

BJSM Patient voices

Author Instructions

Patient voices is a section of the British Journal of Sports Medicine that focuses on the stories of health and performance optimization of people engaging in sport, exercise, and physical activity – as told by the people themselves. Our intention is to have Patient voices reflect the global community across the lifespan, from all types of activity and levels of participation. We encourage submissions from all people engaging in sport, exercise, and physical activity, especially from members of communities that are not widely represented in sport and exercise medicine literature including (but not limited to) the following:

- Black, Indigenous, and people of colour
- People from the LGBTQIA2S+ community
- People with disabilities
- People with complex/chronic illnesses
- People from the Global South or Far North
- People from low- or middle-income nations
- People from stateless communities

Pieces should be submitted in English. If you have a story that you want to share, but are concerned about having to write in English, our editorial team will try to assist you. Note: language that is discriminatory, dehumanizing, or devaluing to others will not be considered.

Each piece should be a maximum of 1000 words, with one table or figure if desired, and up to 8 references. Submissions will be considered for publication on the BJSM Blog, with the select pieces chosen for journal publication in BJSM. Submissions will undergo editorial review, where one of the following recommendations will be made:

Rejected: the piece is not a fit for Patient voices.

Conditional acceptance with major revisions: the piece would be a good fit but needs some significant changes.

Conditional acceptance with minor revisions: the piece would be a good fit but needs some small changes.

Accepted: the piece is a good fit for Patient voices and will be published as a blog on the British Journal of Sports Medicine site (<https://blogs.bmj.com/bjasm/>).

Please note that pieces will be published under the name of the contributor only and there will be one author (the patient/athlete). If the contributor does not wish to be identified as the author, it will be listed as anonymous or provided with an alias. No shadow or proxy authorships will be permitted.

Submissions from those who are also members of health care/athlete health support professions may only be published as part of an annual special edition anthology. Submissions will not be accepted outside of that window.

Not sure what to write about? Below are some questions to help get your creative juices flowing.

Please direct submissions to bjspatientvoices@bmj.com

Guiding Questions:

- Career planning/Retirement planning
 - How has injury or illness impacted my career goals as an athlete, and my perception of my ability to achieve them?
 - How has injury or illness impacted my perception and pursuit of my career outside of being an athlete?
- Community engagement
 - How has injury or illness impacted my perception of community and my role within my community?
 - How has injury or illness impacted my connection to my teammates/the broader athlete community?
 - How has injury or illness impacted my connection to the community that I live in/was raised in?
- Family planning/caregiving
 - How has injury or illness impacted my ability to parent/be a caregiver for my family?
- Health Care Access
 - How has access to health services in my community or my organization's athlete health support team (e.g., sport and exercise medicine physician, physiotherapist, athletic therapist, dietician, chiropractor) impacted my perception of health, and how has that been influenced by illness or injury?
 - How has rehabilitation and recovery from my illness or injury been impacted by the health care providers (physician, physiotherapist, psychologist, sports scientist, etc.) caring for me?
- Mental Health
 - How has injury or illness impacted my mental health management and optimization strategies?
 - How has injury or illness impacted the way I manage or recovered from physical/mental injury or illness?
 - How has injury or illness impacted how I perceive and engage in activities centred around mental rest and recovery?
- Occupation health and safety
 - How has injury or illness impacted my perception of safety around training and competition?
- Pandemics/Natural Disasters/War
 - How have diseases (e.g. COVID-19, Influenza, Ebola or Malaria) impacted my perception of health and safety with sport and exercise participation?
 - How have natural disasters like typhoons, tornadoes and earthquakes impacted my perception of health and safety with sport and exercise participation?

- o How have war/civil unrest impacted my perception of health and safety with sport and exercise participation?
- Physical Health
 - o How has injury or illness changed my perception of my physical health?
 - o How has injury or illness impacted the way I prevent and/or manage physical injury and illness, or pre-existing health conditions?
 - o How has injury or illness impacted how I perceive and engage in activities centred around physical rest and recovery?
- Social Determinants of Health
 - o How have systems of oppression (e.g., racism, sexism, colonialism, homophobia, transphobia, ableism, ageism) impacted my perception of health, and how has that been influenced by illness or injury?
 - o How has economic stability (or lack of it) (e.g., employment, income, expense) impacted my perception of health, and how has that been influenced by illness or injury?
 - o How has my physical environment (e.g., transportation, housing, walkability, safety) impacted my perception of health, and how has that been influenced by illness or injury?
 - o How has food security (e.g., access to quality food, hunger, malnutrition) impacted my perception of health, and how has that been influenced by illness or injury?
 - o How has access to community/social supports or interruption due to migration/travel/boarding impacted my perception of health, and how has that been influenced by illness or injury?
- Sport Sciences
 - o How an injury or illness impacted the way in which I think of or utilize strength and conditioning, exercise physiology, and biomechanics?