

# NATA 2024 ON-DEMAND PROGRAM

## THEMES

 **HEALTH CARE ADMINISTRATION**

 **PERFORMANCE RECOVERY**

**(BCS-O)- Denotes Orthopedic Specialty Certification Domain**

### INFLAMMATION: THE GOOD, THE BAD AND PEACE AND LOVE, (IV), ADVANCED

*Presented by the NATA Professional Development Committee*

Noelle Selkow, PhD, ATC, Illinois State University

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

- Describe the inflammatory process following injury and the thermodynamic properties of heat and cold.
- Facilitate proper modality use depending on the current phase of healing.
- Assess theories of RICE, POLICE and PEACE and LOVE and their place in injury healing.

### HEART RATE VARIABILITY AND ITS USE IN EVALUATING EXERCISE RECOVERY, (I), ADVANCED

Portia Resnick, PhD, ATC, BCTMB, California State University at Long Beach

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

- Define physiological and anatomical changes that occur in the cardiovascular system with training.
- Explain the role of the autonomic nervous system in training and recovery.
- Describe the ways of examining heart rate variability (HRV).
- Provide examples of how to track changes in HRV based on training programs.

- Discuss the importance of subjective information in HRV changes.

## LET'S TALK ABOUT MENTAL HEALTH: SUICIDE RECOGNITION, REFERRAL AND CRITICAL INCIDENT DEBRIEFING, (III), ADVANCED

Zachary Winkelmann, PhD, ATC, University of South Carolina  
Elizabeth Neil, PhD, LAT, ATC, Temple University

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

- Recognize the signs, symptoms and risk factors for suicidal ideation with emphasis placed on concerns with women and female patients.
- Evaluate methods to screen for suicidality.
- Describe the immediate support procedures for a patient in crisis and establish evidence-based referral pathways for continued support.
- Compare resources available for athletic trainers following a critical incident.
- Examine critical incident stress management and debriefing.

## POSTURAL ORTHOSTATIC TACHYCARDIA SYNDROME: WHAT ATHLETIC TRAINERS NEED TO KNOW, (IV), ESSENTIAL

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

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

- Define postural orthostatic tachycardia syndrome (POTS).
- Discuss assessment strategies for POTS among active individuals and athletes.
- Describe common management strategies for POTS for active individuals and athletes.

## VISUAL AND HAPTIC FEEDBACK FOR IMPROVING BIOMECHANICS, (I, II), (BCS-O: I), ADVANCED

Rachel Koldenhoven Rolfe, PhD, LAT, ATC, Texas State University

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

- Define biofeedback.
- Discuss the goals of using biofeedback.
- Identify clinical populations that may benefit from biofeedback programs.

- Discuss the clinical utility of visual and haptic biofeedback techniques used in research.

## **ADMINISTRATION IN THE SPORTS MEDICINE CLINIC: ROLE DELINEATION FOR ATs IN MULTIDISCIPLINARY COLLABORATION, (V), (BCS-O: III), ADVANCED**

*Presented by the NATA Committee on Practice Advancement*

Michael Roberts, MA, LAT, ATC, OrthoNebraska

Elizabeth Gard, MSN, RN, OrthoNebraska

Michelle Holt, MA, LAT, ATC, Sideline Orthopedic and Sports

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

- Recognize the role athletic trainers play in producing efficient clinical workflows in physician practice settings in a team alongside other health care professionals or clerical staff.
- Assess the AT's potential for cross-training and collaboration from an administrator's perspective and evaluate the priorities in role delineation during clinic workflow or clerical tasks to maximize clinic productivity.
- Summarize how ATs directly impact the stakeholders' experiences in a physician practice setting and discuss ideas for data collection on a grassroots level to help reinforce the value of ATs in a clinic and support collaboration.

## **WHAT TO DO BEFORE SHOTS ARE FIRED: DESIGNING AN EMERGENCY ACTION PLAN FOR AN ACTIVE SHOOTER INCIDENT AT YOUR INSTITUTION, (I, III), ADVANCED**

Ed Strapp, LAT, ATC, Sports Medicine Emergency Management

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

- Describe characteristics of shooters.
- Discuss how emergency action plans can be updated to prepare for active shooter situations.
- Describe evidence-based prevention strategies for active assailant event response.
- Explain how differences between the classroom settings and athletic environments significantly alter the required response to those building an emergency action plan.

## TAKING THE NERVES OUT OF NEUROLOGICAL ASSESSMENT: SIMPLIFYING YOUR EXAM AND REVIEWING CONDITIONS ENCOUNTERED IN ATHLETIC AND OUTPATIENT SETTINGS, (II), ADVANCED

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

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

- Describe a comprehensive neurological assessment that can be completed in under five minutes, with an explanation of key findings to watch for and how to best interpret variations.
- Identify several common peripheral neurological disorders in sport and understand key differential findings to consider in the examination process.
- Define pain phenotyping and describe how this method may assist in determining appropriate management strategies for conditions in which pain is a primary clinical symptom.

## THE PLATINUM RULE: PATIENT-CENTERED CARE FOR DIVERSE PATIENT POPULATIONS, (I), (BCS-O: I), MASTERY

Lindsey Eberman, PhD, LAT, ATC, Indiana State University

Zachary Winkelmann, PhD, ATC, University of South Carolina

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

- Recognize the principles of patient-centered care.
- Practice methods to deliver care in alignment with the Platinum Rule.
- Describe needs for diverse populations representing diversity in age, gender, race, spirituality, ability, sexual orientation and other characteristics.

## TREATING CONCUSSION: APPLYING NEW EVIDENCE FROM CLINICAL TRIALS TO ENHANCE CLINICAL PRACTICE, (II, IV), ADVANCED

Anthony Kontos, PhD, University of Pittsburgh

R.J. Elbin, PhD, University of Arkansas

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

- Describe new clinical trial evidence for concussion treatments including behavioral management, physical activity/exercise and vestibular rehabilitation.
- Discuss the role of moderating factors, including gender, psychosocial risk factors, compliance and health disparities, on the effectiveness of treatments for concussion.
- Apply findings from clinical trials to develop more effective and efficient management strategies for athletes following a concussion.

## SHOW ME THE MONEY: A SECONDARY SCHOOL AT GUIDE TO CONTRACTS AND WORK-LIFE BALANCE, (V), ESSENTIAL

*Presented by the NATA Secondary School Athletic Trainers' Committee*

Jason Viel, MS LAT, ATC, Rock Valley Physical Therapy  
Frank Walters, PhD, LAT, ATC, University of Miami

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

- Distinguish a variety of items included in a true compensation package.
- Compare contract negotiation strategies.
- Examine how to cultivate relationships among athletic training coworkers within an outreach organization.
- Determine how to gauge opportunities available via their employer for their chosen career path.

## COLLABORATIVE INITIATIVES ADVANCING ACCESS TO LIFESAVING POLICIES, PROCEDURES AND EQUIPMENT FOR SECONDARY SCHOOL ATHLETES, (V), ESSENTIAL

Rebecca Stearns, PhD, ATC, Korey Stringer Institute  
Douglas Casa, PhD, ATC, Korey Stringer Institute

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

- Determine best practices related to identifying, managing and treating sudden cardiac arrest and heat stroke in high school athletes.
- Recognize gaps and health disparities that exist in sudden cardiac arrest care and heat stroke for high school sports.
- Identify collaborative initiatives that have been used or that currently exist to address health disparities for best practices in sudden cardiac arrest care and heat stroke for high school athletes.

## **INTER-ASSOCIATION CONSENSUS STATEMENT ON THE PROVISION OF NUTRITION SERVICES IN COLLEGIATE ATHLETICS: APPLICATIONS FOR THE ATHLETIC TRAINER, (I, V), ADVANCED**

*Presented by the Sports and Human Performance Nutrition*

Victoria Lambert, MS, RD, Collegiate and Professional Sports Dietitians Association and Sports and Human Performance Nutrition Practice Group

Jason Durocher, MA, LAT, ATC, Seattle Pacific University

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

- Compare their current organizational structure, level of practice and service model to the service levels and models described in the consensus statement.
- Evaluate the literature regarding best practices in clinical sports nutrition and describe the minimum standards in the primary areas of care for student athletes in the collegiate setting.
- Describe how to utilize the standards of practice and professional performance for the evaluation of knowledge, skills and abilities of a practicing sports dietitian.
- Design justifications for the addition or expansion of nutrition services in the collegiate setting.

## **PAIN AND THE BRAIN: PSYCHOLOGICAL ASSESSMENT AND INTERVENTION FOR PAIN MANAGEMENT AFTER SPORTS-RELATED INJURIES, (II, IV), ADVANCED**

Francesca Genoese-Strathe, MS, LAT, ATC, Michigan State University

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

- Identify critical psychological processes, such as attention, cognition and emotion, that may influence an individual's pain experience.
- Discuss the benefits of comprehensive pain outcome measures that assess different dimensions of pain including, but not limited to, pain intensity, pain quality and pain effect.
- Describe effective cognitive behavioral therapy techniques, specifically attentional focusing, pain neuroscience education and mindfulness, that may be used for pain management.

## **ELEVATING PERFORMANCE: HARNESSING THE POTENTIAL OF WEARABLE TECHNOLOGY, (I), ADVANCED**

Alexandra DeJong Lempke, PhD, ATC, University of Michigan

Adam Lepley, PhD, LAT, ATC, University of Michigan

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

- Critically appraise the current available evidence for endurance and other sport training in relationship to performance and recovery.
- Identify different types of wearable technologies used to assess athlete performance.
- Consider additional factors influencing athlete performance and recovery beyond in-clinic measurement capabilities.
- Contextualize measurement capabilities of wearable technologies to clinical applications among athletes.
- Recognize the application of wearable technology across a variety of settings in the athletic training field.

## **KICKING CONFLICT IN ATHLETIC TRAINING PRACTICE SETTINGS, (V), ADVANCED**

Tom Bowman, PhD, ATC, University of Lynchburg

Stephanie Singe, PhD, ATC, FNATA, University of Connecticut

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

- Summarize the literature exploring organizational conflict in athletic training practice settings.
- Summarize the literature exploring work-family and family-work conflict in athletic training practice settings.
- Present strategies to mitigate organizational conflict in athletic training practice settings.
- Present strategies to mitigate work-family and family-work conflict in athletic training practice settings.

## **THE ATHLETIC TRAINER'S ROLE IN CRITICAL INCIDENT MANAGEMENT AND U.S. PRESIDENTIAL POLICY DIRECTIVE: TAKING YOUR EVENT CARE AND COVERAGE TO THE NEXT LEVEL, (III, IV), (BCS-O: III), ESSENTIAL**

Eric Fuchs, FNAP, LAT, ATC, Eastern Kentucky University

Christopher Ludwig, EdD, ATC, University of Idaho

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

- Identify the components of the National Incident Management System (NIMS) and how to become trained.
- Interpret implementation of education and training strategies on NIMS and incident action plan (IAP) development for local, regional or national events.
- Identify resources to become trained on how to write and develop IAPs using NIMS.
- Identify specific steps to ensure their ability to take lead in incident command and/or integrate into an incident command system or unified command system when faced with a catastrophic event.

## **LATER-LIFE BRAIN HEALTH OF CONTACT SPORT ATHLETES, (I, II, IV), ADVANCED**

Breton Asken, PhD, ATC, University of Florida

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

- Examine cutting-edge developments related to chronic traumatic encephalopathy and other Alzheimer's disease and related dementias.
- Describe the symptoms that might signal the presence of a neurodegenerative condition and the specific red flags for dementia risk in former athletes.
- Interpret physiological biomarkers that are concerning for neurodegenerative disease and the long-term potential for NATA to support brain health in former athletes.

## **GENDER CONSIDERATIONS FOR PERFORMANCE AND INJURY PREVENTION IN THE HEAT, (I, IV), ADVANCED**

Clare Minahan, PhD, Griffith University

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

- Describe the hormonal differences between sexes.



- Explain the performance implications when female athletes use hormonal contraception.
- Explain how sex may impact heat injury prevalence or incidence.

## GAME'S OVER, NOW WHAT? SO MANY OPTIONS FOR RECOVERY, WHERE TO START?, (IV), ESSENTIAL

Josh Beaumont, MS, ATC, Herbalife 24 Performance Lab

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

- Design recovery strategies for individuals or teams.
- Educate athletes, patients, coaches and key stakeholders on recovery strategies.
- Discriminate between recovery strategies that are well-supported with evidence and those based on theory.

## TENDON SYMPTOMOLOGY AND THEIR EFFECT ON PERFORMANCE CHARACTERISTICS IN COURT SPORT ATHLETES, (I), ADVANCED

Ernest DeLosAngeles Jr., MSc, ATC, RSCC, University of Southern Queensland

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

- Determine prevalence of tendon symptomology in court sport athletes.
- Evaluate how tendon symptomology is currently identified.
- Determine the appropriate use of force plates as a means of determining tendon symptomology or potential onset.

## ENSURING DEIA BEST PRACTICES IN ACADEMIC AND CLINICAL ENVIRONMENTS THROUGH A QUALITY IMPROVEMENT FRAMEWORK, (V), ADVANCED

*Presented by the NATA Professional Education Committee*

Michelle Odai, PhD, LAT, ATC, Florida International University

Chyrsten Gessel, EdD, AT, Marietta College

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

- Appraise and audit academic and clinical environments to evaluate practices related to diversity, equity, inclusion and access.

- Modify academic and clinical practices to ensure incorporation of best practices.
- Implement strategies to overcome barriers to change and to evaluate outcomes of quality improvement.

## **ENHANCING CLINICAL DECISIONS WITH PATIENT-REPORTED OUTCOME MEASURES: STRATEGIES AND CASE EXAMPLES, (I, II, V), ESSENTIAL**

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

Rachel Geoghegan, DAT, ATC, A.T. Still University

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

- Select patient-reported outcome instruments that are relevant to patients in their health care systems.
- Implement a strategy for using patient-reported outcome instruments that fits the unique needs of their health care system and is designed for success.
- Value the use of patient-reported outcome instruments as objective assessment tools that support clinical decision-making.
- Appreciate that patient-reported outcome measures can be implemented using a variety of different, successful strategies.

## **CNS DYSFUNCTION IN EXERTIONAL HEAT STROKE PATIENTS: WHAT THE TEXTBOOKS LEFT OUT, (II, III), (BCS-O: II), ADVANCED**

Rebecca Lopez, PhD, ATC, FNATA, University of South Florida

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

- Identify the various ways in which central nervous system (CNS) dysfunction may present in exertional heat stroke (EHS) patients.
- Recognize how CNS dysfunction in EHS patients may be a barrier to the appropriate recognition and management of EHS.
- Identify effective and practical strategies for overcoming the potential barriers posed by CNS dysfunction in an EHS patient.
- Modify written heat safety protocols to account for how CNS dysfunction may impact the recognition, diagnosis and treatment of EHS.

## ADVANCES IN PERFORMANCE RECOVERY, (I), ADVANCED

Adam Cady, MHS, ATC, CSCS, PA-C, Raincross High Performance

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

- Evaluate current evidence supporting technologies to inform performance recovery.
- Apply current evidence to integrate technologies into performance recovery.
- Describe the potential impact of utilizing technology to enhance performance recovery.

## UTILIZING FORCE PLATES AS OBJECTIVE FUNCTIONAL DATA FOR REHABILITATION, MONITORING AND READINESS DECISIONS, (I, II), (BCS-O: I), ADVANCED

Corey Oshikoya, EdD, ATC, Northern Arizona University

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

- Describe the theoretical consideration for selecting testing metrics based on desired outcomes.
- Differentiate the appropriate testing modality and training intervention based on the rehabilitation phase and progression along with sport-specific needs/requirements.
- Develop a plan to utilize force plates as an adjunct assessment measure for lower limb injuries.
- Implement the appropriate testing options and training interventions for performance readiness and athlete monitoring.

## CONCUSSION MANAGEMENT CONSIDERATIONS FOR ATHLETES WHO ARE DEAF OR HARD-OF-HEARING: NAVIGATING CHALLENGES AND ENHANCING SAFETY, (II), ADVANCED

Matthew Brancaleone, PhD, PT, ATC, Ohio State University

Thomas McKnight, MS, ATC, Gallaudet University

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

- Describe Deaf culture and its significance to Deaf sport.
- Recognize the occurrence of concussions in athletes who are deaf or hard-of-hearing.

- Examine the concussion knowledge and attitudes among athletes who are deaf or hard-of-hearing.
- Describe the anatomical, sensory and processing variability of athletes who are deaf or hard-of-hearing and their implication on concussion management.

## MAKE IT WORK: DEMYSTIFYING WEARABLE TECHNOLOGY IN LOWER EXTREMITY REHABILITATION, (IV), (BCS-O: I), ADVANCED

Christopher Kuenze, PhD, ATC, University of Virginia

Caroline Lisee, PhD, ATC, University of Georgia

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

- Differentiate the important distinctions between types of wearable sensors that may be used in orthopaedic rehabilitation.
- Integrate wearable sensors into objective clinical evaluations of activities of daily living, functional performance and sport-related tasks during the rehabilitative process.
- Implement commercially available wearable sensors (e.g., accelerometers) to track physical activity engagement trends during the rehabilitative process with the goal of enhancing activity prior to return to sport.

## RETHINKING PREPARTICIPATION SCREENING: NEW PERSPECTIVES ON INJURY PREVENTION, (I, IV), (BCS-O: III), ESSENTIAL

Travis Pollen, PhD, Thomas Jefferson University

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

- Evaluate the effectiveness and limitations of preparticipation screening within the context of injury prediction and prevention.
- Contrast a “global” injury prevention strategy (for all athletes), a “high-risk” strategy (for the most susceptible athletes only) and a “hybrid” strategy that blends elements of both.
- Discuss reasons for screening, besides risk stratification, including detecting current injuries, gathering baseline data to assess recovery and building relationships with athletes.

# KEY EVALUATION AND TREATMENT ISSUES FOR PREVENTION/RETURN TO RUNNING FROM BONE STRESS AND OTHER RUNNING-RELATED INJURY FOR THE FEMALE RUNNER, (I, II), ESSENTIAL

Mitchell Rauh, PhD, PT, MPH, San Diego State University

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

- Explain general and bone stress-related running injuries.
- Describe the incidence, pathophysiology and key risk factors for general running-related and bone-stress injuries in runners.
- Recall how the female athlete triad and RED-S affect musculoskeletal health and recommendations for their management.
- Interpret key subjective and clinical assessments of general and bone stress-related running injuries.
- Explain optimal treatment and return to running from a bone stress-related running injury.