

Intercollegiate Council for Sports Medicine
2019 Summit

Title: Evidence-Based EAP for Safer Sports

Speaker: Rod Walters, DA, ATC

Abstract/Summary: A basic tenet of emergency planning is the EAP. The coordination of coaches, administrators, athletic trainers, and physicians is important to provide the best plan possible in the event a catastrophic accident occurs. The basics of the EAP and associated equipment must be reviewed. The components of the EAP include development of venue specific EAP.

Objectives:

At the conclusion of the program, participants will be able to:

1. Evaluate the components of an emergency action plan.
2. Summarize and apply the concepts of procedures versus policy relative to administration of athletic healthcare.
3. Compare the challenges and differences in providing healthcare v. coverage.
4. Analyze components of medical care for sport populations.

Title: Clinical Management of Acute Skin Trauma

Speaker: Joel W. Beam, EdD, LAT, ATC

Abstract/Summary: Acute skin trauma (eg, abrasions, avulsions, blisters, lacerations, punctures, and traumatic and postoperative incisions) is common among athletes in all sports, and athletic trainers (ATs) have the primary responsibility for the treatment of these injuries. Inappropriate wound management can result in delayed healing, cross-contamination, bacterial colonization, and infection, adversely affecting the overall health and playing status of the patient. The use of appropriate cleansing, debridement, and dressing interventions can create an optimal environment for healing and lessen the risk of complications. While other health care professions, organizations, and facilities have developed clinical practice guidelines for the management of acute skin trauma, guidelines for ATs have been sparse. As a result, many ATs base treatment intervention decisions on ritualistic practices or anecdotal evidence. The National Athletic Trainers' Association position statement on acute skin trauma provides evidence-based recommendations for ATs to guide treatment interventions. The purpose of this program is to educate ATs on evidence-based recommendations for the cleansing, debridement, and dressing of acute skin trauma among patients. Participants will also receive recommendations on daily monitoring, follow-up care, and education for patients who have suffered acute skin trauma.

Objectives

At the conclusion of this program, the participants should be able to:

1. Explain the purposes and goals of cleansing, debridement, and dressing techniques for the management of acute skin trauma.
2. Identify the evidence-based cleansing, debridement, and dressing techniques used for the management of acute skin trauma.
3. Differentiate evidence-based cleansing, debridement, and dressing techniques based on the characteristics of the wound and needs of the patient with acute skin trauma.

4. Explain guidelines for daily monitoring, follow-up care, and patient education for the management of acute skin trauma.

Domains:

- 1 – Injury and Illness Prevention Wellness and Promotion
- 2 – Examination, Assessment and Diagnosis
- 3 – Immediate and Emergency Care

Title: Concussions, CTE, and the Law: Minimizing Legal Risk to the Athletic Trainer

Speakers: Steve Pachman and Dylan Henry

Abstract/Summary: As reported concussions continue to increase, plaintiffs are bringing more concussion lawsuits against schools and individuals. ATs are most vulnerable because they are on the ground level and in constant interaction with their players. The popularity of these lawsuits is attributable to the ever-increasing knowledge surrounding concussions, and to the media, which has exacerbated fears of the dangers of contact sports and the effects of CTE. In light of the continuing evolution of the standard of care regarding the management of sport-related concussions and many unanswered questions concerning medical phenomena such as Second Impact Syndrome and CTE, plaintiffs' attorneys across the country are feasting on these concussion lawsuits.

In what continues to be a terrifying trend for ATs, the reality is that following a catastrophic head injury in the sports' context, the first question becomes who, other than the injured athlete, is responsible for the catastrophic outcome. That question quickly then becomes who must ultimately pay the injured athlete (or the surviving family) to compensate for that injury, with the AT's actions held to the highest level of scrutiny.

Once a lawsuit is filed, various questions arise such as: was the athlete properly educated on the signs and symptoms of concussions?; was an accepted return-to-play protocol followed?; was the operative concussion management plan followed?; should additional testing on an injured athlete have been conducted prior to RTP?; did a coach unduly influence an AT's best judgment? The key is to have properly addressed these issues before a lawsuit is filed.

Objectives

During this session, we will focus on:

1. what the ATC should expect upon commencement of a lawsuit, what to expect during litigation, and case resolution factors;
2. lessons learned in the courtroom defending ATCs in concussion and CTE cases, focusing on several high-profile cases;
3. ways in which future litigation risk may be minimized; and
4. recent literature shaping the standard of care in this space, including pertinent guidelines and Position Statements on the management of concussion.

Title: The AT and Sports RD: A Dynamic Duo

Speaker: Katie Knappenberger MS, RD, CSSD, ATC

Abstract/Summary: The purpose of this presentation is to explore the benefits and ways that a sports dietitian can enhance the work of athletic trainers. This presentation will provide practical examples of how a sports dietitian can support injury prevention, rehabilitation, hydration management, body composition tracking, dietary supplement evaluation, and general health. While nutrition is within the AT's scope of practice, advances in the field of Performance Nutrition make it very difficult for the AT to tackle this area alone. Strategies will be discussed to explore integration of a sports dietitian at schools of varying sizes and resources.

Objectives:

At the conclusion of the presentation, the participants should be able to:

1. Give Examples of how athletic trainers can translate hydration and recovery research to practice.
2. Identify red flags that require collaborating with a sports dietitian to improve the health and performance of an athlete.

Domains:

- 1 - Injury and Illness Prevention
- 4 – Therapeutic Intervention

Title: Best Practices for the Management and Review of Intercollegiate Athletic Insurance Programs

Speaker: Andrew Massey, ATC

Abstract/Summary: The delivery of intercollegiate healthcare and the management of the associated insurance program is an area of concern for athletic departments. The responsibility for the care of the student-athlete, coupled with the rising costs of providing that care, requires institutions to identify and examine the utilization of athletic insurance program effective practices. The athletic medical insurance practices and the athletic trainer's role in the administration of the insurance program has been a point of discussion in the literature from (Street, Yates, Lavery & Lavery, 1994) to (Killinger & Schellhouse, 2018). This presentation will discuss effective practices for managing student-athlete insurance and provide a template for the review of the institution's athletic insurance program. The recognition of effective insurance practices coupled with a program evaluation process will equip the athletic trainer to effectively administer the insurance program and better manage the costs of the program.

Objectives:

1. Recognize effective practices in the administration of an intercollegiate athletic insurance program.
2. Consider a review instrument to analyze the athletic insurance practices at your institution.
3. Develop a plan to evaluate the athletic insurance program at your institution.

Domains:

Domain 5 - Healthcare Administration and Professional Responsibility

0501 - Evaluate organizational, personal and stakeholder outcomes.

0503 - Practice within local, state and national regulations, guidelines, recommendations and professional standards.

0504 – Use established documentation procedures to ensure best practices

Title: Improved Patient Care for Permanently-Sidelined Athletes: The Athletic Trainer’s Role

Speaker: Jordan Anderson, MS, ATC

Abstract/Summary: Understanding the patterns of psychological response for athletes no longer able to compete due to career-ending injury, health condition, or concussion is essential to the athletic trainer’s patient care. This presentation will address the psychological and social domains for athletes experiencing medical disqualification (MDQ), implications for felt loss of athletic identity, and risk of related mental health concerns. Emphasis on research and practical methodology to support these athletes in their transition.

Objectives:

At the conclusion of the presentation, the participant will be able to:

1. Define the common psychological struggles of permanently-sidelined athletes coping with the transition out of competition, including the Stages of Grief and Transition.
2. Describe the factors influencing the complexity of adaptation to career transition for permanently-sidelined athletes.
3. Analyze the components of a healthy adjustment following medical disqualification.
4. Point out ways athletic trainers can support the permanently-sidelined athlete in the six key areas of: grief and loss, identity crisis, mental health concerns, maintaining motivation, support network, and resources.

Domain:

4 – Treatment and Rehabilitation

Title: Get Ready...Here it Comes: Understanding How to Make the Degree Transition Work for You in Offering Clinical Immersion Opportunities

Speaker: Jennifer O'Donoghue PhD, LAT, ATC, CSCS

Abstract/Summary: As the landscape of athletic training education continues to evolve, the transition from the professional-level bachelors to the professional-level master’s degree, will require the development of quality clinical education opportunities, by partnering with non-CAATE accredited professional athletic training programs, and organizations. Additionally, the impact of the academic transition, is anticipated to have a significant influence on university and college staffing positions, as the role of graduate assistants may soon disappear.

With CAATE accredited ATPs already making the transition, with many more to come, Athletic Training/Sports Medicine Departments are finding themselves being solicited by current ATPs, or are themselves, seeking out ATPs in which to develop affiliate agreements for providing clinical experiences for athletic training students, while also supporting the operations of their Departments. Clinical education sites interested in accommodating athletic training students, as they complete these

experiences, should have a basic understanding of the CAATE Accreditation Standards, while also preparing the future clinician to handle the rigor of the profession.

Objectives associated with the presentation will include summarizing accreditation standards impacting clinical immersion opportunities and identifying basic principles, problems and strengths associated with the degree transition, developing immersive educational opportunities, and the influence on clinical practice and staffing.

Objectives

At the conclusion of the presentation, the participant will be able to:

1. Summarize the Commission on Accreditation of Athletic Training Education, 2020 Standards for Accreditation of Professional Athletic Training Programs that have a direct impact on understanding, implementing and/or providing clinical immersion opportunities.
2. Summarize and explain specific terminology associated with set standards.
3. Identify basic principles for recruiting, developing, implementing and accommodating athletic training students involved in immersed clinical education settings.
4. List the problems and strengths associated with the impact of the degree transition on the clinical environment.
5. Point out basic principles associated with the impact of immersed clinical rotations along with benefits and concerns influencing the staffing of university and college positions.

Domain:

5 – Healthcare Administration and Professional Responsibility

Title: Mitigation of Risk

Speaker: Rod Walters, DA, ATC

Abstract/Summary: A basic tenet of emergency planning is the EAP. The coordination of coaches, administrators, athletic trainers, and physicians is important to provide the best plan possible in the event a catastrophic accident occurs. The basics of the EAP and associated equipment must be reviewed. The components of the EAP include development of venue specific EAP.

Objectives:

At the conclusion of the presentation, the participant will be able to:

1. Differentiate the components care vs. coverage to include an institutional coverage model.
2. Review of the provisions to cover medic expenses.
3. Differentiate the components of patient centered care with considerations for autonomous care.

Domains:

1 - Injury and Illness Prevention and Wellness Promotion

- 2 - Examination, Assessment and Diagnosis
- 3 - Immediate and Emergency Care
- 4 - Therapeutic Intervention
- 5 - Healthcare Administration and Professional Responsibility