

**2018 PATS Annual Meeting & Clinical Symposium
Agenda & Session Learning Objectives**

Thursday June 7th, 2018

7:30am - 5:45pm	Registration Open	Lobby
8:00am - 5:30pm	Educational Sessions	<i>Lecture Halls</i>
3:00pm - 8:00pm	Exhibit Hall Open	<i>Room A</i>
6:00pm - 8:00pm	Welcome Reception	<i>Room A and hallway outside of room</i>
6:00pm - 8:00pm	Poster Presentations	<i>Hallway Outside of room A exhibits</i>
8:30pm - 10:00pm	Quiz Bowl	<i>Room H</i>
10:00pm – 11:00pm	VIP Reception	<i>Possibly outside room H or close by</i>

Educational Sessions

- 8:00-9:00am EBP Workshop 1: Utilizing Ocular Motor Assessments in the Management of Concussed Athletes
(1 EBP CEU)
Jamie Mansell, PhD, LAT, ATC
- After attending this session participants will be able to:
1. Describe the structure and function of the ocular motor system components.
 2. Identify and describe proper equipment and techniques for clinical tests to assess ocular motor function.
 3. Interpret clinical findings from the ocular motor function tests.
 4. Incorporate ocular motor function testing into clinical practice.
- 8:00-9:00am STOP the BLEED Workshop 1
(1 Category A CEU)
Francis Feld, DNP, CRNA, LAT, NRP
- After attending this session participants will be able to:
1. Identify the different methods of bleeding control.
 2. Explain the physiology of wound packing.
 3. Demonstrate the application of a tourniquet
 4. Describe the sequence of the clotting cascade.
 5. Report the hypovolemic shock syndrome.

9:00-10:00am STOP the BLEED Workshop 2
(1 Category A CEU)
Francis Feld, DNP, CRNA, LAT, NRP

After attending this session participants will be able to:

1. Identify the different methods of bleeding control.
2. Explain the physiology of wound packing.
3. Demonstrate the application of a tourniquet
4. Describe the sequence of the clotting cascade.
5. Report the hypovolemic shock syndrome.

9:00-11:00 am EBP Workshop 2: The Use of Upper Extremity Neurodynamics in the Treatment of Musculoskeletal Dysfunction
(2 EBP CEU's Pending BOC Approval)
Elizabeth Ballard, LAT, ATC & Jay Scifers, DScPT, PT, SCS, LAT, ATC

After attending this session participants will be able to:

1. Utilize the best available evidence to identify conditions that would benefit from the use of neurodynamics.
2. Differentiate neural tension techniques from neural mobilization techniques.
3. Develop an appropriate treatment plan to address a variety of peripheral nerve pathologies.
4. Perform selected neural tensioning techniques to assess patients suffering from peripheral nervous system pathology.
5. Appropriately apply neurodynamic treatment techniques to address upper extremity pathologies.
6. Incorporate neural mobilization into the overall treatment plan of a patient with a musculoskeletal pathology.

11:30-2:30 pm Leadership Forum
(3 Category A CEU's)
Characteristics of Leadership - Charles Thompson, MS, ATC
Plans and Processes for Empowering
Leadership - Clark Simpson MBA, Med, RKT, LAT, ATC
Your Involvement Tells the Story - Linda Fabrizio Mazzoli, MS, LAT, ATC, PTA, PES
Round Table Discussion on Leadership in PATS – All Speakers

After attending this session participants will be able to:

1. Demonstrate qualities of a leader
2. Demonstrate the behavior that is needed in leadership
3. Understand and identify if there is a need to change their own behavior patterns with leadership
4. Demonstrate how to manage change with themselves and others to empower leadership
5. Demonstrate different levels of leadership
6. Demonstrate processes and direction for leadership change in themselves and others.

2:30-3:30 Session 1: Clinical Prediction Rules for General Medical Conditions
(1 Category A CEU)

Teresa Zepka, PA-C , AT-RET

After attending this session participants will be able to:

1. Identify general medical conditions specific to the athletic population.
2. Discuss and explain particular general medical conditions seen in athletics.
3. Categorize general medical conditions in to broader disciplines to facilitate referrals to appropriate specialists.
4. Establish clinical decision-making strategies to aid in determining which athletes require referral for certain general medical conditions.
5. Recognize, compare, and contrast "what to do" and "what not to do" regarding various general medical conditions.

3:30-4:30 Session 2: Developing the Medical Model in the College/University Setting
(1 Category A CEU)

Charles Thompson, MS, ATC

After attending this session participants will be able to:

1. Define "medical autonomy"
2. Describe advantages and disadvantages of different types of programs
3. Assess particular needs and administrative issues relative to implementation of the medical model

4:30-5:30pm Session 3: Moyer Lecture - From the Courts to the Clinic: The role of the athletic trainer in the orthopedic surgeon's office - A growing trend in clinical based practices.
(1 Category A CEU)

Dr. David Yucha, MD and Erin McCormick, MS, LAT, ATC, PES

After attending this session participants will be able to:

1. Differentiate between the clinic and outreach athletic trainer.
2. Describe the role between the athletic trainer and physician.
3. Define and describe salary difference between clinic and outreach athletic trainers.
4. Explain how athletic trainers can increase revenue.
5. Describe lifestyle differences between clinic and outreach athletic trainers.

Friday June 8th, 2018

7:00am-6:00pm	Registration	Lobby
8:30am-9:00am	Exhibits Open & Coffee	Exhibit Hall
8:30am-9:00am	Poster Presentations	Hallway outside exhibits
11:00am-12:00pm	Exhibit Hall Open	Exhibit Hall
4:00pm-5:30pm	State Meeting	
6:00pm-7:00pm	Cocktail Hour	OUTSIDE banquet room
7:00pm- 9:30 pm	BANQUET	Banquet Room

Special Interest Groups

7:30am–8:30am	Session 1A: Educators	Jody Russell
	Session 1B: College/University	Kathryn Courtney
	Session 1C: COPA	Jason Vian
	Session 1D: Secondary School	Susan Capelli (TBD)

Educational Sessions

9:00-10:00 am Session 2A: Non-Operative Management of Individuals with Non-Arthritic Hip Pain
(1 Category A CEU)
Ryan McGovern, MS, LAT, ATC

After attending this session participants will be able to:

1. Define non-arthritic hip pain and intra-articular conditions of the hip.
2. Establish the current standard of care for non-arthritic hip conditions including operative and non-operative management.
3. Introduce the current experimental research in non-operative management of non-arthritic hip pain.
4. Provide a comprehensive non-operative management plan.
5. Present the current feasibility and protocol studies established for future randomized controlled trials in non-operative management of non-arthritic hip pain.

9:00-10:00am Session 2B: Musculoskeletal Ultrasound as a Clinical Evaluation Tool
(1 EBP CEU Pending BOC Approval)
Jennifer Ostrowski, PhD, LAT, ATC,

After attending this session participants will be able to:

1. Summarize the role of musculoskeletal (MSK) ultrasound within clinical evaluation and diagnosis, including diagnostic accuracy
2. Describe appropriate techniques for visualizing anatomical structures using musculoskeletal ultrasound
3. Identify characteristics of normal and abnormal anatomical tissue in a sonogram

10:00-11:00am Session 3A: The Clinical Evaluation of Hamstring Strain Injuries: How patient-reported outcomes can be used to assess re-injury risk and return to play time
(1 Category A CEU)
Andrea DiTrani Lobacz, MS, LAT, ATC

After attending this session participants will be able to:

1. Identify potential benefits and barriers to using patient-reported outcomes in the management of hamstring strain injuries.
2. Explain the high incidence and re-injury rates associated with hamstring strain injuries.
3. Implement various patient-reported outcomes at specific time points following the evaluation of an acute hamstring strain injury.
4. Select appropriate patient-reported measures for specific assessment of re-injury risk and estimation of return-to-play time following hamstring strain injury.
5. Interpret the latest research as it relates to the use of patient-reported outcomes in hamstring strain patients.

10:00-11:00am Session 3B: LGBTQ+ 101
(1 Category A CEU)
David Wilkenfeld, MS, LAT, ATC

After attending this session participants will be able to:

1. Identify terms commonly used by LGBTQ+ people and their allies
2. Describe the differences between gender identity, gender expression, sex, and sexual orientation.
3. Understand the importance of advocating for an environment of inclusion, respect, and equality for all athletic trainers and patients of diverse populations.
4. Identify resources for the LGBTQ+ community
5. Understand the importance of using proper pronouns when communicating with your patients.

12:00-1:00pm Session 4A: Clinical Case Abstracts
(1 Category A CEU)

12:00-1:00pm Session 4B: Shoulder Injuries for the Overhead Endurance Athlete
(1 Category A CEU)
Eric Lippincott, PT, LAT, ATC

After attending this session participants will be able to:

1. Identify common causes of shoulder pain in the overhead endurance athlete.
2. Discuss the relationship between overuse and shoulder pain.
3. Explain differential diagnosis and diagnostic techniques for shoulder pain in the overhead endurance athlete.
4. Explain evidence-based treatment strategies for shoulder pain in the overhead endurance athlete.
5. Identify evidence-based prevention strategies for shoulder pain in the overhead endurance athlete

1:00-2:00pm Session 5A: Dietary Supplements and Athletes: Safety and Efficacy
(1 Category A CEU)
Eric Rawson, PhD, FACSM

After attending this session participants will be able to:

1. Describe the prevalence of dietary supplement use
2. Describe the safety of dietary supplements
3. Describe effective dietary supplements for performance
4. Describe effective dietary supplements for other functions
5. Describe the potential impact of dietary supplements in drug testing.

1:00-2:00pm Session 5B: Integrating Cultural Competence into Athletic Training Practice
(1 Category A CEU)
Kathleen Allison, MPH, PhD, MCHES

After attending this session participants will be able to:

1. Define and explain the importance of cultural competence.
2. Describe at least 2 strategies for increasing one's cultural competence in athletic training practice.
3. Integrate a conceptual model of cultural competence into athletic training practice.
4. Describe at least 3 cultural considerations associated with physical assessment of athletes.
5. Explain at least 3 common cultural conflicts in a health care setting.

2:00-3:00pm Session 6A: Superficial & Deep Heating Modalities: Using Evidence to Improve Outcomes
(1 Category A CEU)
James Scifers, DScPT, PT, SCS, LAT, ATC

After attending this session participants will be able to:

1. Identify the effect of therapeutic temperatures on tissue.
2. Identify the physiological effects, effective depth of penetration and heating effects of a variety of thermotherapy modalities.
3. Design effective treatment plans for utilizing therapeutic modalities to improve patient outcomes.
4. Compare and contrast the therapeutic value of different therapeutic modalities in bringing about a variety of treatment goals.
5. Match treatment goals to treatment procedures in order to maximize patient outcomes and clinician efficiency.

2:00-3:00pm Session 6B: Abdominal Injuries in the Athlete
(1 Category A CEU)
Abbie Kelley, DO

3:00-4:00pm Session 7A: Sports Related Ocular Trauma
(1 Category A CEU)
Amy Myers, MD

After attending this session participants will be able to:

1. Identify the most at risk sports for risk of eye injury
2. Describe the most common eye injuries associated with sport activity
3. Demonstrate a systematic approach to the sideline examination
4. Describe the signs and symptoms for immediate referral
5. Describe how the most common injuries are treated.
6. Understand how to potentially prevent many sport related eye injuries

3:00-4:00pm Session 7B: Working Smarter Not Harder: Load Management In Sport
(1 Category A CEU)
Nate Nester, MS, LAT, ATC, PES

After attending this session participants will be able to:

1. Discuss the 4 "big rocks" of Stress: Load management, biomechanics, nutrition, and sleep
2. Explain the difference between off-season, pre-season, and in-season mechanical load
3. Discuss the concept of High/Low periodization
4. Describe the over-reaching/overtrained athlete
5. Discuss the importance of educating coaches on practice schedule/load management

Saturday June 9th, 2018

7:30am-5:00pm	Registration	Lobby
10:00am-10:30am	Coffee	

Educational Sessions

8:00-9:00 am Session 1: Supporting Student-Athlete Mental Health
(1 Category A CEU)
Mary Wilfert, M.Ed.

After attending this session participants will be able to:

1. Identify national data describing the student-athlete experience as it relates to mental health concerns.
2. Identify consensus best practices for athletics departments to support student-athlete mental health.
3. Identify strategic steps to advance mental health promotion on campus.
4. Provide training materials to take back to campus.
5. Experience new resources developed to effectively engage student-athletes on these critical issues.

9:00-10:00 am Session 2A: Mental Health and Student Athletes
(1 Category A CEU)
Rachel Daltry, Psy.D.

After attending this session participants will be able to:

1. Describe common mental health signs and symptoms.
2. Discuss how to recognize mental health distress in student athletes.
3. Demonstrate ways to speak to student athletes about concerns around their mental health.
4. Describe how to make referrals to student athletes around mental health.
5. Describe barriers to athletes seeking mental health help.

9:00-11:00am Workshop 3: Alternative –vs- Osteopathic –vs- Evidence Based Therapy. A Closer Look at Reflexology
(2 Category A CEU's)
Andra Thomas, ATC

After attending this session participants will be able to:

1. Describe what alternative, osteopathic and evidence based therapy means and provide specific examples of each.
2. Describe and define reflexology and how it fits into each of these parameters
3. Describe the history of reflexology
4. Describe what the evidence says about reflexology

5. Understand the presentation of problems associated with reflexology/meridians in dysfunction
6. Demonstrate hands on techniques utilizing reflexology techniques

10:30-11:30am Session 3: Mental Health and Student Athletes – Wrap Up

(1 Category A CEU)

Mary Wilfert, M.Ed.

11:30-12:30 Session 4: Mental Health Case Studies: Anxiety & Depression in Student-Athletes

(1 Category A CEU)

Rachel Daltry, Psy.D.

Lindsey Keenan, PhD, LAT, ATC

After attending this session participants will be able to:

1. Describe common mental health signs and symptoms related to anxiety.
2. Discuss how to recognize mental health distress in student athletes.
3. Demonstrate ways to speak to student athletes about concerns around their mental health.
4. Describe how to make referrals to student athletes around mental health.
5. Describe barriers to athletes seeking mental health help.
6. Understand and examine the research and risk factors related to depression in student-athletes.
7. Evaluate common case presentations of student-athletes with depression symptoms.
8. Design effective screening protocols for depression symptoms in student-athletes.
9. Recognize signs and symptoms of depression in student-athletes and patients, as well as co-morbidities.
10. Athletic trainers will be able to apply basic referral skills for student-athletes and patients with symptoms of depression.

12:30-1:30 pm Session 5: The Effects of Risky Use of Alcohol and Other Substances on Performance & Practical Ways to Increase and Implement Awareness of Mental Health

(1 Category A CEU)

Kate Nolt, MPH, PhD

Yvette Ingram, PhD, LAT, ATC

After attending this session participants will be able to:

1. Identify the signs and symptoms of alcohol use on performance.
2. Identify ways to intervene when use is suspected.
3. Introduce motivational interviewing as a technique to address substance abuse issues.
4. Understand the role of the AT and coaching staff to address use on the team
5. Identify strategies for prevention of use.
6. Explain a number of quick and easy ways to implement strategies to increase awareness of mental health issues.
7. Evaluate strategies to determine their effectiveness for a given situation.

8. Evaluate examples of implementation strategies for their effectiveness with a potential audience.
9. Apply basic principles of marketing to their techniques for advertising mental health issues.
10. Design educational programs for student athletes of various ages.