From Prevention to Return to Activity: Current Topics in Sports Medicine

SATURDAY, NOVEMBER 16

7:00 AM  Registration Opens

8:00 – 8:15 AM  Welcome Address
Jason Scibek, PhD, LAT, ATC

8:15 – 10:15 AM  Managing Head Injuries & Mental Health -
Sponsored by UPMC Sports Medicine

The Role and Implementation of Safe Exercise in Sport-Related Concussion Management (.75 EBP CEUs)
Erica Beidler, PhD, LAT, ATC

At the conclusion of this session athletic trainers will be able to:
1. Summarize the current best scientific evidence on the benefits of incorporating exercise into concussion management.
2. Identify evidence-based resources/protocols that can be used to safely engage patients in exercise during the subacute phase of concussion recovery.
3. Apply the concepts presented to further develop, adapt, or strengthen their clinical approach to concussion management.

Managing the Mental Health Crisis
(1.25 Category A CEUs)
Mental health – Shawn Coleman

At the conclusion of this session athletic trainers will be able to:
1. Describe overall awareness of mental health in college-aged individuals.
2. Describe how campus mental health services can be integrated into mental health for student-athletes.
3. Describe how campus wellbeing practices can be integrated into mental health for student-athletes.

Managing the Mental Health Crisis
(1.25 Category A CEUs)
Mental health – Shawn Coleman & Ara Schmitt

At the conclusion of this session athletic trainers will be able to:
1. Understand the components of multi-tier systems of support (MTSS) in schools, and how to initiate contact with MTSS protocols.
2. Understand the broad roles of school psychologists, school counselors, and school social workers in MTSS.
3. Identify basic service-delivery plans offered by schools.
10:15 – 10:30 AM  Morning Break

10:30 – 12:45 PM  From On-field Injury to Surgical Care –
*Sponsored by Medco*

On Field Management of the Critically Injured Athlete *(1 EBP CEU)*
Edward Strapp, FPc/TPc, NRP, ATC

At the conclusion of this session athletic trainers will be able to:
1. Explain how a pre-hospital inter-professional healthcare team works collaboratively to improve patient outcomes.
2. Discuss risk management, catastrophic injury planning, & crisis management principles.
3. Discuss principles for the effective development of various policies & procedures.
4. Describe effective strategies for the management of an active threat scenario.
5. Comprehend the skills for Wound Care Management.
6. Comprehend the skills for advanced Airway Management.
7. Comprehend the skills for Application of CPR Techniques

Updates in Orthopedic Surgical Care *(1 Category A CEU)*
Joseph Gatti, MS, LAT, ATC

At the conclusion of this session athletic trainers will be able to:
1. Discuss various methods of glenoid labrum repair and the advantages of each.
2. Discuss various methods of ACL tunnel preparation and the advantages of each.
3. Discuss the various methods of ACL graft fixation and the advantages of each.
4. Discuss the methods of syndesmotic repair and the advantages of each.

12:45 – 1:15 PM  Lunch

1:15 – 3:30 PM  Heat & Hydration Injury Management –
*Sponsored by Allegheny Health Network*

Evidence Based Medicine in the Realm of Heat Stroke and Sudden Death *(2 EBP CEUs)*
Rebecca Stearns, PhD, ATC

At the conclusion of this session athletic trainers will be able to:
1. List and identify current best practices for the prevention of sudden death in sport, particularly exertional heat stroke in addition to steps to minimize sudden death in areas such as strength and conditioning sessions.
2. Differentiate between acceptable means of temperature assessment in exercising individuals and the best cooling modalities to use in the event of
exertional heat stroke.
3. Develop strategies for implementing policies to keep athletes safe during sport and physical activity.
4. Recommend to their employers gaps in their current policy and procedures in dealing with possible cases of sudden death in sport.
5. Provide evidence supporting implementation of heat acclimatization guidelines, appropriate assessment and treatment of exertional heat stroke, and AED policies to minimize the risk of sudden death in their setting.

3:30 – 3:45 PM
Afternoon Break

3:45 – 5:45 PM
Managing General Medical Emergencies

Exertional Collapse Associated with Sickle Cell Trait: An Evidence Based Approach to Prevention and Immediate Treatment *(1 EBP CEU)*
Kelley Henderson, PhD, ATC

At the conclusion of this session athletic trainers will be able to:
1. Differentiate between signs and symptoms of ECAST and other non-traumatic causes of on-field collapse.
2. Identify risk factors and prevention strategies for individuals who carry the sickle cell trait.
3. Incorporate appropriate treatment and return to activity considerations following and ECAST event.

Exercise-associated Hyponatremia: Practice Considerations for the Athletic Trainer *(1 EBP CEU)*
Sarah Manspeaker, PhD, LAT, ATC

At the conclusion of this session athletic trainers will be able to:
1. Differentiate between signs and symptoms of dehydration and hyponatremia.
2. Identify fluid ingestion, maintenance, and resuscitation practices effective in the prevention and treatment of hyponatremia.
3. Incorporate appropriate considerations for return to play following hyponatremia.

5:45 PM
Closing Remarks
SUNDAY, NOVEMBER 17

8:00 AM        Registration Opens
8:45 – 8:50 AM  Welcome Address
                 Jason Scibek, PhD, LAT, ATC
8:50 – 9:15 AM  Opening Remarks
                 Jim Thornton, ATC
9:15 – 12:15 PM ATs Care Workshop – Morning Session
                 Bubba Wilson, ATC
12:15 – 1:00 PM Lunch
1:00 – 5:00 PM  ATs Care Workshop – Afternoon Session
                 Bubba Wilson, ATC