

Royal College of General Practitioners Midland Faculty
Annual Education, Research and Innovation Symposium
Thursday 18th April 2024

Abstract Submission Form

PRESENTER'S DETAILS						
Title (Prof, Dr, Mr, Mrs, Miss) Miss Miss		First Name Rosie Louisa		Surname Rudin Harris		
Department or organisation name Warwick medical school						
Category (please select)						
Audit	<u>Research - yes</u>	Education Project	Quality Improvement			
Presentation Preference (please select)						
I prefer an oral presentation only		I prefer a poster or poster presentation only	Yes	I have no presentation preferences		
PRESENTATION DETAILS (max 300 words in total not including title or authors)						
Names of Authors Rosie Rudin Louisa Harris			Title of Study Exploring different interventions for Relative Energy Deficiency in Sport (RED-S): a systematic review			
I am a student and wish to be considered for the student prize					<input checked="" type="radio"/> Yes	<input type="radio"/> No
Background – What's the problem you are tackling? Relative Energy Deficiency in Sport (RED-S) is caused by an imbalance in energy intake and expenditure through exercise which leads to low energy availability. This means that the body does not have enough energy to support its physiological function. RED-S can affect both male and female athletes. In females, menstrual dysfunction, in the form of irregular periods, is a well-known consequence of low energy availability. This has led many to associate the condition with only menstrual dysfunction. However, other symptoms include poor bone health, altered sleep, hormone imbalance and worsened athletic performance. Although awareness of RED-S is improving, there is a need for the synthesis into the efficacy of current interventions, which this systematic review aims to provide.						

Method

How did/will you do it?

Medline, Embase and Web of Science databases were searched using keywords and their combinations. Two independent reviewers screened the retrieved studies by title, abstract and full text. The Joanna Briggs Institute critical appraisal tool was used to assess risk of bias. Data was extracted into an excel spreadsheet and a narrative synthesis performed. The study protocol is registered with PROSPERO, an international database of prospectively registered systematic reviews in health and social care (CRD42023474552).

Results (if applicable)

What did you find?

The search retrieved 982 papers and after screening, nine were eligible for inclusion. One of three studies investigating the increase in energy intake stated this was significant in menstrual recovery for those with low energy availability. Education, when used in conjunction with other interventions, may also be useful.

Discussion

Why does this matter?

RED-S is poorly understood, and little research exists into the condition and treatment. Despite this, increasing energy intake is essential in the management of RED-S and may be more effective when used alongside education and hormonal treatment. Future research is needed to allow better analysis of the efficacy of interventions due to the limited research available.

Please return this form by e-mail to wmcgp2024@warwick.ac.uk

Closing date Monday 26th February 2024