

# 2023 NATA On-Demand Program

## Themes

 Data-driven Practice

 Optimizing Return-to-Work, Life and Sport

(BSC-O)- Denotes Orthopedic Specialty Certification Domain

***\*Subject to change\****

## LECTURES

### **From Student Loan Forgiveness to Third Party Reimbursement: How ATs Can Translate Data to Meaningful Advocacy, (V), Essential**

*Presented by the NATA Governmental Affairs Council*

Adam Annaccone, EdD, ATC, CES, University of Texas at Arlington

Anna Sedory, MS, ATC, CSCS, Fairfax County Police Department

At the end of this session, attendees will be able to:

- Identify areas of legislative advocacy where data can make a difference in approaching legislators and other stakeholders.
- Illustrate the collection and use of data to form advocacy strategies.
- Construct human health care stories with data relevant to athletic training regulation.
- Discuss what data legislators need to help drive the AT's advocacy agenda.

### **Looking Beyond the Measures: What Does the Athlete Think?, (I, II, IV, V), Advanced**

*Presented by the NATA International Committee*

Evert Verhagen, PhD, Amsterdam UMC

At the end of this session, attendees will be able to:

- Recognize the voice of the athlete following an injury through open communication.
- Integrate athlete experiences and perceptions into an objective return-to-play timeline.
- Organize a return-to-play program incorporating the StARRT model.

### **Contextualizing the Convergence of Data Analytics, Sports Medicine and Epidemiology, (I), Essential**

Avinash Chandran, PhD, Datalys Center for Sports Injury Research and Prevention Inc.

At the end of this session, attendees will be able to:

- Define data analytics and describe the conceptual overlap between epidemiology and data analytics.
- Identify examples of theoretically-informed data analytics applications in sports medicine practice.
- Apply principles of epidemiology and data analytics to formulate questions seeking data-driven insights for clinical problems.

### **Providing Athletic Training Services to Intellectually Disabled Athletes, (V), Essential**

Jeffrey Kawaguchi, ATC, PT, Pacific University

At the end of this session, attendees will be able to:

- Describe the unique features of athletic training services for athletes with an intellectual disability.
- Describe and dispel the obstacles and barriers facing practicing clinicians.
- Create a pathway for providing care for intellectually disabled athletes.

### **COVID-19: Understanding and Management of Long COVID Syndrome, (I, II, IV), Essential**

Scott Cheatham, PhD, DPT, ATC, California State University Dominguez Hills

At the end of this session, attendees will be able to:

- Identify the possible etiological causes of long COVID syndrome.
- Identify the negative long-term physiological effects that occur from long COVID syndrome.
- Integrate evidence-based evaluation techniques in the assessment and monitoring of individuals with long COVID syndrome.
- Apply current rehabilitation and management strategies for individuals with long COVID syndrome.

### **Optimizing Return-to-Sport for Injured Athletes Via Collaboration Between Athletic Trainer and Sport Psychologist, (IV), (BSC-O: III), Advanced**

Timothy White, ATC, CSCS, White House Athletics

At the end of this session, attendees will be able to:

- Explain and give examples of the role of the athletic trainer and the role of the sport psychologist when collaborating as part of an interdisciplinary treatment team.
- Apply specific psychological techniques and strategies to their patients while completing rehabilitation exercises and activities.
- Use a collaborative process to evaluate an athlete's physical and psychological readiness to return to sport and make recommendations accordingly.

### **Creating an Inclusive Environment for Transgender and Gender-Diverse Patients, (I, V), Essential**

Amanda Tritsch, PhD, LAT, ATC, University of South Florida

Meredith Decker, PhD, LAT, ATC, University of Texas at Arlington

At the end of this session, attendees will be able to:

- Identify barriers to health care for transgender and gender-diverse patients.
- Utilize patient-centered strategies when working with transgender and gender-diverse populations.
- Identify ways to increase inclusivity in their practice settings and clinic environments.

### **Application of a Mental Health Protocol in College Athletics, (I, II, III, IV, V), Essential**

William Drake, MEd, LAT, ATC, Gonzaga University

At the end of this session, attendees will be able to:

- Identify key components of a mental health protocol and how they apply to real-world cases.
- Compare PHQ9 sample data to actual outcomes of case examples.
- Discover key tools in referral patterns, triage of cases and proper release communications for safety plans.

### **Mind the Gap: The Role of the Athletic Trainer in Addressing the Needs of Publicly Insured Patients, (I, V), Essential**

Samuel Johnson, PhD, ATC, CSCS, Oregon State University

At the end of this session, attendees will be able to:

- Describe the delays in one-three care patients on public insurance face in accessing health care.
- Explain the evidence in how athletic trainers can improve access to care and health care utilization.
- Discuss ways athletic trainers can use this information to advocate for their patients and their profession.

### **When the Trust is Broken: How to Repair Patient-Clinician Relationships in Low Socioeconomic Status Communities, (I, IV), Advanced**

Tamerah Hunt, PhD, LAT, ATC, Georgia Southern University

Melissa Kossman, PhD, ATC, University of Southern Mississippi

At the end of this session, attendees will be able to:

- Understand common reasons patients lose trust in clinicians.
- Appraise factors associated with community mistrust of clinicians through case studies and examples within low socioeconomic status communities.

- Appraise the research regarding the patient-clinician relationship in low socioeconomic status communities.
- Apply evidence-based strategies of overcoming trust loss in patients.

### **Understanding the Components of CPC, (V), Essential**

*Presented by the Board of Certification*

Susan McGowan, PhD, ATC, EMT-B, X Med Inc

Michael Goldenberg, MS, ATC, CES, The Lawrence School

Alison Snyder Valier, PhD, LAT, ATC, A.T. Still University

Shannon Fleming, AT Ret, Board of Certification, Inc

At the end of this session, attendees will be able to:

- Explain the value of the concept of CPC, its components and why they are important to the athletic training profession and the populations it serves.
- Describe how the professional goals appraisal works and how it will provide suggestions for professional development and learning activities and foster lifelong learning.
- Explain quality improvement and why it is important and can provide value to an AT's practice.
- Describe a competence assessment module and its purpose.

### **Femoroacetabular Impingement in Athletes: Evidence-Based Evaluation and Management Concepts To Optimize Treatment and Return-to-Sport in the Athlete, (II), (BSC-O: I, II), Advanced**

Marc Safran, MD, Stanford University

At the end of this session, attendees will be able to:

- Discuss the pathophysiology of FAI and the mechanisms of injury to the hip.
- Demonstrate physical examination techniques to evaluate for FAI.
- Discuss the surgical and non-surgical options for the treatment of FAI.

### **Development & Implementation of a Suicide Prevention Program: An Overview for the Clinical Athletic Trainer, (III, V), Essential**

Jennifer Plos, EdD, LAT, ATC, Western Illinois University

Cara Cerullo, LCSW, CADC, Western Illinois University

At the end of this session, attendees will be able to:

- Describe the need for suicide prevention based on statistical evidence of student athlete risk.
- Identify vital components of a suicide prevention program for athletic trainers.
- Develop their own suicide prevention program, including a suicide-specific emergency action plan.

### **When Nonspecific Low Back Pain Goes Sideways: Fibromyalgia in the College Student Athlete, (II, IV), Advanced**

Matt Mills, MA, LAT, ATC, Springfield College

At the end of this session, attendees will be able to:

- Identify key red flags for non-orthopedic etiologies of back pain.
- Outline best practices for a multimodal treatment strategy for a patient with fibromyalgia.
- Describe the current literature regarding risk factors for fibromyalgia diagnosis.

### **Atrial Fibrillation in Athletes: What Athletic Trainers Should Know, (I, II), Essential**

Jill Murphy, DPT, ATC, CSCS, MotionWorks Physical Therapy

At the end of this session, attendees will be able to:

- Recall the three main pathophysiological, exercise-induced contributors to the development of lone atrial fibrillation in athletes.
- Identify four specific risk factors that might flag athletes at high risk of atrial fibrillation.
- Detail current recommendations for training modifications for athletes deemed to be at high risk for atrial fibrillation.
- Describe the treatment options for athletes diagnosed with atrial fibrillation and how each option potentially impacts athletic performance.

### **Day-Tuh or Da-Tuh: The Relationship Between Data and Value in the Secondary School Setting, (I), Essential**

*Presented by the NATA Secondary School Athletic Trainers Committee*

Mike Hopper, MS, LAT, ATC, Bishop Lynch High School

Christine Collins, PhD, Datalys Center for Sports Injury Research and Prevention, Inc.

At the end of this session, attendees will be able to:

- Integrate data collection techniques into secondary school ATs daily practice.
- Illustrate potential cost-savings to employers and patients through medical services rendered by athletic trainers.
- Interpret athletic training treatment patterns and justify future needs.
- Educate athletic trainers about ongoing injury surveillance efforts at secondary schools in the United States.

### **WBGT? But It's a Dry Heat! Establishing State-Specific Guidelines for Heat, (I, V), Advanced**

Hayley Root, PhD, ATC, Northern Arizona University

Tamara Valovich McLeod, PhD, ATC, FNATA, A. T. Still University

At the end of this session, attendees will be able to:

- Describe the need for state-specific weather modification guidelines.
- Compare and contrast common weather measurement strategies for humid versus dry climates.
- Describe and apply strategies to promote stakeholder buy-in for policy development.

### **Spirituality... Where Do ATs Fit? (I), Essential**

Annette Martinez, EdD, ATC, University of the Pacific

At the end of this session, attendees will be able to:

- Define religion and spirituality.
- Draw connections between patient care and patients' spiritual needs.
- Locating community resources to aid student athletes with their spiritual wellness.
- Describe the benefits of religious and spiritual practices in health care.

### **Avoiding Borderline Patient Care Practices to Stay Successful and Ethical, (V), Advanced**

*Presented by the NATA Committee on Professional Ethics*

Suzanne Konz, PhD, ATC, CSCS, Marshall University

Paul Rupp, MS, LAT, ATC Oakton High School

At the end of this session, attendees will be able to:

- Discuss professional and ethical boundaries in athletic training practice.
- Review the NATA Code of Ethic Violation submission process.

### **Ronnie Barnes Educational Series, (I, II, IV), Advanced**

*Presented by the Professional Football Athletic Trainers Society*

Conservative and Surgical Management of High Ankle Sprains

David Porter, MD, PhD, Methodist Sports Medicine Clinic

Erin Barill, PT, ATC, Indianapolis Colts

An Anatomical Perspective in Rebuilding Movement in the Post-Injured Athlete

Steven Kennelly, ATC, New York Giants

At the end of this session, attendees will be able to:

- Summarize latest trends in foot/ankle injury prevention and management.
- Define various objective criteria used to progress foot/ankle rehabilitation and return to play.
- Identify critical movement patterns and gait analysis as it relates to an athletes' overall performance.
- Implement corrective exercises based on these movement patterns.

## **Interactive Lectures**

### **Rehabilitation Fundamentals for Pregnant and Postpartum Athletes, (II, IV), Advanced**

Aly Matejka, DAT, ATC, University of Findlay

Stephanie Born, PhD, University of Findlay

At the end of this session, attendees will be able to:

- Recognize signs and symptoms that an athlete may be pregnant or postpartum including identifying appropriate patient history questions to utilize in addition to recognizing when to refer the athlete to the appropriate health care professional including obstetricians.
- Discover conditions in pregnant and postpartum athletes that require modification to physical activity including athletic participation as well as treatment and rehabilitation modifications.
- Discover and apply treatment and rehabilitation modification appropriate for pregnant and postpartum athletes including breathing modification, intra-abdominal pressure modification, patient positioning modification, etc.

**To Have Error Is Human: To Conduct Baseline Testing for Concussion Is Divine, (I, II, V), Advanced**

Jacob Resch, PhD, LAT, ATC, University of Virginia

Catherine Donahue, MEd, ATC, Point Loma University

At the end of this session, attendees will be able to:

- Integrate baseline assessments using time and cost-effective clinical measures of concussion.
- Discuss the most current evidence surrounding baseline assessments.
- Appreciate how technology may assist with the baseline assessment at the secondary, post-secondary and professional levels of sport as well as non-sport venues.

**Examining Ethnic Diversity in AT: A Critical Look & Conversation, (V), Essential**

*Presented by the NATA Ethnic Diversity Advisory Committee*

Estefania Zavala, DAT, LAT, ATC, University of Wisconsin at Madison

Rene' Revis Shingles, PhD, AT, ATC, Central Michigan University

Mercedes Himmons, PhD, LAT, ATC, Pennsylvania Western University, California

Tamesha Logan, MBA, National Athletic Trainers' Association

Xavion Santiago, PhD, LAT, ATC, District of Columbia Public Schools

At the end of this session, attendees will be able to:

- Assess the level of diversity within athletic training leadership to determine if a change in the recruitment process is needed.
- Identify the needs for diversity in leadership positions at all levels in athletic training based on the data presented.
- Apply specific recruitment strategies in their respective institutions to begin to diversify their staff.
- Select state resources to assist in the increase of ethnically diverse individuals within leadership positions and institutions.

**Unraveling All of the Cannabinoids: An Interactive Lecture Beyond CBD, (IV, V), Advanced**

Jeff Konin, PhD, ATC, FNATA, Florida International University

Tiffany Morton, MS, LAT, ATC, Kansas City Chiefs

At the end of this session, attendees will be able to:

- Compare and contrast the varying cannabinoids in the cannabis plant.
- Formulate a treatment approach that includes matching cannabinoid therapeutic effects with a patient's clinical symptoms.
- Interpret a cannabis product's certificate of analysis for the purpose of providing accurate patient education.

#### **Legal Depositions in Sports Medicine, (V), Essential**

Stanley Herring, MD, FAMSSM, University of Washington

Kevin Guskiewicz, PhD, ATC, University of North Carolina at Chapel Hill

Ron Courson, ATC, PT, SCS, University of Georgia

Frank Chernak, Montgomery McCracken Walker & Rhoads LLP

At the end of this session, attendees will be able to:

- Learn about to interact professionally with an attorney in a legal deposition.
- Learn risk management strategies in sports medicine.
- Learn standards of care for concussion.
- Learn about negligence, causation and damages.

#### **Preventing, Managing & Optimizing Bone Health Through Updated Nutrition & Supplement Guidelines To Enhance Returning to Work, Life and Sport, (I, IV), Essential**

Dawn Weatherwax, RD, CSSD, LD, Sports Nutrition 2Go

At the end of this session, attendees will be able to:

- Discuss the effectiveness of ideal macro and micro-nutrient amounts on bone health at different stages and for recovery.
- Express which nutrients and amounts are emphasized for bone health if following a vegan diet.
- Explain what parts of nutrition have a negative impact on bone health and recovery while executing guidelines to minimize consumption or exposure.
- Summarize the latest supplementation guidelines on optimizing bone growth, remodeling and prevention (e.g., vitamin D3, vitamin K2, collagen, nitric oxide, calcium).

#### **Neurodynamic Testing and Neural Mobilization, (IV), Advanced**

Nicholas Grahovec, PhD, ATC, CSCS, Northern Illinois University

Tyler Wood, PhD, ATC, Northern Illinois University

At the end of this session, attendees will be able to:

- Determine when neurodynamic restrictions may be present.
- Evaluate neurodynamics through neurodynamic testing and peripheral nerve tension testing.
- Select neural mobilizations based on findings from neurodynamic testing and peripheral nerve tension testing.



## **Developing a Therapeutic Exercise Program for Mechanical Low Back Pain: Examining the Evidence and Crafting Appropriate Progressions, (IV), (BSC-O: I), Essential**

Kenneth Cieslak, DC, ATC, CSCS, Garden State Therapy Group

At the end of this session, attendees will be able to:

- Recognize the most common low back pain diagnoses, their sign and symptom patterns and objective findings common to each.
- Examine the literature to determine the efficacy of applying the most recent clinical prediction rules for determining an appropriate treatment strategy.
- Examine the literature as it applies to such rehabilitation concepts as: motor control programs, strengthening protocols, proprioceptive strategies and manual therapy approaches and discuss their relative value and limitations in an effective treatment.
- Discuss the role of movement screens, their potential role in the diagnostic process and their potential pitfalls.

## **Strategies for Effective Bleeding Control All Athletic Trainers Should Know and Perform, (III), Advanced**

David Berry, PhD, MHA, ATC, Saginaw Valley State University

At the end of this session, attendees will be able to:

- Identify and discuss the pathophysiology, clinical features and risk of shock in the prehospital setting.
- Examine and discuss the current evidence to determine the effectiveness and efficacy bleeding control devices (e.g., tourniquets and hemostatic dressings) in the prehospital setting to control bleeding and minimize shock.
- Identify, discuss and demonstrate the application procedures for the use of measures (e.g., tourniquets and hemostatic agents) in the prehospital setting to control bleeding and minimize shock.

## **Reduction Techniques for Athletic Trainers, (II, III, IV), Advanced**

Mike Diede, PhD, ATC, Brigham Young University

At the end of this session, attendees will be able to:

- Distinguish when joint relocation is appropriate and when it is not.
- Identify differences in reduction techniques and recognize the appropriateness of each.
- Describe specific reduction/relocation techniques according to anatomical structures involved.