ATHLETIC TRAINERS COLLABORATING WITH SCHOOL NURSES AND COUNSELORS FOR STUDENT FOCUSED CARE

Greg Nagel, ATC and Michelle Boyd, ATC
WORKING WITH ATS

- How many have AT at school?
- How many work with AT?
OBJECTIVES

- Describe the education required for entry-level athletic trainers
- Describe role and responsibility of an athletic trainer
- Identify areas where AT and school nurse can cooperate
- Locate resources for hiring and working with an Athletic Trainer
WHAT IS AN ATHLETIC TRAINER

- Athletic trainers (ATs) are highly qualified, multi-skilled health care professionals who collaborate with physicians to provide preventative services, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions.
SECONDARY SCHOOL ATHLETIC TRAINERS

- 35 = average age
- 55% have Master’s degree
- 51% male
- 28% have teaching certificate
- 5% EMT
EDUCATION

- Minimum of bachelor’s degree
- >800 hours of clinical experience
- National certification exam (BOC)
- Continuing education
  - 50 hours every 2 years
- State license
FOCUS OF EDUCATION

COMPETENCIES
- Prevention and Health Promotion
- Clinical Examination and Diagnosis
- Acute Care of Injury and Illness
- Therapeutic Intervention
- Psychosocial strategies and referral
- Health care administration
- Evidence-based practice
- Professional development and responsibility

EMPHASIS
- Heat Illness
- Concussion
- Spinal cord injury
- Illnesses
  - Asthma
  - Dermatology
  - Diabetes
  - Mental Health
ROLE

ATHLETIC TRAINER

▪ Develop Emergency Plan
▪ Communicate with Parents and Coaches
▪ Communicate with physicians
▪ Ensure safe return-to-play
▪ Provide expedited, accurate referrals
▪ Prevent, diagnose, treat, rehab injuries

Provide for the well-being of individual student-athletes, allowing them to achieve their maximum potential.

SCHOOL NURSE

▪ Oversee general care
▪ Coordinate care
▪ Direct prevention
▪ Provide expedited, accurate referrals

Promote an optimal level of health/wellness and learning.
WHERE IS THE HELP?

- Full time in public non-charter schools
  - 1,290 RNs
  - 302 LPNs
- Some schools only have a school nurse 1-2 times/week
- 14% of school districts have no health services provider.
ATHLETIC TRAINERS IN MISSOURI

https://ksi.uconn.edu/nata-atlas/
TYPICAL DAY FOR AN ATHLETIC TRAINER

ALLOCATED DUTIES

▪ 48% preventative services
▪ 37% rehab/care for existing injuries
▪ 13% care for new injury

SCHEDULE

▪ Zero hour clinic for evaluation of new injuries and rehabilitation.
▪ Teaching duties as assigned.
▪ Open Athletic Training room 1 hour prior to school dismissal for travel/practice prep and rehab.
▪ After school practice prep and coverage of practice.
▪ Home event coverage, travel on Fridays with football due to injury risk.
HOW CAN WE HELP EACH OTHER?

- Acute care
- Follow up care
- Emergency preparedness
- Concussion
ACUTE CARE

- Orthopedic consultation
- Medical emergencies
- Bracing, crutch fitting
- Wound care
- Heat illness

- Most common injuries seen by ATs
  - 24% head/face concussion
  - 16.5% ankle sprain
  - 6.9% knee sprain
  - 37% of time on acute care
FOLLOW UP CARE

▪ Chronic conditions
  ▪ 27% of student population
  ▪ Diabetes, asthma, food allergies, seizure disorder
  ▪ Need written plans for school and sport

▪ Medications

▪ Acute conditions
  ▪ Sutures
  ▪ Concussion
  ▪ Dermatology
  ▪ Fevers

▪ Availability
  ▪ Nurses during the day
  ▪ ATs on evenings and weekends
EMERGENCY PREPAREDNESS

- Effective campus-wide emergency response plans to deal with life-threatening medical emergencies
  - Involve nurse, physician, athletic trainer, EMS
  - Trained in AED
  - Create individualized emergency care plans

- Every athletic trainer is CPR and AED certified – many are instructors

- Develop bus plans

- Prevention plans
  - Heat illness
  - Weather safety
CONCUSSIONS

- 24.8% of reported injuries to Athletic Trainers
- Develop a Concussion Management plan
  - Education
  - Evaluation
  - Monitoring
  - Return-to-learn
- Monitor the concussion
- Communicate
  - With teacher about restrictions
  - With parents about care
ADVOCACY

▪ Parents
  ▪ Understanding injury/illness
  ▪ At home care
  ▪ Referrals for further care

▪ Teachers
  ▪ Need for rest/ accommodation

▪ School
  ▪ Policies
  ▪ Safety plans
RESOURCES WILL DETERMINE HOW MUCH YOU CAN DO WITH STUDENTS

ATHLETIC TRAINING ROOM
BUMPS, BRUISES, AND OTHER UNIQUE OBSERVATIONS

IGNORING A BLISTER, A DAY IN THE LIFE OF A WRESTLER, AND WAITING FOR LYMPHATIC DRAINAGE MASSAGE.
CROSS COUNTRY AND BASKETBALL ISSUES

RAYNAUD’S PHENOMENON, RUNNING ON HOT PAVEMENT, AND THE GOOD OL’ ANKLE SPRAIN
HIGHLIGHTS CARRY US THROUGH THE ROUGH SPOTS......

HELPING STUDENT-ATHLETES TO STAY HEALTHY FOR THE BIG GAMES ARE AMONG THE MANY REWARDS OF OUR LINE OF WORK!!
TOGETHER, WE CAN DO THIS!!!! NO MATTER HOW MANY STUDENTS WE HAVE, OR HOW HARD IT SEEMS, SOMEONE ELSE SOMEWHERE HAS IT WORSE.
RESOURCES

- NATA Secondary School website (https://www.nata.org/resources-0)
  - Emergency Action Plan Guidelines
  - Secondary School Position Proposal Guide
  - Parental Safety Check list
  - Strategies for Funding an Athletic Trainer

- Standardized Concussion Assessment Tool (SCAT5)

- Drugfreesport.com
  - Drug testing
  - Supplement information

- WeatherBug App
  - Spark Feature

- Gatorade Award
THANK YOU!!!

Coolers as playpens and a break from the grind!!!
REFERENCES


REFERENCES CONTINUED


