Infographic. International Olympic Committee (IOC) consensus statement and clinical decision-making guide on acute respiratory illness in athletes

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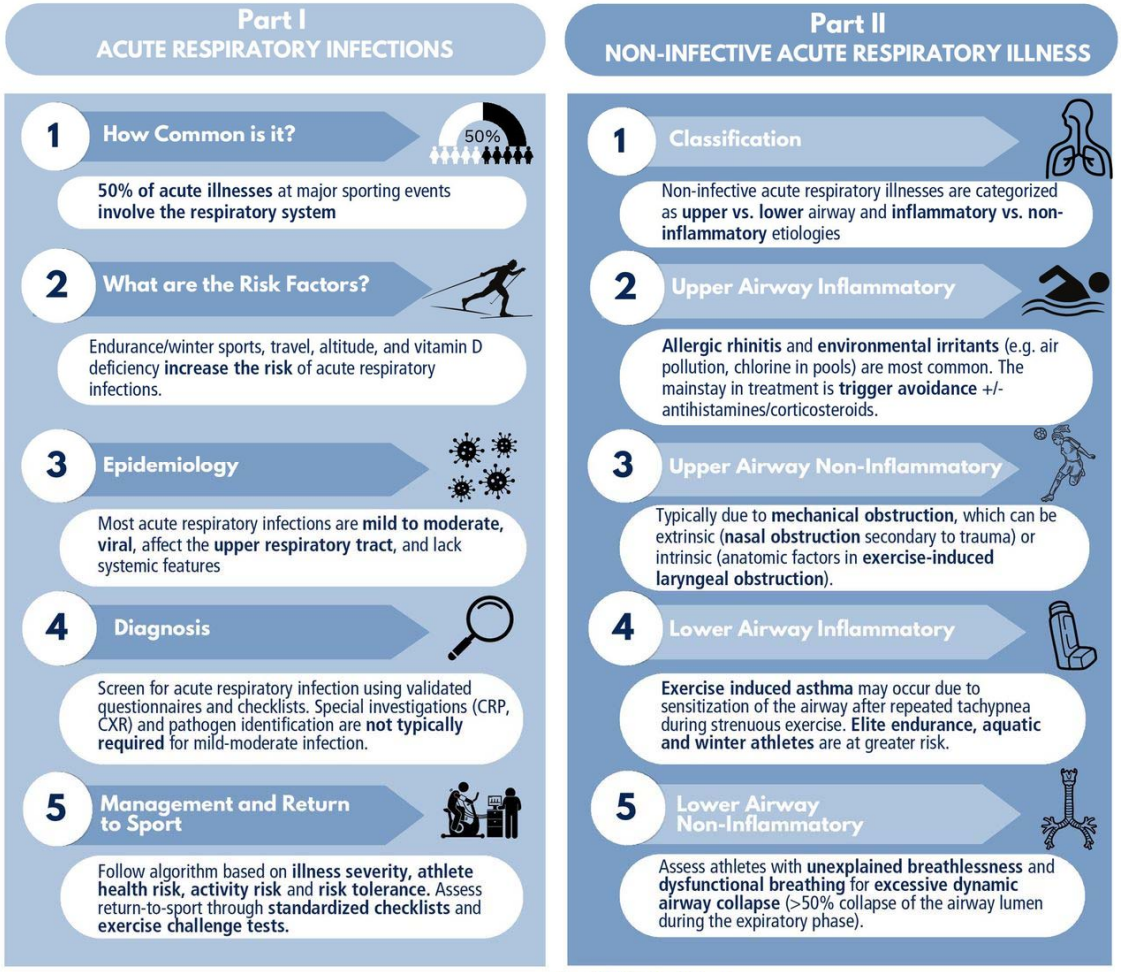
These infographics seek to summarise the International Olympic Committee (IOC) consensus statements on acute respiratory illness in athletes.[1 2] Figure 1 provides a brief overview from the IOC consensus statement Part 1: acute respiratory infections,[1] and Part 2: non-infective acute respiratory illness.[2] Figure 2 provides the Sport & Exercise Medicine (SEM) clinician with an algorithm to guide clinical decision-making for athletes with an acute respiratory infection. The algorithm follows a four-step process, which examines infection severity, athlete health risk, activity risk and risk tolerance.[1] Figure 3 provides both postexercise checklists for athlete/support staff and clinician to guide return to sport decision-making.

IOC CONSENSUS STATEMENT ON ACUTE RESPIRATORY ILLNESS IN ATHLETES



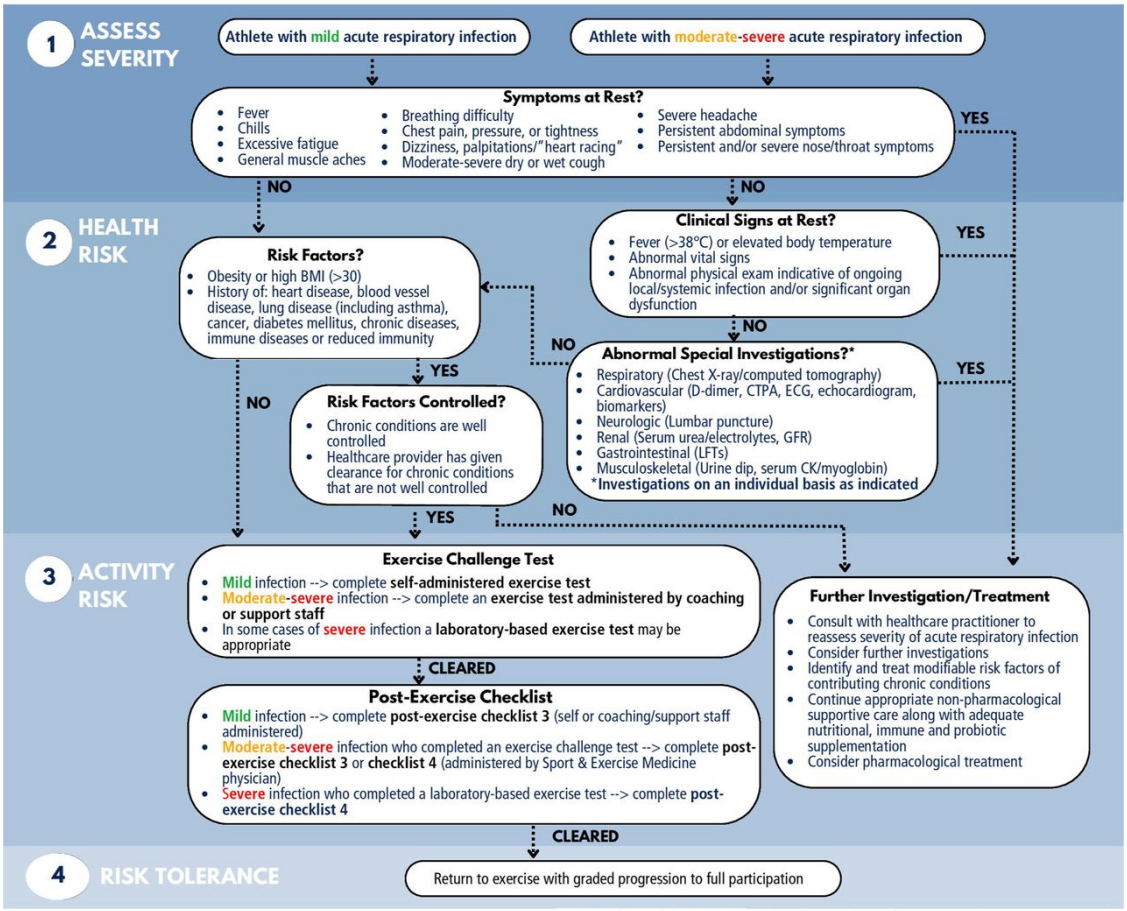
Abbrevations: CRP = C-reactive protein, CXR = chest Xray

SEMLI

Schwellnus et al 2022 (doi:10.1136/ bjsports-2022-105759)
Schwellnus et al 2022 (doi:10.1136/ bjsports-2022-105567)

ALGORITHM FOR RETURN TO SPORT FOLLOWING ACUTE RESPIRATORY INFECTION IN ATHLETES

FROM THE IOC CONSENSUS STATEMENT ON ACUTE RESPIRATORY ILLNESS IN ATHLETES



Abbrevations: BMI = body mass index, CTPA = computed tomography pulmonary angiogram, ECG = electrocardiogram, GFR = glomerular filtration rate, LFTs = liver function tests, CK = creatine kinase

SEMLI

Schwellnus et al 2022 (doi:10.1136/ bjsports-2022-105759)
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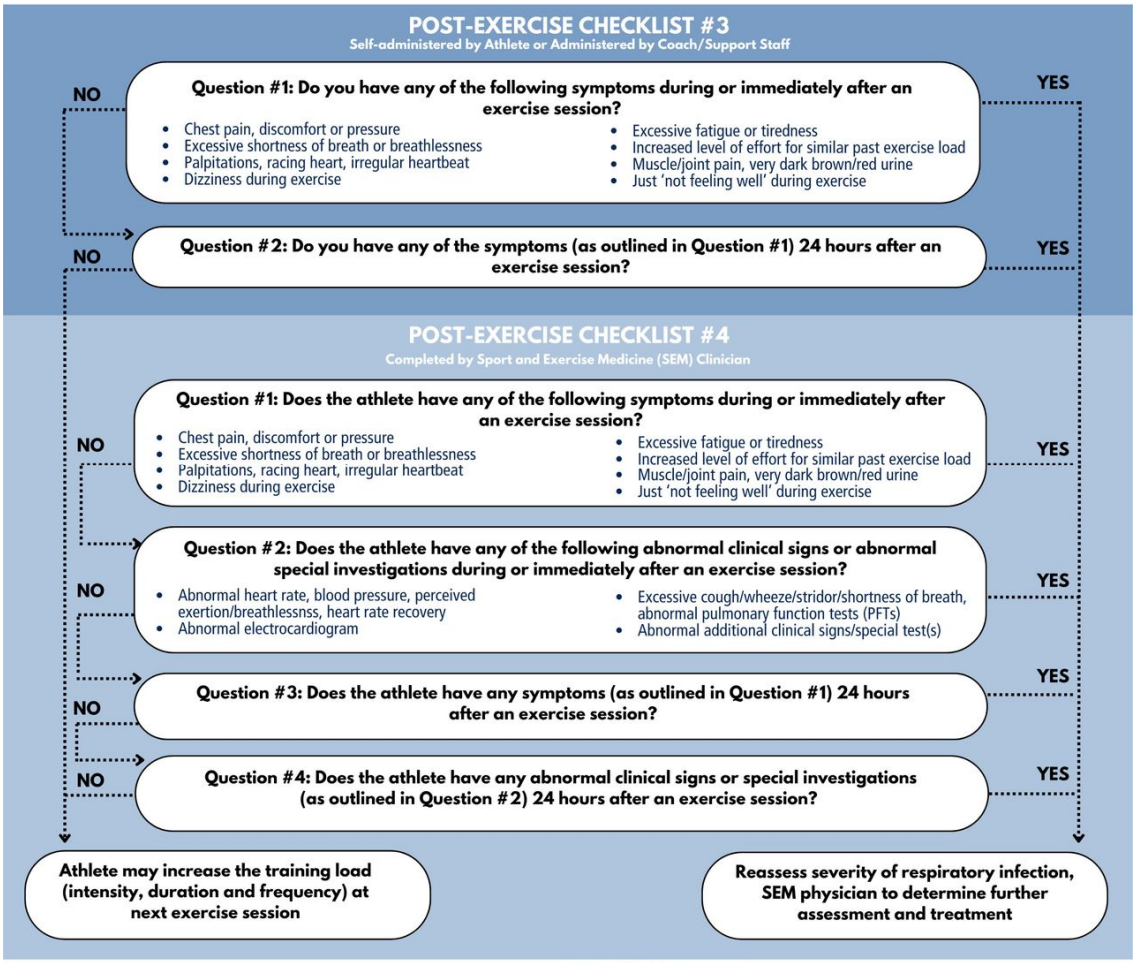
POST-EXERCISE CHECKLISTS #3 AND #4

FROM THE IOC CONSENSUS STATEMENT ON ACUTE RESPIRATORY ILLNESS IN ATHLETES



Abbrevations: SEM = sport and exercise medicine, PFT = pulmonary function tests

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The IOC consensus statements were developed as a response to the IOC Medical and Scientific Commission's call to action[3] to establish best practices regarding the prevention, management and safe return to sport for athletes with acute respiratory illness. The consensus statement authors were comprised of a diverse group of SEM experts from various backgrounds including IOC research centre members, former National Olympic Committee medical staff, participants in the IOC World Conference on Prevention of Illness and Injury in Sport and involvement with IOC advanced team physician courses. These experts were divided into subgroups and tasked with reviewing the current literature while performing systematic and narrative reviews[4–10] to fill in identified gaps. The finalised consensus statements were subdivided into two parts: acute respiratory infections[1] and non-infective respiratory illness.[2]

IOC consensus statement part 1 provides several novel recommendations for the management of acute respiratory infections in athletes. First, an exercise challenge test, self-administered by the athlete or administered by coaching staff, support staff or an SEM clinician should be completed prior to resuming moderate–high exercise training intensity. Second, athletes should undergo continual monitoring for signs and symptoms throughout the return to sport process, facilitated by the utilisation of pre-exercise and post-exercise checklists.[1] Meanwhile, IOC

consensus statement part 2 provides an in-depth overview of non-infectious respiratory aetiologies. A key finding in part 2 is the sparsity of literature on the impact of non-infective respiratory conditions like nasal obstruction, exercise-induced laryngeal obstruction and lower airway dysfunction on athlete health and performance.[2]

The recommendations included within these IOC consensus statements can be used by athletes, coaches, support staff, researchers and sport organisations as a practical approach to address infective and non-infective respiratory illness in athletes at all levels of sport.

Ethics statements

Patient consent for publication

Not applicable.

Ethics approval

Not applicable.

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Contributors

JST conceived of the idea. MRM created the original draft of the infographic and accompanying text. MS led the development of the IOC Consensus Statements. MRM, JST and MS reviewed and edited subsequent drafts and approved the final manuscript. JST is the guarantor.

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Competing interests

JST is an Editor of the BJSM.

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