

BAPAM Induction Day – Syllabus

Epidemiology of medical problems in performing artists:

- Survey results – international
- BAPAM surveys
- Who are our patients?
- What sort of problems do they present with?
- Occupational and psychosocial settings: students, freelancers, career patterns etc.

Psychological profiling of Performing artists + introduction to Performance Anxiety

Taking an Occupational/Performance history

Risk Factors for Injury + prevalence of overuse/misuse syndromes

Recommendations for good ‘practice habits’:

- Warming-up and cooling down, breaks in playing etc
- Basic ergonomics and postural awareness
- Sitting

Introduction to BAPAM:

- resources available – information provision, clinics, directory etc
- referral pathways
- clinic availability
- AMABO
- Health promotion work