



## Tuesday June 16, 2020

3:30 - 4:00 PM	Registration
4:00 - 4:15 PM	Welcome <b>Murphy Grant</b>
4:15 - 4:30 PM	NAIA Updates <b>Russ Richardson</b>
4:30 - 4:45 PM	NCAA Updates <b>LaGwyn Durden</b>
4:45 - 5:00 PM	Two Year Institution Updates <b>Jaime Derollo</b>
5:00 - 5:30 PM	Arrington Settlement <b>Steve Pachman/Dylan Henry</b>
5:30 - 6:30 PM*	The View from an Investigative Perspective <b>Rod Walters</b>
6:30 - 7:30 PM*	Emergency Preparation <b>Ron Courson</b>
7:30 - 9:00 PM	Reception

## Wednesday June 17, 2020

6:30-7:00 AM	Registration
7:00 - 7:15 AM	Opening Remarks <b>Murphy Grant</b>
7:15 - 8:15 AM	Sparta Technology <b>Dr. Phil Wagner</b>
8:15 - 9:15 AM*	Please Pass the Salt: Fluid and Electrolyte Needs for College Athletics <b>Dr. Rob Huggins</b>
9:15 - 9:45 AM	NATA Update <b>Tory Lindley</b>
9:45 - 11:45 AM	QPR Suicide Training



11:45 – 12:45 PM	Lunch
12:45 – 1:45 PM*	Athletic Medicine Review Board <b>Ron Courson</b>
1:45 – 2:45 PM*	Maximizing your Institutional and Provider Relationships to Minimize Medical Expenses <b>Andy Massey</b>
2:45 – 3:45 PM	Breakout groups
3:45 – 4:45 PM	Panel Discussion
4:45 – 5:45 PM*	<b>EBP:</b> Quality Care of the Patient Requires Quality Clinician Wellbeing <b>Scott Sailor</b>
5:45 – 6:15 PM	Open Forum/Q&A
6:15 – 6:30 PM	Closing Remarks <b>Murphy Grant</b>
6:30 PM	NATA Welcome Reception

*\*Eligible for BOC CEUs*

Intercollegiate Council for Sports Medicine  
2020 Summit

**Title: The View from an Investigative Perspective**

Speaker: Rod Walters, DA, ATC

Summary

This presentation will involve a post-incident compilation of observations, findings, and recommendations specific to reviews and investigations of incidents in sports.

Objectives

At the conclusion of this presentation, attendees will be able to:

- Analyze failures of programs relative to preventing catastrophic incidents
- Summarize findings from de-identified incidents involving catastrophic incidents
- Describe models for best practice of sports medicine services

Domain and Task

Injury and Illness Prevention and Wellness Promotion

- 0104 Minimize the risk of injury and illness by monitoring and implementing plans to comply with regulatory requirements and standard operating procedures for physical environments and equipment.
- 0105 Facilitate individual and group safety by monitoring and responding to environmental conditions (e.g., weather, surfaces and client work setting).

Level: Advanced

**Title: Quality Patient Care Requires Quality Clinician Wellbeing (EBP)**

Speakers: Scott Sailor, EdD, ATC and Stephanie Moore, PhD, ATC

Summary

Healthcare's Quadruple Aim was developed to address the goals of improving population health, reducing cost, enriching the patient experience, and enhancing clinician wellbeing. Discussion around the fourth aim is happening in our profession given the recent NATA Position Statement on Work-Life Balance. The purpose of this presentation is to introduce ATs to the Quadruple Aim and discuss research related to improving clinician wellbeing and the experience of providing care.

Objectives

At the conclusion of this presentation, attendees will be able to:

- Describe the four components of the quadruple aim
- Use examples of how the quadruple aim applies within athletic training settings

- Compare athletic training to other health care professions in regards to care team wellbeing

#### Domain and Task

##### Healthcare Administration and Professional Responsibility

- 0502 Develop policies, procedures and strategies to address risks and organizational needs.
- 0504 Use established documentation procedures to ensure best practices.

Level: Essential

#### **Title: Maximizing your Institutional and Provider Relationships to Minimize Medical Expenses**

Speaker: Andrew Massey, MAT, ATC

#### Summary

The cost of delivering health care continues to rise at a pace well above the general rate of inflation. Athletic departments, faced with medical cost inflation, student-athletes' primary insurance with significantly higher deductibles, rising athletic accident premiums and the growing trend of delivering total health care, must maximize resources and leverage relationships to reduce expenses. Additionally, the overall goal of healthcare to improve quality while lowering costs makes innovation a must. This presentation will discuss the trends in health care costs, explore quality improvements and its' relationship to cost reduction. It will also examine methods to effectively utilize on-campus resources and incorporate strategies identifying the "best" providers. Reducing costs are a way to "generate" revenue and can positively impact the athletic department budget. Athletic training/sports medicine staff engaged in this process can improve campus and community relationships, enhance the athletic department reputation and improve the quality of care.

#### Objectives

At the conclusion of this presentation, attendees will be able to:

- Consider trends in health care costs, focusing on the relationship between quality improvement (QI) and cost reduction
- Evaluate methods to effectively utilize institutional resources and provider relationships
- Develop a strategy that incorporates provider relationships, quality improvement and a goal of reducing costs

#### Domain and Task

##### Therapeutic Intervention

- 0401 Optimize patient outcomes by developing, evaluating and updating the plan of care.

##### Healthcare Administration and Professional Responsibility

- 0501 Evaluate organizational, personal and stakeholder outcomes.
- 0502 Develop policies, procedures and strategies to address risks and organizational needs.

Level: Essential

**Title: Emergency Preparation**

Speaker: Ron Courson, ATC, PT, NREMT-I, CSCS

Summary

This presentation will present best practices for emergency preparation in athletics, discussing recognition and management of emergencies, reviewing how to develop an emergency action plan (EAP), the role of the medical time -out, communication, concept of scenario-based training, and post-critical incident stress management (CISM).

Objectives

At the conclusion of this presentation, attendees will be able to:

- Analyze best practices for recognition and management emergency situations in athletics.
- Evaluate EAP Guidelines for communication, venue implementation and response, documentation, review and rehearsal, and post critical incident stress management (CISM)

Domain and Task

Immediate and Emergency Care

- 0301 Establish EAPs to guide appropriate and unified response to events and optimize outcomes.
- 0302 Triage to determine if conditions, injuries or illnesses are life-threatening.
- 0303 Implement appropriate emergency and immediate care procedures to reduce the risk of morbidity and mortality.
- 0304 Implement referral strategies to facilitate the timely transfer of care.

Level: Essential

**Title: Athletic Medicine Review Board**

Speaker: Ron Courson, ATC, PT, NREMT-I, CSCS

Summary

This presentation will discuss the concept of an Athletic Medicine review board (AMRB). The AMRB at the University of Georgia provides oversight for all programs and services that have the potential to affect the physical or mental health status of student-athletes, thereby promoting operational transparency and the implementation of best practices in prevention, treatment, and rehabilitation of injuries; pre-participation examinations; emergency action planning; strength and conditioning training; nutritional counseling; and psychosocial care, including treatment for substance abuse, eating disorders, psychiatric conditions, and violent behavior. The AMRB provides an annual report to the president of the university, athletic administrators and is publicly accessible to the UGAAA athletic board. The report should present evidence of compliance with consensus best practices and document any specific areas of concern. The AMRB functions in a manner similar to an institutional review board to protect research

participants or a citizen review board to oversee law enforcement agencies. The review board consists of individuals representing a wide spectrum of areas and expertise, from athletics, athletic training, medical, injury prevention, legal, medical ethics, leadership, and research.

### Objectives

At the conclusion of this presentation, attendees will be able to:

- Produce overview of formation and function of an Athletic Medicine Review Board
- Evaluate the need for accountability and transparency in intercollegiate athletic medicine
- Use the concepts of athlete-centered medicine and best practices

### Domain and Task

#### Healthcare Administration and Professional Responsibility

- 0501 Evaluate organizational, personal and stakeholder outcomes.
- 0502 Develop policies, procedures and strategies to address risks and organizational needs.
- 0503 Practice within local, state and national regulations, guidelines, recommendations and professional standards.
- 0504 Use established documentation procedures to ensure best practice.

### **Title: Please Pass the Salt: Fluid and Electrolyte Needs for College Athletes**

Speaker: Robert Huggins, PhD, LAT, ATC

### Summary

Maintaining proper fluid and electrolyte needs are essential for optimal thermoregulation and performance, especially during exercise in the heat. While many athletic trainers and sports nutritionists educate, develop, and implement proper hydration strategies with their athletes and teams, many athletes still struggle with maintaining their hydration status. Despite logical interventions of increasing fluid replacement and increasing electrolyte consumption these struggling athletes may require more precise measurement of fluid and electrolyte needs to achieve optimal thermoregulation and reduce electrolyte-induced muscle cramping during training and competition. Therefore, the purpose(s) of this presentation are to, 1) review the National Athletic Trainers' position statement on fluid replacement, 2) quantify normal fluid and electrolyte needs, 3) determine when an athlete's current fluid and electrolyte replacement plan is inadequate, and 4) identify when more advanced fluid and electrolyte testing is required for the purposes of proper intervention.

### Objectives

At the conclusion of this presentation, attendees will be able to:

- Interpret whether an athlete has normal or abnormal fluid and electrolyte needs.
- Produce an intervention plan for an athlete who requires increased fluid and electrolyte needs.
- Distinguish when traditional intervention plans are inadequate and evaluate the need for more advanced physiological athlete specific testing.

### Domain and Task

Examination, Assessment, and Diagnosis

- 0201, Obtain an individual's history through observation, interview and review of relevant records to assess injuries and illnesses and to identify comorbidities.
- 0204, Interpret signs and symptoms of injuries, illnesses or other conditions that require referral, utilizing medical history and physical examination to ensure appropriate care.
- 0205, Educate patients and appropriate stakeholders about clinical findings, prognosis and plan of care to optimize outcomes and encourage compliance.

#### Therapeutic Intervention

- 0406, Administer therapeutic interventions for general medical conditions to aid recovery to optimal function.

Level: Advanced