

ABOUT BAPAM

Performing artists are like athletes; they have to keep as healthy as possible, and, like athletes, they are especially vulnerable to injury and illness. BAPAM is the only organisation delivering the specialist health support all professional and student performing artists need. Our work is unique, essential and irreplaceable.

You can help us keep performing artists healthy – or help them on their route back to health – by volunteering your time and professional expertise.

We have been working with performing artists of all kinds (actors, dancers, instrumentalists, singers and variety artists) since 1984. We have an in-depth understanding of the wide range of health problems that can affect those in the profession. We also understand the financial and other career pressures performers are under to keep on top form physically and psychologically.

BAPAM is a registered charity, funded by the Musicians Benevolent Fund, the Musicians' Union and Equity and supported by donations from Friends, performing artists, doctors and patients.

BRITISH ASSOCIATION FOR
PERFORMING



CARING FOR PERFORMERS' HEALTH

Is there a doctor in the house?



SUPPORTING BAPAM

- Please send me a Directory Application Form.
- I would like to become a Friend of BAPAM (£35 pa); please send me the standing order form.
- I would like to make a donation and enclose a cheque made payable to BAPAM for £ _____
- Gift Aid: I am a UK taxpayer. Signed _____

Name: _____

Address: _____

Postcode: _____

Telephone: _____

Email: _____

Return to BAPAM, FREEPOST, NAT 18607, London WC1X 8BR



British Association for Performing Arts Medicine
4th Floor, Totara Park House
34-36 Gray's Inn Road, London WC1X 8HR
Tel: 020 7404 5888 Fax: 020 7404 3222
Registered charity no. 1083295
www.bapam.org.uk

GUIDE FOR PRACTITIONERS AND SPECIALISTS

HOW CAN YOU HELP?

Provide sessions in BAPAM clinics

Our clinics around the country are staffed by volunteer GPs and general physicians who provide free health assessments to professional and student performing artists. Appointments generally last around half an hour.

Our core clinic provision is in general medicine, but where additional expertise is available, we run other clinic services such as assessments by specialist physiotherapists, rheumatologists, orthopaedic surgeons and psychological medicine specialists, plus some physiotherapy treatment.

If you wish to work in a BAPAM clinic, we will provide the training you need free of charge.

Take referrals and provide treatment

If further investigation or treatment is needed after a clinic assessment, we refer patients both into the NHS and privately. Where we can, we like to refer to specialists with an interest in Performing Arts Medicine who have joined our Directory.

Look after an orchestra

BAPAM organises and supports the Association of Medical Advisers to British Orchestras (AMABO). This service provides free, confidential and independent advice to orchestral musicians, matching individual doctors to orchestras around the country. If you would like to become a Medical Advisor to your 'own' orchestra, see AMABO on our website or email amabo@bapam.org.uk

"I enjoy the variety of problems – from considering what in a trombone mouthpiece might cause a skin sensitivity, to how to behave if your chorus neighbour has a cold – and of clients – from trapeze artists to dervish flute players. But I particularly value having so many specialists I can refer patients to."

Retired chest consultant who now volunteers for BAPAM as a general physician

Get involved in health promotion

We are developing fact sheets on many health promotion topics (available from our website), and we have a wide-ranging training curriculum. We always need volunteers to write or check new fact sheets, and speak on our training courses.

WHAT EXPERTISE CAN YOU OFFER?

No doubt you love the performing arts. In fact you may be, or have been, a performer yourself. You may have related interests, like sports medicine, and want to extend your knowledge. If you are already a Performing Arts Medicine expert, or hope to become one, there is a place for you in BAPAM.

GPs and general physicians (including occupational health specialists)

Our front-line service is general medicine, which attracts a wide range of doctors: GPs who have, or want to develop, Performing Arts Medicine expertise; doctors building a portfolio career that includes some voluntary practice; and those looking for an interesting and satisfying way of staying in medicine when they retire.

JOIN THE BAPAM DIRECTORY

Our Directory is organised in two lists and published on our website at www.bapam.org.uk.

The list of **Clinical Specialists in Performing Arts Medicine** comprises doctors, MACP physiotherapists and senior clinical psychologists with expertise in formulations who provide diagnostic assessments for BAPAM.

Otherwise, appointments with members of this list can only be made through the BAPAM office, except in the case of AMABO doctors who can be contacted direct by their orchestra.

To join the Specialists list, send a CV plus two written references supporting your suitability for, or interest in, working in Performing Arts Medicine.

The list of **Practitioners** contains a variety of healthcare practitioners, qualified in their own specialism, who have a particular

Medical consultants

We need senior clinicians who specialise in the problems common among performing artists. Our greatest demand is for musculoskeletal specialists including rheumatologists, orthopaedic surgeons and hand surgeons. Other priorities are otolaryngologists, psychiatrists, neurologists, dermatologists and maxillofacial surgeons. Sometimes these specialists provide clinic services for BAPAM – more often we refer patients to them for treatment.

Physiotherapists and hand therapists

With the high incidence of musculoskeletal problems among our patients, we always want physiotherapists and hand therapists.

Experts in psychological treatment

As well as psychiatrists, we need clinical psychologists, psychotherapists, counsellors, CBT practitioners, etc.

Other practitioners

BAPAM's patients use many other mainstream and complementary practitioners. Visit our website to see the range of practitioners on our Directory.

interest in treating performing artists. They work independently of BAPAM and accept referrals for treatment from BAPAM Clinical Specialists as well as self-referrals from patients.

Performers can get contact details for these practitioners from the BAPAM website and make their own appointments direct.

To join the Practitioners list, download an application form from our website, or use the form overleaf to request a hard copy from our London office.