



## **BAPAM Newsletter February 2012**

### **British Association for Performing Arts Medicine**

At BAPAM we're here to help with the occupational health problems experienced by the UK's performing artists.

We make connections between those performers and the performing arts medicine practitioners who have the expertise and experience to advise and treat them.

We give **free** advice to actors, dancers, musicians, singers and all other performing artists, whether they are studying or working full or part time, as well as production crew, composers, conductors, sound engineers etc.

And we're at the forefront of training health care practitioners in this unique area of medicine through our Training Day programme and the MSc / Diploma in Performing Arts Medicine set up in conjunction with University College London, The Royal College of Music and Trinity-Laban Conservatoire.

### **1. MSc / Diploma in Performing Arts Medicine Update**

This unique qualification in Performing Arts Medicine began at UCL in September 2011. Applications for September 2012 are open now:

[www.ucl.ac.uk/prospective-students/graduate-study/degrees/pgt/TMSMEDSPFA01](http://www.ucl.ac.uk/prospective-students/graduate-study/degrees/pgt/TMSMEDSPFA01)

The first year of the course is proving to be a great success for both students and teachers:

I am already finding the MSc Course in Performing Arts Medicine a very positive experience. I have been following modules on musculoskeletal science and pharmacology (close to my own professional knowledge) and environmental issues and research methodology. They address conditions and problems of performers and give us an in depth understanding of the peculiarities of performing arts medicine.

*Hara Trouli, Student*

The students, almost all performers themselves, represent a diverse collection of medical backgrounds including medicine, surgery, physiotherapy and chiropractic. This has led to a useful exchange of ideas. Contact with fellow lecturers in other disciplines allows the sharing of common interests and the piloting of new areas of research.

*Professor Howard Bird, Module Leader.*

## 2. May 19<sup>th</sup> Training Day – Psychosocial Issues

Our 19<sup>th</sup> May 2012 training event, taking place in central London, covers psychosocial issues affecting performing artists. For more information contact Office and Clinics Manager, Clare Hicks, via email to [clare@bapam.org.uk](mailto:clare@bapam.org.uk)

## 3. Research

**Research Report 2009 – 2011:** BAPAM Trustee, Dr Deborah Charnock has been monitoring our mission to achieve a healthy performance environment for all performing artists. How are we doing? <http://wp.me/pX5ct-7B>

**Stage Fright and Well-being Survey:** Danica Giles, a Graduate Member of the British Psychological Society, investigated the effect of stage fright on the health and well-being of professional performing artists: <http://wp.me/pX5ct-7F>

**Musicians' Dystonia:** An NHS team at the Institute of Neurology, Queen Square, London, co-ordinated by Dr Mark Edwards (who is also Neurology Advisor to BAPAM) is conducting research into musicians' dystonia: <http://wp.me/pX5ct-7V>

**Patrice Berque wins Movement Research Award:** Physiotherapist and former professional horn player, Patrice Berque, has been awarded the Susanne Klein-Vogelbach Special Award 2011 for his paper on the treatment of focal hand dystonia in musicians: <http://wp.me/pX5ct-7M>

## 4. Support Us

BAPAM is generously funded by the Musicians Benevolent Fund, The Musicians Union, Equity, PPL and The Incorporated Society of Musicians, but we also rely on contributions from individuals.

On 26<sup>th</sup> May guitarist, Tom Hunt (who was advised by our physio, Jill Guymer, to take up swimming to help his arm pain), plunges into the Royal Victoria Dock to raise money for BAPAM in the Great London Swim. It's a great example of how **you can help support our work:** [http://www.bapam.org.uk/supp\\_intro.html](http://www.bapam.org.uk/supp_intro.html)

We'll have details of how to sponsor Tom in the next Newsletter, due in April.

Thanks Tom!

## 5. BAPAM on the web:

[www.bapam.org.uk](http://www.bapam.org.uk)

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And follow @ukbapam: [www.twitter.com/ukbapam](http://www.twitter.com/ukbapam)

If you no longer wish to receive this newsletter please reply 'unsubscribe'.