

LEARNING OBJECTIVES

***At the conclusion of each talk, participants should be able to....

Plan for Safer Sports:

- Understand the components of effective Emergency Action Plans
- Specify the roles of each team member in the event of an injury
- Understand the coverage model
- Identify implications for independent contractors – responsibility concerns

Overdose of an Athlete:

- Promote awareness of drug and alcohol abuse in society
- Identify signs and symptoms of drug abuse
- Research and promote resources and awareness on drug/alcohol abuse

Parsonage Turner Syndrome:

- Review the literature on Parsonage Turner Syndrome (PTS) as it pertains to the presented case
- Identify clinical pearls to discern PTS from more commonly encountered differential diagnoses
- Describe the rehabilitation strategy for the management of PTS in a physically active patient

Assessment of Hamstring Injuries:

- Summarize the physiological response of healing to hamstring strains
- Recognize the incidence of hamstring strains and the resulting influence on sport participation
- Support the importance to assess lengthened-state hamstring muscle for weakness
- Design and implement a rehabilitation/prevention program consistent with prevention techniques for hamstring muscles

VATA Liability Toolkit:

- Utilize the NATA Liability Tool Kit
- Protect yourself and your organization from liability
- Help better your position

Working with a Registered Dietitian:

- Define the SCAN-NATA partnership and name at least 2 of its benefits for professionals in both associations
- Define the educational and practice requirements which need to be completed for one to become a registered dietitian
- List 3 situational examples when an athlete would benefit from a nutrition consultation with a SCAN registered dietitian
- Define the four interrelated steps of the nutrition care process (nutrition assessment, nutrition diagnosis, nutrition intervention, monitoring/evaluation) and their components
- Find a SCAN RDN in their local community who has expertise to work with their athletic population

Provision of Medical Services:

- Summarize and apply the concepts of procedures versus policy relative to administration of athletic healthcare
- Compare the challenges and differences in providing healthcare versus coverage
- Analyze components of medical care for sport populations

Motivational Interviewing:

- Identify the basic principles of motivational interviewing
- Explain how motivational interviewing skills can enhance clinical practice and support athlete health and wellness
- Demonstrate three motivational interviewing skills
- Describe at least two situations where motivational interviewing can be used in practice

Concussion:

- Identify safety and equipment precautions for collision sports specific to prevention of concussion
- Interpret common signs and symptoms of concussion based on the current research
- Apply and interpret results of concussion tests for specific populations (neuropsychological, vision, balance, graded symptoms checklist with an objective basis of assessment)
- Develop athletic accommodations needed for concussion care in the progression and return to full activity
- Recognize the long term effects of concussion
- Evaluate tools for concussion assessment
- Create a rehabilitation plan for concussion injuries