

The No Needle Policy

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Outline

- Introduction
- The reality of the field
- Injections in relation to sport & doping
- Proposed rule
- A recent case

Introduction


 **Olympic Movement Medical Code**

6.3. Athletes' health care providers must act in accordance with the latest recognised medical knowledge and, when available, evidence-based medicine. They must refrain from performing any intervention that is not medically indicated, even at the request of the athletes, their entourage or another health care provider.

The reality of the field


Such practices


- Are **medically unethical** and **against "good clinical practice" guidelines**
- **Could be dangerous** for the health of the athletes
- Are **against the spirit of sport**
- Are a **health and safety issue** for employees
- Could lead to a very **negative image** of sport

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Consequences on sport


- Injections & Sport
 - Empiric medicine or “easy needle” doctors
 - Culture
 - Trivialization
 - Request from athlete or entourage
- Injections & Doping
 - First step
 - Usual way of administration
 - Inquiries
- Injections & WADA rules
 - Guidelines but not rules!!




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To fight against such practices is


- Difficult on a **technical level** when the substances are not on the prohibited list
- Difficult on a **legal level**
- Very expensive
 - 2007 XXX cases CHF 53'388
 - 2010 YYY cases CHF 34'761
 - Antidoping budget for 16/26 IF < 200'000 CHF




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To fight against such practices for



- Protecting athletes' health
 - Promoting EBM
 - Breaking link with doping
- Helping doctors to face pressures
- Cooperating with doctors to promote and add values to other activities than pharmacological assistance:
 - Prevention
 - Psychological assistance
 - Nutrition and dietetic
 - Education
 - Recovery
 -




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To face this situation....


“NO NEEDLE POLICY”





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Injections to any site of the body


1. **Have to be medically justified** with appropriate documentation available
2. **Must be appropriate** for the diagnosed condition
3. **Must be administered by a certified medical professional**
4. **Must respect the approved indication of the medication** = no off-label
5. **Must be declared to the competition Doctor**
6. **The disposal of used needles shall be conform to recognized safety standards**



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Medically justified injections

- Clear and documented diagnosis
 - Established by a medical doctor
 - Diagnosis, medication, route of administration
 - No non-injectable alternatives
- Injections aimed at improving and speeding up recovery or decreasing fatigue are not authorized



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NSAIDs treatments

EDUCATION • EDUCATION


MEDICAL MYTHOLOGY

Myth: Parenteral ketorolac provides more effective analgesia than oral ibuprofen

traudicated. Only in specific acute pain syndromes associated with nausea and vomiting, like renal colic, may its use be warranted. The belief that IM/IV medications are perceived as being stronger than oral medications and therefore result in a more powerful placebo effect has also been shown to be false. With the exception of 1 study in post-op patients with a significantly flawed study design, the evidence overwhelmingly shows that inexpensive and relatively safe oral ibuprofen has equal efficacy to the more expensive and potentially dangerous IM or IV ketorolac.²⁴


Clin J Emerg Med 2007;8(1):30-2



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Consequences

- Any violation of one of these principles may constitute a violation of the medical rule and may lead to the exclusion of the athlete/team and the sanction of the doctor
- The costs of any investigations related to this rule may be charged to the athlete / team concerned



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Recent case in Italy

ABUSO DI FARMACI: Ecco le motivazioni della storica sentenza della Disciplinaire Fci sul "Caso Bani"



In data 4 marzo 2011 la Commissione Disciplinare della Federciclismo, sulla base delle dichiarazioni emerse del noto "Caso Bani", l'atleta trovato positivo che aveva denunciato improprie pratiche mediche praticate indistintamente a tutti gli atleti minorenni della sua squadra, l'ASD Montemurlo Empioese Vangi, ha condannato a due mesi di sospensione la società, a due anni di squalifica il medico sociale Dott. Antonio Stanchetti, a 18 mesi di squalifica il direttore sportivo Cristiano Volani e a 15 mesi di squalifica il




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Recent case in Italy

L'utilizzo di medicinali non per finalità patologiche potrebbe danneggiare e pregiudicare il bene all'integrità psicofisica degli atleti costituendo in questo modo una seria e grave minaccia alla salute. Non esiste, infatti, farmaco che comporti benefici per la salute in un soggetto sano, anzi, in questi casi l'unico risultato è l'acresciuto pericolo di insorgenza di effetti collaterali (c.d. adverse drug reaction)...

ponderabili... e quello dell'utilizzo dei farmaci fuori indicazione: "...in assenza di processi patologici che si associano a disturbi funzionali, il farmaco non può e non deve essere prescritto e somministrato: la condotta contraria implica una prescrizione e una somministrazione off label (fuori indicazione) con la consapevolezza che la stessa è destinata ad attingere un risultato non terapeutico ovvero non vantaggioso per una specifica malattia."




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D'OÙ PARTIRA LE TOUR DE FRANCE ?



C'EST, TIRE AU SORT



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**THANK YOU FOR
LOOKING FOR
YOUR ATTENTION!
LOOK AT THEM!**

