

PATS *News*

Pennsylvania Athletic Trainers' Society



Fall 09

President's Message

Fall is always an exciting and busy time for athletic trainers. Hopefully you had a chance to recharge this summer in preparation. This fall has been a busy time for PATS in a number of areas. This newsletter will update you on many of these activities and highlight the great work being performed by our members. Thank you for taking the time to read about your colleagues and become informed on the activities of your Society.



Tom West, PhD, ATC

PATS is in the middle of several long term projects. This spring we began the process towards amending the State Board of Medicine and State Board of Osteopathic Medicine practice acts. In a nutshell, the proposed changes will move our profession from certification to licensure. The amendment would also clarify the definition of "physically active," the population to which we can provide athletic training services. The bill is being moved forward by our legal representative and our newly hired lobbying firm, The Winter Group. I believe that our new relationship with The Winter Group will support our legislative efforts as well as position PATS as a resource for the legislators in Harrisburg when questions of health care for the physically active arise. I am excited to see the fruits of this relationship unfold over the next year and long into the future. PATS will also see a redesign of the website. A Webpage Design firm has been hired to work with our current webmaster, Hank Fijalkowski, in redesigning our site. The website promises to be attractive, user friendly and provide information to ATs, physicians, the general public and legislators.

This June we met as a Society in Johnstown, PA and the PATS symposium continues to be a success. Eric Lippincott and his committee put on a fantastic educational program and several new entertainment events, including our first ever Casino night. We inducted two fine athletic trainers into the Athletic Training Hall of Fame. The class of 2009 included John Hauth (East Stroudsburg University) and Steven Heckler (Shippensburg University). The PATS Team physician award was presented to Edward Snell, MD. A PATS Service Award was presented to Joseph Donolli (Gettysburg College) for his work on behalf of PATS including the Convention and Hall of Fame Committees. Finally, the four scholarships awarded by PATS were presented to Luke Pryor (Lock Haven University), Kyle Moore (East Stroudsburg University), Camille Valvano (Kings College), and Brandi Lockerman (Slippery Rock University). PATS also crowned the 2009 Quiz Bowl Championship Team from Indiana University of Pennsylvania. Make your plans to attend our next convention in the Harrisburg/Hershey area in June 2010!

I continue to be very proud of my profession and state society. The strength of any group is derived from its members. PATS is a great organization because of its members and the fact that members step up and get involved. This year I ask you to

Contact Us

www.gopats.org

610.496.4192 PATS Cell Phone

Our Mission

The mission of the Pennsylvania Athletic Trainers' Society is to:

- P** Promote the profession of athletic training through public awareness and education.
- A** Advocate the certified athletic trainer as a recognized health care provider for the physically active in the Commonwealth through legislative and credentialing efforts.
- T** Transact business on behalf of the Society's membership in a prudent, effective, and collaborative manner.
- S** Serve the membership by providing a gateway to educational, research, scholarship, and networking opportunities.

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PATS Board of Directors

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Continued from front page.

consider getting involved in several ways. This spring PATS will be electing new officers. They include the President-elect, Treasurer, Northcentral Representative and Northwest Representative positions. I ask that you consider running or nominating someone to run for these very important leadership positions. Participation on the PATS Board of Directors is a very rewarding experience. You can also get involved by nominating someone for one of the PATS awards. This allows us to recognize the members of our society doing great work. Nomination procedures are available on our website. Finally, at some point in the near future we will ask you all to contact your state legislators urging them to support our legislation. It will be vitally important to do so when the call comes. PATS will provide you with the tools to make this communication easy and effective when appropriate.

As always feel free to contact me or any of the BOD in regards to suggestions or issues that may arise related to our profession. Best of luck this fall!

Financial Status of the Society

Scott Heinerichs, EdD, ATC - Treasurer

Checking Account:	\$ 10,984.25
Regulatory Account:	\$ 17,787.31
Scholarship Account:	\$107,481.83
Research Account:	<u>\$ 44,368.42</u>
Total Value:	\$180,621.81

Young Professionals

Adam Annaccone, M.Ed, ATC, PES

Young Professionals' Committee looks to make BIG impact in Philadelphia

The National Athletic Trainers' Association Annual Meeting & Clinical Symposium is coming to our home state next summer in Philadelphia and the Young Professionals' Committee is already ahead of the game planning for another successful meeting! Here are a few items that are already past the preliminary planning stages:

- Legislation Session regarding H.R. 1137. This will be an excellent session to learn how current federal legislation effects **YOU** as an Athletic Trainer
- Build awareness/support for H.R. 1137 by having members send their letters to congress while at the convention
- "YPC APPROVED" stickers to help promote professional dress
- YP Social Night on the town (to be coordinated by a local Philadelphia Young Professional)
- Community Service Project with the Police Athletic League (PAL)
- Lounge Hosted by the YPC that will be open to all members all three days of the convention. It will be a great place to network, relax and kick your feet up.
- Social Event in the Lounge one evening with the goal to honor our past, while forging into the future

There will also be several other events that are in the workings and once those are finalized, I will be sure to keep you up to date. In addition, with all great events, the YPC will be on the lookout for YP's who are willing to volunteer their time to assist the committee complete these projects. If you or someone you know is interested in volunteering during the Annual Meeting, please do not hesitate to contact me at aannaccone@clarion.edu.

Governmental Affairs

PATS Board Selects Lobbyist

About a year ago the PATS Board of Directors decided that it was time to start the process of upgrading our current law to change the level of our credential from **certification** to **licensure**. As many of you may remember, when our current law was going through the legislative process the goal was to get licensure. At that time the Secretary of State decided that certification was the more appropriate level of credential. This process was all brought about by our lobbyist, Kathy Speaker MacNett. Kathy has served the Board as both a lobbyist and legal counsel for many years. At the same time that the Board decided to attempt a new legislative effort it was decided that our profession needed a full time lobbying firm to help us have a full time presence in Harrisburg.

I am pleased to announce that the PATS Board of Directors has retained the services of The Winter Group, www.wintergrouppa.com, from Harrisburg to meet our legislative needs. It was determined by the Board through a process of interviews and vetting of 3 lobbyist groups that The Winter Group will be able to meet our needs in a cost effective manner. The Winter Group boasts an impressive client list and specializes in issues dealing with licensure. The statement made in their proposal was that they will be our "eyes and ears" on the Harrisburg scene. We look to the next year to be an exciting time legislatively for PATS and with this new agreement we will have somebody doing the "heavy lifting" for us in Harrisburg.

Finally, we would like to thank Kathy Speaker MacNett for her years of service to the Pennsylvania Athletic Trainers Society. The Board has asked Kathy to remain on as our legal council. If you have any questions feel free to contact your regional representative to the Board or George Roberts the Governmental Affair Chair Roberts@edinboro.edu.

SAVE THE DATES!

UPMC Sports Medicine

March 5-6, 2010

Current Issues in Athletic Training Seminar

UPMC Sports Medicine will be hosting the 11th Current Issues in Athletic Training Seminar on the evening of March 5th and the day of March 6th. This event will include speakers covering a variety of topics pertaining to different aspects of athletic training. Duratz Athletic Complex

Contact : Andy Macurak, MS, ATC

3200 South Water Street

Pittsburgh PA, 15203

412-432-3770



Seventh Annual Athletic Trainer River Run

5K and 1 Mile Challenge

Sunday March 7, 2010

in support of National Athletic Training Month

Thanks again for your participation in the Athletic Trainer River Run in March 2009. Over \$2,000.00 was raised for a scholarship for a deserving student from one of the approved Athletic Training curriculums in Western PA. Online registration is now available at: www.signmeup.com/ATRiverrun. Race day events include a raffle, silent auction of sports memorabilia, and an athletic trainer social. All athletic trainers are welcome to attend the social event.

PATS Committee Chairs

Convention

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Newsletter

Rebecca Mokris, MS, ATC
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Continued

PATS Committee Chairs

Nominations & Elections

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Update Your Information

If you are a PATS member and not receiving this newsletter electronically.....***we need your help.*** We have taken great strides in the development of our Society's Electronic Newsletter. It saves money and time and provides valuable information. Please go to the NATA website "Members Only" section (www.nata.org/members/members.cfm) and update your email address. *Please be assured your information will not be released. It will be used for PATS/NATA membership communication only.*

Editorials

Is there an Apathetical Crisis in PA?

Michael Ludwikowski: Nominations and Elections Chair

If you are reading this article, then the answer should be, "No".

In the past 4 years, our society has shown less interest in voting for our state and now national candidates. In 2006, 29.6% of our state members voted in our state election. 2007 gave us 21.5%, 2008 it was 21.1% and last year (2009) it was 17.3% voter return. (This is out of 1480 registered members or 256 returned votes) Compare this to 1991 when we had 452 state members with 48% voter return. In 1999, we had 63.3% return !!!

We just had the opportunity to elect our own Joe Iezzi as President of our national organization and only 33.5% of eligible voters took the 1 minute required and voted. You probably know by now, Joe did not win.

I am asking my state members a simple question. "Why don't you exhibit a professional interest in the state you live, work and play in?"

If you feel your vote isn't important, or it doesn't count, contact me. If you feel you don't know the candidates or the current issues of our profession, let me know. If you have never voted in any form of election, and have anxiety, e-mail me. (I'll help you.) I'm not "just an athletic trainer", I have a masters in counseling.....

If you just don't care because you are "that busy" and your professional and private life is "that great" and there is no need to improve your current and future life, congratulations! You must be retired. (But did you know 80% of our state retirees vote every year?)

The struggles, successes, setbacks and advancements of our state society have been monumental the past 25 years. Support from our membership is needed more today than ever as we progress in state licensure, 3rd party reimbursement and creating jobs in almost any work environment imaginable. Not to mention, all the other national crisis's in the forefront. I know that sounds cliché, but it is true.

I am not asking you to run for office, volunteer service to a committee or get involved nationally. I am asking you to simply support those that want to be involved at such levels by simply taking that **ONE MINUTE** of your time and voting. Let your fellow comrades know if their future involvement, their passion and their professional direction is on target, or not. For the time commitment, effort and challenges your fellow Athletic trainers are accepting and hopefully going to embark upon, don't you think these candidates deserve your 1 minute of "internet: yes or no"?

Hey, if you made it to "here", you do care and all the time you invested in this article is the almost the time required to vote, voice your own opinion instead of reading mine. Remember to contact me if you need help. And, Thanks for your time.

PATS Award Winners



John Hauth – East Stroudsburg University, Hall of Fame



Steve Heckler, Shippensburg University – Hall of Fame



Joe Donolli, PATS Service Award

PATS Symposium

We want to extend warm wishes to our outgoing Executive Council members from all of us around the commonwealth. Thank you for all your dedication to helping make this organization the best around!



Outgoing Secretary Amy Brzoska, MS, ATC



*Outgoing Southeastern Representative
Pam Chlad, M.Ed, RN, ATC*



*Outgoing Southwestern Representative
Linda Platt Meyer, EdD, ATC*

Around the Commonwealth

Participation by eligible PA members in the recent NATA presidential election was 33.5%, compared to 23% participation nationwide. It's great to see our state performing above the national average, but it's disappointing that 72% of our eligible voters did not participate. We need to commit ourselves to being active members in all society business, especially when we have the opportunity to select our leaders at the national, district, and state levels.

Recently, the NATA and the APTA agreed on terms to settle the antitrust lawsuit. President Albohm remarked about the positive strides that were achieved through the process. The resulting "Joint Statement on Cooperation" between the NATA and APTA is available on the NATA website. The references to the unique skills included in our scope of practice and educational preparation are good "take home" points for educating the public.

Remember to check in to the PATS website for up to date committee position openings and other information. Currently there is a call for individuals to join the Public Relations Committee and there are links to important information from the CDC to guide institutional responses to influenza outbreaks.

On August 29, 2009, Penn State Athletic Training Students (ATS) had the opportunity to take part in a one-day kinesiotaping training course. According to Spider Tech, the company in charge of the training course, the Spider Tech tape is designed to facilitate a functional medicine approach to pain modulation and myofascial dysfunction. The instructor for the course was Nick Tsaggarelis. Nick is a practicing chiropractor working as the education and research provider for NUCAP Medical and Spider Tech. With over ten years of experience as a personal trainer, chiropractor, and course instructor, and after attending the Kinesiotaping National Symposium in 2009, Nick provided the students with valuable insight into the up and coming world of kinesiology taping. The introductory training, which lasted approximately eight hours, provided the participants with a certification within Spider Tech's Basic Application Program. The training course, organized by the Athletic Training Students Club, also provided Continuing Education Units (CEU's) for the PSU faculty and staff ATC's who attended to the training.

On October 3, 2009, the ATS helped the organizers of the Tussey Mountainback 50-mile relay and ultramarathon, as

volunteers. The volunteering responsibilities included registration, transition zone check-in, race planning committee, race packet stuffing, race packet pick-up, application data entry, vehicle check-in, finish line officials, and course setup and clean-up. The event was a success and it was an honor to have participated in it.

NATA Updates

NATA StarTRACKS Program

Do you have an interest in becoming a leader within your association? Then the NATA StarTRACKS Program may be exactly what you need to take your leadership abilities to the next level.

StarTRACKS was initiated by the NATA Governance Task Force to encourage emerging association leaders to hone their skills. Believing that leadership is a learned skill set, the Task Force and the NATA Board of Directors asked that the program be substantial and flexible, and as inexpensive as possible. This two year (typically) self-studied curriculum can be completed by any member who wishes to complete the program, but annually, NATA District Directors select Leadership Scholars who may be eligible for a program scholarship. The cost of the program is estimated at \$350, but participants may incur other travel expenses if attending the NATA annual meeting, BOC's Regulatory Conference, and Hill Day in Washington, D.C. all of which offer courses that count towards curriculum credit. In addition, participants will be required to read online articles, books and other information to complete the program. Once completed, participants will be recognized by the NATA, including issuance of a Certificate of Leadership. Names of 'graduates' will be provided to the district and state associations, hopefully to be chosen for leadership roles. Ribbons to wear with your convention badge will be available at the Membership Booth, Annual Convention and Symposia.

To find more information about the StarTracks Program, please visit, www.nata.org/members/startracks/index.cfm or Judy Pulice, NATA Staff, at judyp@nata.org, 1-800-879-6282 ext. 103, or directly at 972-532-8803. In addition, interested participants can contact Mr. Jim Thornton, District 2 Director at jthornton@clarion.edu regarding program scholarships.

Health Insurance Reform and H.R. 1137

With so much debate regarding Health Insurance Reform, many athletic trainers are left wondering where do we, as health care professionals, fit into the mix? The NATA has been hard at work since the debate has begun insuring that our voices do not get left out of the loop. President Albohm and NATA Executive Director Eve Becker-Doyle have sent letters to the major committees in both the House of Representatives and

Continued...

Senate offering recommendations for ensuring that ATs are fully recognized under Medicare and federal health professions programs for the vital role we play as a part of the healthcare workforce. The NATA believes, "given the unique care provided by ATs, they are ideal health providers for rehabilitative services and physical medicine". Here is a Health Reform Fact Sheet posted on the NATA website:

National Athletic Trainers' Association (NATA) Recommendations for Comprehensive Health Reform Legislation Recognizing the Unique Role of Athletic Trainers in our Healthcare System

The National Athletic Trainers' Association (NATA), represents more than 30,000 licensed and certified athletic trainers (ATs) who are highly educated and credentialed healthcare professionals who provide injury prevention, diagnosis, treatment, and rehabilitation to patients and clients of all ages. ATs work under their state license and scopes of practice and all athletic trainers graduate with at least a bachelor's degree with a major in athletic training. Almost 70 percent of ATs have a master's degree or greater, and in 47 states they are recognized statutorily.

NATA strongly supports the efforts of Congress to reform the healthcare system. The following are recommendations for ensuring that ATs are fully recognized under Medicare and federal health professions programs for the vital role they play as a part of the healthcare workforce. Given the unique care provided by ATs, they are ideal health providers for rehabilitative services and physical medicine.

Restore Equal Access to Athletic Trainers Under Medicare

As an important part of health reform, NATA supports legislative language from the Athletic Trainers' Equal Access to Medicare Act of 2009 (H.R.1137), which will restore the authority of physicians to determine the type of treatment that best meets the clinical needs of each patient. To accomplish these desired reforms in our healthcare system, providers at every level, in all settings, must be available and ready to provide quality care to patients and ensure patients have access to quality care provided by athletic trainers under the Medicare program.

H.R. 1137 will amend title XVIII of the Social Security Act to give patients access to therapy services provided "incident to" a physician's professional services. Additionally, this legislation will allow for coverage of certified athletic trainers services under Part B of Medicare, including those provided in rural health clinics and Federally Qualified Health Centers.

Prior to the adoption of a 2005 Centers of Medicare and Medicaid Services rule change, physicians had the ability to choose the licensed and authorized health professional that they deemed most appropriate to help their Medicare patients recover from injuries or debilitating conditions.

Recommendation

NATA urges Congress to adopt the provisions from H.R. 1137 to allow coverage of certified athletic trainers' services under Part B of Medicare.

Ensure Athletic Trainers are part of the Healthcare Workforce Team

Athletic training encompasses the prevention, diagnosis, and intervention of emergency, acute, and chronic medical conditions involving impairment, functional limitations, and disabilities. ATs, by virtue of their academic and clinical education, are staunch supporters of the team medicine concept. Early and proactive medical intervention has proven to be effective in patient recovery. ATs frequently address the needs of those in Medically Underserved Areas and designated healthcare workforce shortage areas.

Recommendation

NATA respectfully requests that Congress include athletic trainers as qualified health care providers in the National Health Service Corps, any programs related to the delivery of primary care services or the public health workforce, and the delivery of services in community health clinics and school based clinics, including athletic training clinics.

To stay up to date with the Health Reform process and NATA's role in supporting better legislation for athletic trainers, please visit www.nata.org/advocacy/HealthCareReform.htm . Now is the time for all athletic trainers to support the cause!



Ryanne Ziobro, M.Ed, ATC, PATS PR Chair

The PATS Public Relations (PR) Committee took advantage of the summer months by exhibiting the PATS display at the Pennsylvania Brain Injury Awareness Association Symposium held in Harrisburg this June, as well as at the Pennsylvania Osteopathic Family Physicians Symposium held in Hershey in August. Many thanks to those individuals who took time out of their busy summers to represent PATS.

Also this summer, PATS was honored by receiving the NATA PR Contest's "Best State Association Effort" award at the NATA Annual Meeting in San Antonio. This marks the 5th consecutive year that PATS has been recognized nationally for our PR efforts in Pennsylvania. A sincere thank you goes out to the members of the PATS PR Committee, and to all those PATS members who organized or took part in an event for National Athletic Training Month. Gratitude is also expressed to our members who continue to promote our profession across the Commonwealth not only during March, but on a daily basis!

Continued on page 11.

Student Corner

NATA Student Committee Update

Katie Aurand

NATSC District 2 Representative

Greeting fellow athletic training students! I hope this update finds you taking a moment out of your busy schedule to enjoy changing of the seasons. The National Athletic Training Student Committee (NATSC) is currently hard at work planning the logistics for the annual meeting. As many of you know, the annual meeting will be held in Philadelphia this year. Our goal, as a committee, is to increase the number of students in attendance, and present a plethora of information to further their knowledge both in athletic training and life. We have created a Facebook page to communicate with the students and have found a great increase in participation on the Think Tanks. If you have any questions or comments about the student committee, please feel free to e-mail me at s_ktaurand@clarion.edu. I hope you have a great semester!

Temple University

Temple University's undergraduate athletic training education program has established a new general medicine requirement that incorporates the expertise of Dr. Sean Harbison of Temple Hospital. Students have the opportunity to observe Dr. Harbison in both the clinical setting and in the operating room. In addition, Dr. Harbison acts as the "resident expert" for the student-run on-line discussion board. Students are assigned to a two-week rotation at the Hospital and then choose one unique situation they observed to create a discussion for the group. Each student must contribute to the discussion which is proctored by Dr. Harbison. The response from the students has been positive because of Dr. Harbison's feedback. The most recent topic under discussion was, "Diabetic with a bee sting: Is Keflex Indicated?" What started as a gen-med rotation turned into a pharmacological discussion; hopefully an indication of spirited debate in the future!

Slippery Rock

For the second year in a row, Slippery Rock University is hosting students from Dublin City University's (DCU) sport therapy program. These students, Claire Murtagh, Kathryn Fahy and Declan Monaghan are currently working with Scott Zema at football, Jackie Williams at volleyball and Marketa Schublova at men's soccer. The students are participating in several classes including care and prevention of athletic injuries, therapeutic modalities, nutrition and health and anatomy and physiology. In addition these students are presenting to physicians and observing surgeries.

They have also participated in Primary Physician Sports Medicine Symposium in Pittsburgh, PA through Allegheny General Hospital. The students from DCU have also helped to teach the Slippery Rock students and faculty quite a bit about manual therapy and massage, which they proved to be very knowledgeable in!

This year during spring break, Scott Zema will be taking a group of students from Slippery Rock University to Dublin, Ireland. While there, they will be meeting with students and professors at Dublin City University and will also be having a two-day seminar where students and faculty will present. Also during spring break this year, Marketa Schublova will be taking a group of students to Greece to visit Olympia and Athens University. This is not the first time Slippery Rock University students have traveled abroad. Scott and Marketa have already taken students to Rome, Milan and Torino, Italy; Prague, Czech Republic; and Berlin, Germany!

Bonnie Siple is taking a sabbatical for research this year. To replace her, Slippery Rock hired Jeremy Dicus, ATC from Ohio University for a one-year temporary position to fill in for class work and clinical coverage until Bonnie's return. Slippery Rock has also established a cooperation with Western Pennsylvania Allegheny Health System Group providing Slippery Rock's ATEP with physician coverage and guest lectures. This allows for student athletic trainers to have one-on-one contact with the health care providers who are caring for Slippery Rock's student-athletes.

Waynesburg University

This year the Waynesburg University Athletic Training Student Association (ATSA) has adopted three causes. The students teamed up with the Women's soccer team to raise money for the Hirshberg foundation, for pancreatic cancer research. Catherine Moore, a senior at Waynesburg University and member of the women's soccer team, organized the "Kick Pancreatic Cancer" fundraiser held on October 3, 2009. T-shirts and wristbands were sold at the game. There was also a raffle with many prizes



Waynesburg University Athletic Training Student Association

that were given away. All proceeds were donated to the Hirshberg Foundation. Paper soccer balls were also sold for a dollar and hung in Stover Campus Center.

The ATSA decided this was a cause they wanted to help with due to the closeness of the issue to some of the students so they donated all the earnings from their concession stand during the soccer game that day to the "Kick Pancreatic Cancer" Hirshberg Foundation as well. The athletic training students purchased the shirts and wore them in the concession stand to help support the cause as well. A donation can was also set out so fans could offer a helping hand as well. The estimated amount of the total donation that will be made is over \$6,000.00.

The athletic training students are also planning to put together a care package drive for our troops stationed overseas. Again, because many family members and friends are in the service, the students chose to do a collection drive, setting out boxes around campus to collect items such as razors, foot powder, mouth wash, powdered Gatorade, and snack foods such as granola bars, peanut butter crackers, beef jerky etc. ATSA is hoping to get these packages to the troops after the holiday rush has died down, so they can have something to look forward to in a typically slow package time. They aim to get there packages there in March.

The ATSA is also participating in a campus wide effort to participate in a project called Operation Christmas Child. This is an organization that collects shoe boxes filled with toys and school supplies to children in need in countries overseas. It's an opportunity to send a simple gift to bring joy to a small child in the holiday season. The students divided into 6 groups to fill six boxes, to cover all the genders and age groups.

Reminders

The PATS Research Committee is now accepting applications for the PATS, Inc. Supported Research Award. A grant, in the amount of up to \$5,000 will be awarded at the June PATS Meeting. The deadline for application is March 1, 2009. More information and the application form can be found at the PATS [website](#) and click on research award. Submitted by Neil Curtis.

The EATA scholarship application for entry-level education athletic training students is now available on the EATA web page, www.goata.org. Click on "scholarships" on the top banner and then click on "Professional Scholarships for Athletic Training Students-Application -Scholarship Application ([PDF File](#)) ([MS Word](#)) "

The application must be printed and then submitted by mail as per the instructions on the application. Students graduating in May 2010 are eligible (those graduating in December 2009 are not eligible).

A maximum of two applicants from one Athletic Training Education Program may be selected as EATA scholarship recipients each year. Program Directors are encouraged to submit the two best qualified candidates for the award.

Please note on page 7 "**ATHLETIC TRAINING EDUCATION PROGRAM DIRECTOR NOMINATION FORM.**" This page must be completed by the ATEP program director as listed on the CAATE web site.

The deadline is November 1, 2009.

For further information please contact EATA Scholarship Committee chairperson, Neil Curtis at ncurtis@wcupa.edu.

PATS is still accepting applications to host the **2011 PATS Student Symposium**. Please email Yvette Ingram at YIngram@lhup.edu for more information.

If you would like to submit an editorial for the next newsletter please write your article and send it me via email or mail:

Rebecca Mokris
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rmokris@edinboro.edu

PATS Elections

Are you interested in becoming an active participant in the governance of our organization? The Board of Directors has a number of positions that are up for election in the coming year. Nominations are being accepted for:

President-Elect	6 year term
Treasurer	2 year term
Northwest Rep	3 year term
Northcentral Rep	3 year term

Verbal and written nominations are currently being accepted, but all nominations must be submitted by March 1, 2010. Nominations can be sent to the Nominations and Elections Chair:

Michael Ludwikowski, ATC
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570-320-7456 v / 570-320-7455 f
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If you have any questions on the responsibilities and duties of each office, contact your Regional Representative or check the PATS Bylaws which can be found at www.gopats.org/archival/bylaw.htm. This is a great opportunity for you or someone you know to help advance our society and our profession!!

H1N1 Update

The following information is from the www.h1n1inpa.com website.

H1N1 causes symptoms similar to seasonal flu and can include:

- *Fever over 100°F
 - Cough
 - Sore throat
 - Runny or stuffy nose
 - Body aches
 - Headache
 - Chills
 - Fatigue
- And in some cases:
- Vomiting
 - Diarrhea

(*) Not everyone with flu will have a fever.

People infected with H1N1 are contagious 1 day before getting sick, and up to 7 days after that. This time period can be even longer in children and people with weakened immune systems.

Emergency Warning Signs

Some cases of H1N1 may be more severe, namely for people most vulnerable to complications from H1N1, like those with certain underlying medical conditions (asthma, diabetes, suppressed immune systems, heart disease, kidney disease and neurocognitive and neuromuscular disorders), children and pregnant women.

In **children**, the warning signs that emergency medical care is required include:

- Fast breathing or trouble breathing
- Bluish or gray skin color
- Not drinking enough fluids
- Severe or persistent vomiting
- Not waking up or not interacting
- Being so irritable that the child does not want to be held
- Flu-like symptoms improve but then return with fever and worse cough

In **adults**, emergency warning signs that need urgent medical attention include:

- Difficulty breathing or shortness of breath
- Pain or pressure in the chest or abdomen
- Sudden dizziness
- Confusion
- Severe or persistent vomiting
- Flu-like symptoms improve but then return with fever and worse cough

Preventing H1N1 is in Your Hands

With the latest predictions that say large numbers of persons could become infected with the novel H1N1 virus this year, it is more important than ever that we take steps to prevent its spread. The virus spreads in the same way that seasonal flu spreads, mainly from person to person through coughing, sneezing, and touching infected surfaces, so by following five simple rules you can help prevent the spread of novel H1N1 virus.

1. Cover your mouth and nose with a tissue when you cough or sneeze, and put the used tissue directly into the waste basket. If you don't have a tissue, cough or sneeze into your sleeve. Since the virus spreads from person to person, sneezing into tissues and articles of clothing prevents the virus from being released directly into the immediate area. Sneezing or coughing onto one's hands or bare skin should be avoided since the virus could be transferred onto any surfaces the skin comes in contact with.

2. Avoid touching your face, especially your eyes, nose and mouth. The novel H1N1 virus can be spread by touching any of these body parts after coming into contact with an infected surface, and by limiting the amount you touch your face, you limit your chances of becoming infected with the virus.

3. Wash your hands frequently with soap and water, or use an alcohol based hand sanitizer. The influenza virus is destroyed by soaps and alcohols, so you decrease your chances of becoming sick by washing often. The CDC recommends washing your hands for 15-20 seconds with soap and warm water. When soap and water aren't available, rub an alcohol based sanitizer on your hands until the gel has dried.

4. Keep frequently used surfaces clean because novel H1N1 virus can be spread by touching an infected surface and then one's eyes, nose, or mouth. Influenza virus can infect a person from two to eight hours after being deposited on the surface of an object. It is important to disinfect high-use surfaces such as bedside tables, kitchen counters, bathroom surfaces and children's toys often.

5. Stay at home if you are sick. An infected person may be able to infect others from one day before getting sick to five to seven days after symptoms begin. If you are sick, you should remain home from work or school for at least 24 hours *after* your fever subsides while off of fever-reducing medicines. If you are a health care worker you should stay at home even longer – for a period of seven (7) days after illness onset or until illness is gone for at least 24 hours (whichever is longer). While sick, stay away from others as much as possible to prevent the illness from spreading.

Continued...

Athletes

1. Do not share personal items with Team Mates

Sharing items such as towel, razors and water bottles spread infections of all types including Flu and MRSA.

- Bring your own personal items and leave them in your locker
- Place towels and dirty clothes in appropriate receptacles for equipment managers to wash
- Do not share drinks with friend either on or off the field
- If you must share water bottles, DO NOT put your mouth on the nozzle.

2. Practice Basic Hygiene

- a. Shower after practices
- b. Clean Hands when appropriate
- c. Clean practice uniforms and equipment after each use.

Healthcare workers

Pennsylvania healthcare workers will play a critical role in the upcoming flu season, and it is important that they take the necessary steps to prepare for an HINI outbreak. An important step for the healthcare community is to receive the HINI vaccine when it becomes available. The pandemic HINI vaccine is expected to be available in October, and PA healthcare workers and EMS personnel are among the top priority groups that the PA Department of Health recommends receive the vaccine.

Healthcare professionals in acute care hospitals, nursing homes, skilled nursing facilities, physician's offices, urgent care centers, School and athletics, outpatient settings and home health settings should all be vaccinated. Any and all personnel that have direct patient contact should be immunized.

These professionals could not only spread illness to vulnerable populations, but high absenteeism rates in the healthcare workforce could affect performance of the healthcare system when it is needed most. As with the general public, healthcare workers should also follow these five basic prevention methods recommended by the PA Department of Health:

- 1) Cover your mouth and nose with a tissue when you cough or sneeze, and put the used tissue in the waste basket. If you don't have a tissue, cough or sneeze into your sleeve.
- 2) Avoid touching your face, especially your eyes, nose, and mouth.
- 3) Wash your hands frequently with soap and water, or use an alcohol-based hand sanitizer.
- 4) Keep frequently used surfaces clean.
- 5) Stay at home if you are sick.

PA healthcare workers should also be prepared with a plan in case a family member gets sick or their children of family members must stay home due to school, child care, or business closings. It is important to make arrangements with neighbors, friends and family members who would be willing to help care for a child that remains home due to a school closing or illness. Though it is understandable to feel the need to care for one's own family, it is imperative that healthcare workers report to work during this critical time so the healthcare system does not suffer due to a large number of absent workers.

Pennsylvania healthcare workers are encouraged to visit — and encouraged to inform their patients of — www.HINIinPA.com to stay up to date on the latest vaccination information and locations. Launched by the Pennsylvania Department of Health in September, the website also includes HINI education and prevention information, FAQs and more. The website is intended to be a quick, easily-accessible resource for all Pennsylvanians. Information is also available by calling call 1-877-PA-HEALTH.

PATS PR continued from page 7.

As you may have noticed, Teresa Zepka, MS, ATC, PES former chair of the PATS PR Committee, retired her position this summer after serving diligently for 6 years. Under her leadership, PATS was recognized nationally for 5 consecutive years receiving both the "Best State Association Effort" and the "Greatest Impact" awards. Also during her tenure, PATS was awarded with the Pennsylvania Department of Health \$5,000 grant for Traumatic Brain Injury Awareness, which helped to fund many of the PR Committee's efforts including a commercial that stressed the significance of traumatic brain injury as well as the importance of athletic trainers in the management of concussions. Teresa has been an extremely dedicated and enthusiastic member of the PATS PR Committee. She worked endlessly and has always served as a positive voice for not only PATS, but for the entire profession at large. On behalf of the PR committee, I would like to thank Teresa for her service and commitment to the Society.

The PATS PR Committee is going to begin our meetings and conference calls In November to finalize plans for the 2010 PR Campaign. If you have any ideas or suggestions for grassroots efforts in your community, or if you would like to become more involved please do not hesitate to contact me, or another member of the PATS PR Committee. Please also contact us if you or your organizations are doing something that promotes the profession throughout the year, so we can properly recognize your efforts.



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Announcements

PATS Student Symposium
February 5-6, 2010
Penn State University

PATS Annual Meeting & Clinical Symposium
June 2-5, 2010
Sheraton Harrisonburg-Hershey, Harrisburg, PA

EATA Convention
January 8-11, 2010
Boston MA

NATA Symposium
June 22-26, 2010
Philadelphia, PA