

HEALTH SERVICES IN BAHRAIN SERIES

I. WHAT IS SPORTS MEDICINE ?

"Currently we conceive sports medicine as having four main areas or fields of interest : medical supervision of sports programs; sports and exercise to develop physical fitness; exercise, sports, and games for the handicapped; and rehabilitation of persons who have been ill or injured."

II. BASIC ASSUMPTIONS ABOUT SPORT MEDICINE IN BAHRAIN.

1. A strong sports program contributes to the building of a healthier society.
2. The program in Bahrain is dependent on the cooperation and support of various governmental agencies, none of which can deliver the necessary essentials individually.
3. The ultimate goal is to provide a network of services to club and national sport teams participants consisting of prevention, evaluation and treatment of injuries and rehabilitation of those who have been injured.
4. The program is designed to give medical supervision to the injured person from the time and place of injury until the person is rehabilitated to a functional level.
5. The program provides training programs and professional job

Sports Medicine in Bahrain

opportunities for Bahrainis to serve as professional sports medicine personnel.

6. All aspects of the program are based on modern scientific research findings and research studies conducted in Bahrain to help determine the program emphasis.
7. The development of sports medicine in Bahrain is designed to reduce the number of injured sports persons who must receive treatment and be rehabilitated outside Bahrain.
8. The program has a strong emphasis on prevention of injuries through strong educational programs related to training and conditioning of sports personnel and a pre-participation medical evaluation.
9. Bahrain's program might serve as model for the promotion of sports medicine programs, personnel and facilities throughout the Gulf States.

III. COMPONENTS OF THE SPORTS MEDICINE PROGRAM IN BAHRAIN

1. A network or chain links all sports medicine personnel into a cooperative program.
 - a. Major sport clubs have sports medicine technicians.
 - b. The National Sport Medicine Centre has the services of sports therapists and medical doctors.
 - c. BDF Hospital provides the hospital services and specialized medical staff.
2. An educational program helps Bahrainis become sports medicine professionals.
 - a. College of Health Science provides a two year associate degree course for sport medicine technicians.
 - b. Arab Gulf University College of Medicine is planning a four-year baccalaureate degree course for sport medicine therapists.
 - c. Bahrain Sport Institute conducts seminars and conferences to provide in-service training for sports personnel; coaches; officials; club administrators and sport medicine personnel.

3. The National Sport Medicine Facility provides administrative, research, teaching and services components.

a. The Supreme Council for Youth and Sport provides space at the national sport stadium.

b. The Center is supported by budget monies provided by the Council and by nominal fees collected for services provided.

c. The Centre has modern equipment for hydrotherapy, electrotherapy, exercise and testing.

d. The present Center staff includes a director of exercise and research, three full time sports therapists, two full time physiotherapists, one assistant exercise therapist, a staff nurse and a secretary. A medical doctor conducts daily consultant visits.

4. A close working relationship exists with BDF Hospital.

a. Medical doctor who sees patients daily at the Sport Medicine Center is a staff doctor at BDF Hospital. He

performs diagnoses and prescribes treatment. If needed he authorizes hospital services.

b. All cases referred to the hospital staff are seen by Ali Al-Khalifa, M.D., Orthopedic Surgeon, who also serves as President of the Bahrain Sport Institute.

c. If surgery is required it is performed in the BDF Hospital Surgery Theatre, and patients are referred back to the National Sports Medicine Center for rehabilitation.

IV. A PROPOSED NEW NATIONAL SPORTS MEDICINE CENTER.

1. Bahrain has just opened a new national sports stadium, the first component of a Sports Village or complex to be used for National and International competition.

2. The Center has been expanded three times in the last four years but the patient load continues to expand to where more space is needed to give better service.

3. The present Sports Medicine Center is located at the "old" national stadium. The National

Sport Medicine Center should be part of the new sports complex.

4. The proposed new sport medicine facility will include the following :

a. Rooms for medical doctors to conduct evaluations.

b. Stress testing and human performance research laboratory.

c. Hydrotherapy, electrotherapy, and rehabilitative exercise rooms.

d. Indoor swimming pool for therapy use as well as training and conditioning.

e. Indoor running track.

f. Gymnasium, weight training and nautilus machines.

g. Change rooms, showers, toilets.

h. Patient reception and record area.

i. Education wing — rooms for classes, lectures, seminars and conferences.

5. The new facility is to be a modular construction type building which offers the most space for the least cost and allows changes and additions to be made at minimum cost. □□