

FRIDAY NIGHT LIGHTS



EMS & Athletic Trainers coming
together for the good of the
game.

Who takes care of our athletes?



Health Care of the Athlete

Team Concept

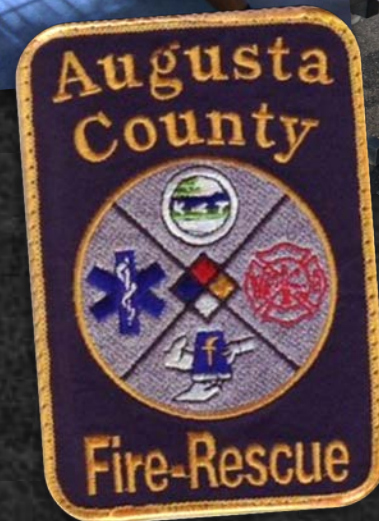
- 🏈 *Athletic Trainer – ATC*
 - 🏈 Licensed, Certified
 - 🏈 Specializes in prevention, emergency care, management, and rehabilitation of sports related injuries and conditions
- 🏈 *Education*



Health Care of the Athlete

Partners in Care

- 🏈 *Physicians*
- 🏈 *PT's*
- 🏈 *Surgeons*
- 🏈 *EMS*
- 🏈 *and the list goes on...*



Why all the fuss?

7 deaths already this season in HS FB

- *Tyrell Cameron broke his neck on a punt return*
- *Roddrick Williams collapsed at practice - hypertensive heart disease*
- *Ben Hamm & Kenny Bui - head trauma in games*
- *Evan Murray - lacerated spleen in a game*
- *Cam'ron Matthews – aneurysm in a game*
- *Andre Smith - blunt force head injury in game*

Why all the fuss?!

Just a FEW statistics...

- 🏈 *Approx. 70% of high schools have access to an ATC, but only 37% employ the ATC Full Time.*
- 🏈 *62% of organized sports-related injuries occur during practices.*
- 🏈 *Cardiac conditions, head injuries, neck injuries, exertional heat stroke, exertional sickling, asthma, and other factors (eg - lightning, diabetes) are the most common causes of death in athletes.*

Why all the fuss?!

Catastrophic injuries

- 🏈 *fatalities, permanent disability injuries, serious injuries, heat stroke due to exercise, or sudden cardiac arrest, or severe cardiac disruption.*



How will you partner in care?



Partners in Care

Talk to the high schools you serve....

- 🏈 *ATC full time?*

- 🏈 *Written EAP's?*

- 🏈 Concussions, heat illness, sickle cell athletes, etc?

- 🏈 *Equipment availability?*

- 🏈 AED's, cardiac equipment

- 🏈 Oxygen, epi-pens



Partners in Care

Talk to the high schools you serve....

- 🏈 *Standbys?*
- 🏈 *Training?*
- 🏈 *Communication forward & backward*



EAP's

INDIANS



Sports Medicine

Taking good care of our athletes!

FORT DEFIANCE HIGH SCHOOL

195 Fort Defiance Rd. Fort Defiance, VA 24437 540-245-5050 Fax 540-245-5054

Augusta County Public Schools Athletic Emergency Plan

Critical Needs:

Should an injury occur which needs medical assistance; the following are items that need to be addressed by a supervising coach, the certified athletic trainer (ATC), designated, trained emergency medical provider, and/or administrator:

Scene Size-up:

- **Scene Safety**
 - Assure the scene is safe from any hazards. DO NOT approach the patient until hazards have been identified and corrected.
- **BSI**
 - Assure appropriate Body Substance Isolation procedures are followed. (Use of protective gloves, eye protection, etc. in the case of blood or body fluid presence.)
- **Number of patients**
 - Identify how many patients are involved.
- **Identify the Mechanism of Injury (MOI) or Nature of Illness (NOI)**
 - What forces caused the injury or what primary symptoms is the patient experiencing?
- **Summon additional help**
 - Summon the ATC to the site (by radio, cell phone, or in person)
 - Send someone to call 9-1-1 if necessary
 - Send someone to wait for arriving Fire or EMS personnel.

Initial Assessment:

- **Assess the patient**
 - Chief Complaint
 - Mental Status (Are they Alert, arousable to Verbal stimulus, arousable to Pain stimulus, or Unresponsive?)
 - ABC's
 - Airway – open it
 - Breathing – Look, Listen, Feel for breathing x 5-10 sec.
 - Circulation – Assess pulse and check for/control severe bleeding
- **Treat immediate life threatening injuries**
 - Care for airway problems, control severe bleeding, maintain head/neck in a neutral in-line position, do not allow athlete to move until assessed thoroughly.



Revision January 2015
Fort Defiance High School version

Management of Concussions Augusta County Public Schools

Medical Management of Sports Related Concussions continues to evolve as more and more research is done on the effects of head trauma (short & long term), especially in the high school aged patient. Augusta County Schools has established this protocol to provide education and guidance for our health-care providers, coaches, school personnel, parents, and students. This protocol outlines the procedures to be followed in managing concussions, and outlines school policy as it pertains to return to play issues following a concussion.

Three primary documents were consulted in developing this protocol. The "Summary and Agreement Statement of the 3rd International Conference on Concussion in Sport, Zurich, 2008", the "National Athletic Trainers' Association Position Statement: Management of Sport-Related Concussion", and the "Clinical Report Sport-Related Concussion in Children & Adolescents" from American Academy of Pediatrics Journal.

This protocol should be reviewed annually and revisions or modifications made as necessary per most recent medical research. All athletic department staff shall attend a yearly in-service meeting in which procedures for managing sports related

Partners in Care



Education

The best way to
learn is to
educate others!



Building Relationships in the Health Care Community

INDIANS



Sports Medicine

Taking good care of our athletes!

Becky Anhold, VATL, ATC, EMT-E
B. Kent Diduch, MD
Virginia Athletic Trainer's Association, Student Symposium
January, 2015







Is your agency/region reaching out to ATC's in regards to protocols?



ENVIRONMENTAL – HEAT EXPOSURE

- [illegible]

Evidence Based Protocols

Spineboarding...

- 🏈 *C-spine Clearing*

Spineboarding football player

- 🏈 *Remove equipment on scene if adequate trained manpower*



Evidence Based Protocols

Exertional Heat Illness

- 🏈 *Cool patient on scene if equip available*
- 🏈 *Rectal thermometer use*

Bleeding

- 🏈 *Use of tourniquet & clotting agent.*



This is why we have a job!

Top 10 Worst Sports Injuries



Sources

- Central Shenandoah EMS Council Protocols, <http://www.csems.org/agencies/protocols/>
- Korey Stringer Institute, “Athletic Training Services in Public Secondary Schools: A Benchmark Study”, Journal of Athletic Training, 2015;50(2):156–162
- National Athletic Trainer’s Association, <http://www.nata.org>
- National Center for Catastrophic Sport Injury Research, <http://nccsir.unc.edu/reports>



Thanks for your attention....

ANY
QUESTIONS
?

