

# REMOTE ACTION

## ATs CONTINUE TO IMPACT HEALTH CARE REMOTELY

In the midst of the COVID-19 pandemic, athletic trainers determine ways to remotely impact health care, wellness and safety for their patients and communities.

### BEST PRACTICES

Athletic trainers are using this time to ensure that health and safety policies are up to date with the latest research and best practices. This includes assessing their programs, updating policies and revising emergency action plans, including how they can be prepared for a potential resurgence of COVID-19.



### FACILITIES

For athletic trainers who are able to go to their workplace, they are conducting deep cleanings and sanitization of the athletic training facility and sporting and emergency equipment. Additionally, ATs are able to conduct thorough inspections of the facilities and equipment to identify any necessary repairs that may pose safety hazard to patients or the community.



### ADVOCACY

Athletic trainers continue to advocate for their patients and the athletic training profession. ATs are providing community services through social media to help encourage their community, get people moving and raise awareness of the profession. Other ATs are participating in research projects, such as ATLAS and NATION, mentorships or applying to be deemed a Safe Sport School.



### PROMOTE PATIENT CARE

Athletic trainers have nimbly adopted technology to the benefit of their patients in order to provide education, assessment, rehabilitation and other health care services from afar. ATs providing virtual demonstration of rehabilitation exercises, nutritional recommendations and other suggestions on how they can stay performance ready.

### ADMINISTRATIVE DUTIES

Athletic trainers are completing injury reports and updating documentation to identify trends in injuries to make appropriate interventions. Athletic trainers are planning future required education for patients, leaders and other community members.

### PROFESSIONAL DEVELOPMENT

Athletic trainers are required to complete 50 hours of continuing education every two years. This ensures they are up to date on the latest research, best practices and evidence-based practices to treat their patient populations. Athletic trainers are also completing certifications and training programs required or suggested by their employer.

# IMPACTING HEALTH CARE REMOTELY

In the midst of the COVID-19 pandemic, here are ways athletic trainers can remotely impact health care, wellness and safety for your patients and communities.



## BEST PRACTICES

STAY ABREST WITH THE LATEST BEST PRACTICES

1. Complete the Program Assessment for Safety in Sport.  
– [pass.nata.org](https://pass.nata.org)
2. Review the latest research and statements.  
– [natajournals.org](https://natajournals.org)
3. Update your emergency action plans (EAPs) and policies and procedures manual. Consider developing a pandemic-specific EAPs as resources and suggestions become available.  
– [nata.org/sites/default/files/emergencyplanninginathletics.pdf](https://nata.org/sites/default/files/emergencyplanninginathletics.pdf)  
– [cdc.gov/coronavirus/2019-ncov/php/public-health-communicators-get-your-community-ready.html](https://cdc.gov/coronavirus/2019-ncov/php/public-health-communicators-get-your-community-ready.html)
4. Complete the Liability Toolkit.  
– [forms.nata.org/my\\_liability\\_tk](https://forms.nata.org/my_liability_tk)



## PROMOTE PATIENT CARE

PROVIDE HEALTH CARE SERVICES FROM AFAR

1. Leverage telemedicine options to continue patient care.  
– [nata.org/blog/claire-higgins/ats-take-patient-care-virtual-during-covid-19](https://nata.org/blog/claire-higgins/ats-take-patient-care-virtual-during-covid-19)
2. Develop and share home rehabilitation programs with patients.
3. Dual position ATs: provide online instruction for sports medicine courses.  
– [gather.nata.org](https://gather.nata.org) for resources and lesson ideas
4. Check in on your patients using a wellness survey.  
– [nata.org/sites/default/files/wellness\\_screening\\_guidelines\\_for\\_secondary\\_school\\_ats.pdf](https://nata.org/sites/default/files/wellness_screening_guidelines_for_secondary_school_ats.pdf)
5. Provide resources and recommendations on topics such as stress, nutrition, sleep and hydration to keep patients performance ready while at home.  
– [nata.org/practice-patient-care/infographic-handouts](https://nata.org/practice-patient-care/infographic-handouts)  
– [nata.org/practice-patient-care/health-issues#healthIssues?](https://nata.org/practice-patient-care/health-issues#healthIssues?)



## PROFESSIONAL DEVELOPMENT

COMPLETE TRAINING AND EDUCATIONAL REQUIREMENTS

1. Complete CEUs in NATA's Professional Development Center.  
– [pdc.nata.org](https://pdc.nata.org)
2. Participate in a live webinar.  
– [nata.org/career-education/education/events/webinars](https://nata.org/career-education/education/events/webinars)
3. Hone your leadership skills through the NATA Leadership Academy.  
– [nata.org/career-education/education/resources-tools/leadership-academy](https://nata.org/career-education/education/resources-tools/leadership-academy)
4. Complete necessary compliance training.

# IMPACTING HEALTH CARE REMOTELY



## FACILITIES

EVALUATE AND PREPARE FACILITIES IF POSSIBLE

1. Inspect and repair sporting equipment.
  - **See manufacturer guidelines.**
2. Inspect and repair emergency equipment.
  - **See manufacturer guidelines.**
3. Restock clinic or athletic training facility and prepare supply orders.
  - [nata.org/sites/default/files/secondary-school-position-proposal-guide.pdf](https://nata.org/sites/default/files/secondary-school-position-proposal-guide.pdf) (pages 54-55)
4. Assess, clean, organize and sanitize the clinic or athletic training facilities. Identify and submit facility needs or repairs.
  - [bocatc.org/facility](https://bocatc.org/facility)



## ADMINISTRATIVE

COMPLETE ADMINISTRATIVE DUTIES

1. Catch up on documentation, daily logs, injury reports and insurance claims.
  - [nata.org/sites/default/files/best-practice-guidelines-for-athletic-training-documentation.pdf](https://nata.org/sites/default/files/best-practice-guidelines-for-athletic-training-documentation.pdf)
  - [datalyscenter.org/nation/\\_2](https://datalyscenter.org/nation/_2)
2. Analyze injury reports and trends, and identify quality assurance measures for next season.
3. Plan ahead for required education for next season such as CPR/AED training for staff and education for parents, patients and coaches.
  - [nata.org/professional-interests/job-settings/college-university/resources/10-10](https://nata.org/professional-interests/job-settings/college-university/resources/10-10)
4. Set meetings and network (following community health and safety guidelines).
  - Offer support to administrators, school nurse and peers as possible.
  - Schedule meetings with department staff to stay up to date on latest developments in your area.
  - Check in with your team physicians, athletes, patients, coaches and ATs.
  - Meet with sales representatives.



## ADVOCACY

HELP RAISE AWARENESS AND DEMONSTRATE VALUE

1. Share stories AT impact with your local news. Contact your district or NATA public relations committee for more information or submit your stories online to NATA.
  - [nata.org/node/216428](https://nata.org/node/216428)
2. Demonstrate your value.
  - [nata.org/sites/default/files/ssvm\\_-\\_final\\_version\\_7.11.2016.pdf](https://nata.org/sites/default/files/ssvm_-_final_version_7.11.2016.pdf)
3. Complete the Athletic Training Locations and Services (ATLAS) survey for your school.
  - [ksi.uconn.edu/nata-atlas/](https://ksi.uconn.edu/nata-atlas/)
4. Apply for a Safe Sport School Award.
  - [nata.org/advocacy/youth-sports-safety/safe-sports-schools](https://nata.org/advocacy/youth-sports-safety/safe-sports-schools)
5. Sign up to be a mentor or mentee.
  - [gather.nata.org/participate/mentoring](https://gather.nata.org/participate/mentoring)
6. Get your NPI
  - [nata.org/practice-patient-care/revenue-reimbursement/national-provider-identifier-npi](https://nata.org/practice-patient-care/revenue-reimbursement/national-provider-identifier-npi)
7. Find ways to engage with your local community to provide health care services, education and support.