical@wdsf.org](mailto:medical@wdsf.org)

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- Contact per Facebook



- Recommendations for WDSF members:



Recognised by the IOC - Member SportAccord, ARISF, IWGA and IMGA



### **Recommendations for sports screening programs and pre-participation-examinations in DanceSport to evaluate the health of WDSF athletes**

#### General remarks:

1. A **periodic health evaluation** or **pre-participation examination** should be performed by a physician trained in sports medicine. Special examinations like ECG or echocardiography should be performed by a specialist in cardiology.
2. To interpret an ECG accurately, the interpreting physician must be familiar with expected ECG-variances, which are often seen in well trained athletes.
3. The physician in charge should be familiar with the WADA Code and be aware of prohibited drugs for registered WDSF athletes.
4. **All Athletes of all age groups** should undergo a complete health evaluation **at least once** in the beginning of their competitive dancing career.
5. All athletes **over the age of 35** should have cardiovascular **health evaluation examinations** repeated **every two years**.

MEMBERS

HISTORY

VISION

ORGANISATION

COMMISSIONS

Technical / Sports

Department

Technical / Education

Department

Legal Commission

Anti-Doping

Finance

Membership

Medical

Communication

Athletes

Sport for All

Equality

Entourage

Adjudicators

Development

Medical

**ATHLETES' HEALTH AND WELFARE**

The mission of the WDSF Medical Commission is to:

- support in a professional and independent way all officials, athletes, and coaches in medical issues of all kind concerning DanceSport
- promote scientific research, injury prevention, and rehabilitation in DanceSport
- promote health education in both prevention and sport specific rehabilitation and recovery strategies

For this mission, the WDSF Medical Commission seeks to build strong cooperation with national sports-medical and dance-medical specialists to pool experience in the field of medicine and dance medicine as effectively as possible, in accordance with the needs of all WDSF Athletes.



**CHAIR**  
**DR. PATRIZIA MELCHERT, AUT**

[Contact details](#)

**MEMBERS**

- Dr. Tim Rausche, GER
- Dr. Ramandeep Singh Randhawa, CAN
- Prof. Carlo Tranquilli M.D., ITA
- Dr. Helena Kruusamäe, PhD, EST
- Dr. Thomas Quinton, AUT



[WDSF Medical Commission Inaugural Report](#)

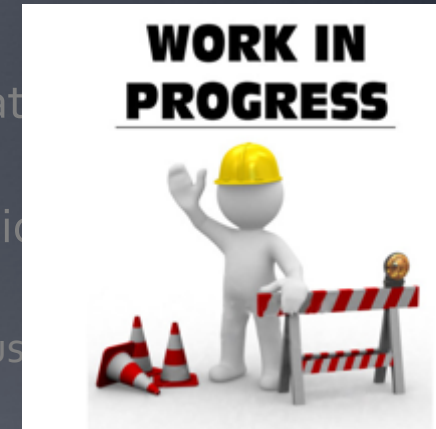


[Recommendations for future prevention of Sudden Cardiac Death in DanceSport](#)

News to Special topic I, touched 2016:

# Sudden cardiac death in DS

- Incidence? – Data still missing
  - Collecting data from the past from national associations
    - AGM, Email, later on: through local specialists
  - Collecting data in the future from national associations
    - Published form on our website
    - After any cardiac event -> fill out the form, send it to us
  - Responsibility? – offices?



- WDSF Recommendations for Sports Medical Screening program now available on the WDSF Website

- MDs in National Championships and in int. Competitions?!

- Defibrillators at Locations of National Championships and int. Competitions?! – Medical supplements to the rules

Currently under construction

# 3. Medical review o.t. rules



- Review of existing competition rules
- Establishing new medical supplements to the rules
  - Highlighting (End of summer)
  - Reasoning
  - Recommending
  - Establish new medical supplements to the rules
- ***A comprehensive report** is to be forwarded to the WDSF before the next AGM 2019.*

# 4. Status quo in DanceSport

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Let us know your medical concerns in DS for our 2018 WMC meeting in September!

*"We cannot promise to solve them but we CAN promise to care about them..."*

- NMB, Presidium, Commissions (especially Athletes Commission)
  - [medical@wdsf.org](mailto:medical@wdsf.org)

Deadline:  
August 20<sup>th</sup>, 2018

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# 5. Promotion of health education

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<http://www.iadms.org>

- Dance medicine practitioners (doctors, PTs, sports scientists), dance educators/trainers, dance scientists, and dancers
  - 900 members at present world-wide representing 35 countries
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**28th ANNUAL MEETING**  
October 25th to 28th, 2018  
Helsinki



<http://www.iadms.org>

# Further educational possibilities

- **Educational possibilities in Dance Medicine and Science:**  
[https://c.ymcdn.com/sites/www.iadms.org/resource/resmgr/public/educational\\_opportunities.pdf](https://c.ymcdn.com/sites/www.iadms.org/resource/resmgr/public/educational_opportunities.pdf)
- **Journal for Dance Medicine and Science (Listed in PubMed)**  
<https://www.iadms.org/?page=47>
- **Medical Problems of Performing Artists (Listed in PubMed)**  
<https://www.sciandmed.com/mppa/>
- **Bulletin for Dancers and Teachers**  
<https://www.iadms.org/?page=243>
- **Harkness Center for Dance Injuries NYU, NYC, USA**  
<https://med.nyu.edu/hjd/harkness/education>

# 6. Promote Research



You conduct/ed research in DanceSport?

**PLEASE publish it in a scientific Journal and LET US KNOW !!**

Science must be published and opened to everybody!

**In Cooperation with „IADMS DanceSportResearch“ working group:**

- Establishment of a list of researchers for international DanceSport
- Establishment of a list of literature about medical issues in DanceSport
  - to be published on the website
  - to be used for WADA reports

*Journal of*  
*Dance*  
*Medicine & Science*

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*Official Publication of the International Association for Dance Medicine & Science*



# Miscellaneous to discuss

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## Organisational issues:

- Registration process for commissions for future AGMs
- Proposal for a communication platform as part of the AGM 2019 (eventually in the Open Forum)
- Budget for WMC: Meetings, Projects

## Topics

- Nutrition recommendations for WDSFAthletes – Jasmin Corrodi (SUI) and nat. Representatives of Cyprus
  - Existing structures of NMB for medical care in DS
  - World Dance Congress –Antoni Czyzyk, POL (Chair Development Commission)
  - Physicians at EC and WC WDSF
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# Thank you!

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WDSF  
Medical Commission (WMC)

Please visit the WMC Page at [www.wdsf.org](http://www.wdsf.org)  
for published documents!

Contact us at [medical@wdsf.org](mailto:medical@wdsf.org)

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