

Faculty of Sports and Exercise Medicine

Webinar 6 –

'Sports Team Care - Lessons from Ireland's experience at The Olympics, The Paralympics and The British and Irish Lions' – Update on WADA Prohibited List

Saturday 27th November, 2021- 10.00am-12.00pm
(view live and/or recorded version)

Dr Ciaran Cosgrave



Dr Ciaran Cosgrave was a Team Doctor to The British and Irish Lions for their 2021 Tour of South Africa. Dr Cosgrave is consultant in Sport and Exercise Medicine at SSC Sports Medicine in Dublin. He has also been Team Doctor to the Irish Senior Rugby Team since 2016.

Having trained as a consultant in Sports & Exercise Medicine in Liverpool, Dr Cosgrave has a wealth of experience in elite sport, working for two seasons at Liverpool Football Club from 2011-2013 and subsequently as the Lead Doctor at Leinster Rugby from 2014-2016. He also provided medical cover at the 2012 Olympic and Paralympic Games and accompanied Team GB at their High Altitude Training Camp in Iten, Kenya.

Other experience in elite sport includes basketball, karate and judo. In each of his team doctor roles Dr Cosgrave not only provides high quality sports medicine but also works closely with athletes and coaches on performance enhancement.

Dr Jim O'Donovan



Dr Jim O'Donovan is a Fellow of the Faculty of Sports and Exercise Medicine and a Member of the Irish College of General Practitioners. He was chairman of the 2019 FSEM Annual Scientific Conference *'Movement is Therapy'*. He is the programme director for higher specialist training in sports and exercise medicine in Ireland. He completed his training with a fellowship at the Sports Surgery Clinic, and the University of British Columbia, Vancouver.

He currently works as a consultant sports medicine physician in the following positions:

- Head of Medical Services, Sport Ireland Institute, National Sports Campus
- Sports Surgery Clinic, Santry
- National Orthopaedic Hospital, Cappagh
- Olympic Federation of Ireland, Chief Medical Officer Tokyo Olympic games

Previous roles include

- Chief Medical Officer Team Ireland, Minsk European Games 2019
- Lead doctor at Leinster Rugby 2017
- Head of Medicine at Munster Rugby 2016
- Team Doctor Team Ireland, Rio Olympic games 2016
- Team Doctor Team Ireland Rio Paralympic games 2016

- Team Doctor Team Ireland, Baku European Games 2015

He has published chapters in the recent 2020 Edition of *'Brukner & Khan's Clinical Sports'* and *'Triathlon Medicine'*, and research areas of focus are running injuries and patellofemoral pain.

Dr Martin McConaghy



Dr Martin McConaghy graduated in Medicine from Queens University Belfast in 1997. He trained in Sports Medicine and General Practice, was awarded a Diploma in Sport & Exercise Medicine (IABSEM) in 2001 and MRCGP in 2002. He was elected as a Fellow of the Faculty of Sport & Exercise Medicine in 2003 and was entered onto the Specialist Register in Sport & Exercise Medicine in 2010.

Dr McConaghy currently works as Chief Medical Officer with Paralympics Ireland, Sports Medicine Consultant in his own private sports medicine clinic and as Clinical Lead NHS Orthopaedic ICATS Southern Health & Social Care Trust.

In the past he has worked as Head of Sports Medicine with Munster Rugby (2017, 2018). Team Doctor with Irish International Rules Team (2015), Ulster Railway Cup Footballers (2008 – 2015), County Armagh Senior Gaelic Football Team (2006 – 2015), Belfast Harlequins RFC (2002-2006).

Dr McConaghy has worked in various sports medicine and orthopaedic clinics – Sports Medicine Clinic Musgrave Park Hospital Belfast, The Sports Institute Northern Ireland, The Belfast Knee Clinic, The National Sports Medicine Clinic Kingsbridge Hospital, The Southern Health & Social Care Trust Orthopaedic ICATS Clinic, The Ulster Sports Medicine Clinic, Dr Eanna Falvey's Sports Medicine Clinic Cork, The Sports Medicine Dept, Sports Surgery clinic Santry.

Dr McConaghy has been involved with various sports medicine committees. He was a committee member of BASEM NI from 2002 – 2010 where he was Chairman from 2005 – 2010. He was elected as a Board Member of the Faculty of Sport & Exercise Medicine from 2007 to 2011 where he was Honorary Secretary from 2008 – 2010. He was a member of the Gaelic Games Doctors Association (GGDA) since its inception and was elected as Chairman from 2016 – 2017. He was a member of the IRFU medical committee whilst working with Munster Rugby. He is a former member of the Education Committee of the Faculty of Sport & Exercise Medicine.

Paul O'Donovan



Mr. Paul O'Donovan joined Sport Ireland in January 2021 as the Anti-Doping Education and Values Manager. Prior to taking up his role in Sport Ireland, Mr. O'Donovan worked as Player Welfare Coordinator with The Camogie Association.

Mr. O'Donovan graduated from Dublin City University with a BSc in Sports Science and Health. He subsequently went on to complete an MSc in Sports Performance at University of Limerick.

Mr. O'Donovan is an experienced Strength and Conditioning Coach having worked in Intercounty GAA and with The League of Ireland. He currently works as the Strength and Conditioning Coach to Kildare Hurlers.

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4 External CPD Credits will be awarded by FSEM.

Recording of the webinar will be available to view for 6 months after the event, via Medcafe.