

# British Association for Performing Arts Medicine Newsletter July 2013

## Specialist Health Support for Professional and Student Performing Artists and Production Crew.

BAPAM is a unique medical charity. We have helped thousands of performers through our free advice, assessment and referral services. During 2012 we provided over 1800 appointments for performers at our headquarters in London and nationally through our regional network.

We are also an information resource for and about health care practitioners working in performing arts medicine, and through our education and training programme we help to foster excellence in this unique area of medicine.

### 1. BAPAM Journal Re-launch



After nearly eight years, we are pleased to announce the re-introduction of *The Journal of the British Association for Performing Arts Medicine*, covering a broad spectrum of topics related to clinical research, education and healthy practice within performing arts medicine.

The new Journal is a free online publication, available to download here: <http://bapam.org.uk/news/bapam-journal-relaunch/>

### 2. Performing Arts Medicine Training Events

For health care professionals and all those interested in and engaged with performing arts medicine, [BAPAM Training Days](#) provide in-depth explorations of key areas of the field and unique insights into aspects of performers' health and wellbeing.

Our May 2013 event in Cardiff (The Perils of Percussion Playing and Alcohol and the Performing Arts) proved a great success. Topics receiving expert coverage included functional hand anatomy, performance optimization through efficient biomechanics, assessment and treatment techniques, and a review of alcohol associated problems and possible solutions. You can read Dr Jonathan White's full report in the [BAPAM Journal](#).

The next BAPAM Training Day will be held in London on Saturday November 16<sup>th</sup> 2013 and focuses on 'performers in their environment', looking at the physical and psychological challenges encountered in the workplace throughout a performance career.

### 3. Student Advocate Scheme Training and Induction Day

On 19<sup>th</sup> June, 2013, we held the inaugural BAPAM Student Advocate Scheme Conference and Training Day with delegates from the University of Leeds, Birmingham Conservatoire, Institute of Contemporary Music Performance, Royal Welsh College of Music and Drama, Royal Conservatoire of Scotland, London Studio Centre and Dance UK.

The Student Advocate Scheme is an adaptable, highly effective way to engage performance students, department staff and education institutions in the promotion of healthy practice as a core component of performing arts education, and of coordinating information provision and local networks.

[Read More](#)

## 4. Musical Impact



Led by [Conservatoires UK](#), Musical Impact is a new four-year research project, starting in September 2013. The project aims to generate new knowledge of the physical and mental demands of music making, to contribute new insight into chronic and acute health problems and their impact over time, and to examine effective strategies for health promotion.

As well as drawing from centres of music education, the project brings together professional musicians and their employers - via the [Musicians' Union](#) (MU) and the [Association of British Orchestras](#) (ABO) - as well as health practitioners and researchers linked to the [British Association for Performing Arts Medicine](#) (BAPAM) and the [International Health Humanities Network](#) (IHHN).

BAPAM's Interim CEO, Dr Deborah Charnock, joins the project as a member of the Steering Group and BAPAM clinician, Professor Howard Bird, will act as external medical adviser.

[Read More](#)

## 5. The Future

We've spent the last year looking closely at how BAPAM works and implementing improvements throughout the service. It's been a great opportunity for us to think about what BAPAM is, and what we could become. With our strategic plan for 2014 – 2016 nearing completion, we're really excited to see how we can develop further. We are always on the lookout for doctors, health practitioners, educators, performers, students, volunteers, funders and fundraisers. If you are interested in working with BAPAM, finding out more about us, providing feedback or ideas about our service, we would love to hear from you. Here's how you can get in touch: <http://www.bapam.org.uk/contact.html>.

You can also keep up to date with us on Facebook (<http://www.facebook.com/PerformingArtsMedicine>) and Twitter ([www.twitter.com/ukbapam](http://www.twitter.com/ukbapam)).

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

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