

**2017 PATS Annual Meeting & Clinical Symposium
Agenda & Session Learning Objectives**

Thursday June 8th, 2017

7:30am-5:45pm	Registration Open	Lobby
3-8:00 pm	Exhibit Hall Open	Room A
6-8:30 pm*	Welcome Reception	Room A and hallway outside of room
6-8:00 pm	Poster Presentations	Hallway Outside of room A exhibits
8:30-10 pm	Quizbowl	Room H
10pm-11pm	VIP Reception	Possibly outside room H or close by

Educational Sessions

8-11:00 am EBP workshop: Core Principles of Instrument Assisted Soft Tissue Mobilization (IASTM)
(1 EBP; 2 Category A CEU's)
Trista Van Lier, MS, LAT, ATC

After attending this session participants will be able to:

1. List the precautions and contraindications for IASTM
2. Understand, identify, and apply the appropriate IASTM treatment edge (concave, convex, broad vs. small contact, single bevel, or double bevel) based on the target tissue and desired treatment effect
3. Choose appropriate basic treatment IASTM strokes (i.e. sweeping, fanning, brushing, strumming, and framing) based on the body region contours and nature of the soft tissue restriction
4. Integrate IASTM intervention into the overall treatment program including: warm up, IASTM intervention based on the objectives outlined above, tissue elongation/stretching, appropriate ROM and/or strengthening exercises, cool down, and home exercise to produce carry-over of the treatment effect and enhance treatment outcomes

8-11:00am EBP workshop 2: ImPACT Using Clinical Trajectories to Inform Targeted
Treatment Pathways with Advanced Case Studies and the Vestibular/Ocular Motor
Screening Assessment **(3 EBP credits)**
Steve Russo, PhD, CIC

After attending this session participants will be able to:

1. Restate how to conduct a comprehensive clinical evaluation, including a clinical interview, assessment tools and neurocognitive testing.

2. Identify the specific neurocognitive deficits, VOMS results, and symptoms that indicate placement into a clinical trajectory
3. Identify how to use the Vestibular/Ocular Motor Screening assessment tool to help determine the specific clinical trajectory of a patient.
4. Identify how to create assessment strategies to manage a concussion and determine treatment pathways based on the clinical interview, assessment tools, and neurocognitive testing.
5. Restate how to develop treatment pathways based on the outcome of the Vestibular Ocular Motor Screening.

11:30-2:30 pm Leadership Forum 3 CE's (**3 Category A CEU's**)

Thomas Martin, PhD, Mary Bula, MA, George Couch, DrHA, MBA, FACHE

After attending this session participants will be able to:

1. Identify potential sources of healthcare information
2. Analyze purpose of healthcare data
3. Understand pathways for data transfer
4. Evaluate mechanisms for storage
5. Evaluate methods for data analysis and quality improvement
6. Identify and describe specific capacity-related challenges they face.
7. Know the difference between "argument" and "parallel thinking" in defining solutions to challenges.
8. Define the stakeholders they should involve in capacity-related discussions.
9. Recognize what factual information is important to provide stakeholders as part of capacity-related discussions.
10. Recognize steps to engage stakeholders in developing capacity-related solutions.
11. Discuss healthcare information technologies (HIT) and healthcare informatics initiatives within the healthcare system and the athletic training profession
12. Describe how HIT can be utilized to enhance patient care including the Internet, electronic health records, and mobile devices.
13. Describe the role of HIT and healthcare informatics in facilitating evidence-based, patient-centered care, and quality improvement.
14. Explain the data-to-wisdom process within the context of informatics and how the framework can be applied to patient care and quality improvement
15. Discuss legal (eg, patient privacy, protection of electronic and paper records) and professional considerations related to the use of HIT and healthcare informatics

2:30-3:30 Session 1: Out of Breath? How to Effectively Use Nasopharynx Airways and Oropharynx Airways in Your Airway Game (**1 Category A CEU**)

Nicolette Mosinski, MPAS, PA-C

After attending this session participants will be able to:

1. Identify different types of airway assistance devices
2. Recognize situations where a nasopharynx airway should be used
3. Recognize situations where an oropharynx airway should be used

4. Successfully insert a nasal or oropharynx airway
5. Correctly choose the appropriate size nasal or oropharynx airway for a patient

2:30-4:30 CPR
Jason Erlandson, LAT, ATC

3:30-4:30 Session 2: Value / Worth of an Athletic Trainer?? (1 Category A CEU)
Amy DeRosa

After attending this session participants will be able to:

1. Describe the ways in which AT services are valued and analyzed by healthcare institutions
2. Recognize ways that you can increase your value in your current setting.
3. Communicate the value of Athletic Training services provided to the public.
4. Articulate the definition of fraud.

4:30-5:30pm Session 3 MOYER (1 Category A CEU) Athletic Healthcare in the Community Sports Arena
Dr. Aaron Mares, MD Room F

After attending this session participants will be able to:

1. Identify initial event management and determine staffing needs
2. Engage in medical and volunteer recruitment
3. Recognize the scope of services and equipment needed
4. Develop of medical and emergency protocols
5. Describe best practices for set up and running the event

Friday June 9th, 2017

7:15a-6:00p	Registration	Lobby
7:30-8:00am	Attendee Morning Coffee	Room A/ Exhibit Hall
7:30 am-12:30pm	Exhibit Hall Open	
11:30am-12:30pm	State Meeting??	
10:00am-10:30am	Coffee Break	Room A in exhibit hall
10:00am-10:30am	Poster Presentations	Hallway outside exhibits
5:00pm-6:00pm	Young Professionals Social	Molly Brannigans, 506 State Street
6:00pm-6:30pm	Cocktail Hour	Hallway OUTSIDE banquet room
7:00pm- 9:30 pm	BANQUET	Room H
9:30pm-11:30pm	PATSPAC Fundraiser	TBD

Educational Sessions

- 8-9:00 am Session 1A: Taking Care of Those Who Take Care **(1 Category A CEU)**
Wendy Dietrich DAT,LAT,ATC & Paula Shivock,LAT,ATC, ROT
- After attending this session participants will be able to:
1. Define and articulate theoretical models for the etiology of compassion fatigue
 2. Differentiate between concepts of compassion fatigue and burn out
 3. Describe incident of compassion fatigue in athletic training
 4. Assess symptoms of compassion fatigue in self and others
 5. Facilitate self-care plan for participant and others.
- 8-9:00am Session 1B: Intro to Concussion Rehabilitation Techniques **(1 Category A CEU)**
Jessica Kempa LAT, ATC, CES & Meghan Mattson, LAT, ATC Room D
- After attending this session participants will be able to:
1. Identify and understand basic components and techniques utilized in a concussion exam.
 2. Differentiate between vestibular and vision therapy
 3. Describe how to work in conjunction with physical and occupational therapist
 4. Understand how to instruct and correct basic vestibular and vision exercises
- 9-10am Session 2A: A Multimodal Approach to Hamstring Strain Injury Rehabilitation **(1 Category A CEU)**
Andrea DiTrani Lobacz, MS, LAT,ATC
- After attending this session participants will be able to:
1. Recognize the different types and mechanisms of hamstring strain injury and the implications on the rehabilitation process.
 2. Differentiate between various eccentric loading exercises that can be used to strengthen the hamstrings following strain injury.
 3. Implement effective rehabilitation strategies focused on the nervous system including neurodynamic exercises for hamstring strain injuries.
 4. Summarize the importance of utilizing patient-reported outcomes in hamstring rehabilitation
 5. Recommend a multimodal return-to-play rehabilitation protocol for patients with hamstring strain injury.
- 9-10am Session 2B: Implementing the Use of Patient Reported Outcomes: How to get started. **(1 Category A CEU)**
Martin Donahue PhD, LAT, ATC & Kimberly Keely PhD, LAT,ATC Room D
- After attending this session participants will be able to:
1. Identify available Patient-reported outcome instruments.
 2. Understand the different types of patient-reported outcomes.

3. Select appropriate patient-reported outcome measurement instruments based on their patient.
4. Incorporate patient-reported outcome measurements into clinical practice.
5. Understand how to organize and utilize data from patient-reported outcomes to enhance areas of athletic training operations.

10:30-11:30 Session 3A: Movement Screening Tools and Practical Interventions for Time Pressed Professionals (**1 Category A CEU**)
Jason Edsall PhD, LAT, ATC, CSCS

After attending this session participants will be able to:

1. The attendee will understand principles of various screening techniques.
 - a. Functional Movement Screen
 - b. Selective Functional Movement Top Tier Assessment
 - c. Breathing Pattern Analysis
2. The attendee will interpret the results of various screens and describe the implications of their findings.
3. The attendee will differentiate mobility and stability disorders and implement corrective exercises in line with each condition.
4. The attendee will construct practical intervention protocols for individualized and mass training at a basic level.
5. The attendee will self-assess if need for individualized or mass intervention is appropriate in their individual setting

10:30-11:30 Session 3B: Updates in working with EMS Teams (**1 Category A CEU**)
Michael Meyer PhD, LAT,ATC

After attending this session participants will be able to:

1. Describe current EMS protocols related to spine boarding
2. Describe current EMS protocols related to cervical spine immobilization
3. Describe current steps of controlling bleeding
4. Demonstrate current procedures for stopping bleeding
5. Demonstrate appropriate application of various types of tourniquets

12:45-1:45p Breakouts

1B College Breakout	Room F
1C Copa Breakout	Room G
1D Secondary Breakout	Room D

1:45-2:45 Session 4A: Clinical Case Abstracts (**1 Category A CEU**)

Underwater Treadmill Training for a Greenstick Fracture in a Collegiate Softball Player: A Case Report (Layci Harrison, MS, LAT, ATC)

After attending this session participants will be able to:

1. Describe signs and symptoms of a greenstick fibular fracture.
2. Describe the benefits of hydrotherapy, specifically a walking program on an underwater treadmill.
3. Describe the progression of a greenstick fibular fracture after surgery and how an underwater treadmill training protocol can be incorporated into a traditional rehabilitation program.

Case Study: Hydropneumothorax in a High School Football Kicker (Jessica Cecco, MS, LAT, ATC)

After attending this session, participants will be able to:

Describe general information about hydro-pneumothorax
Describe possible differential diagnoses for hydro-pneumothorax
Recognize and treat patients with a hydro-pneumothorax

UNDISPLACED PATELLAR GROWTH PLATE FRACTURE IN A 12 YEAR OLD MALE
(Cheryl Ferris, PhD, ATC)

After attending this session, participants will be able to:

Describe the etiology of patellar growth plate/sleeve fractures.
Describe the diagnosis and treatment of patellar growth plate/sleeve fractures.
Describe other growth related injuries may be experienced in conjunction with patellar growth plate/sleeve fractures.

1:45-2:45p Session 4B: Free Communications - Research (1 Category A CEU)

Clinical Usefulness of Ocular Tests for Diagnosing Concussions
(Jacqueline Phillips, PhD, LAT, ATC)

After attending this session participants will be able to:
Describe the existing literature on popular ocular motor tests for sports related concussion.
Describe the concept of diagnostic accuracy of new tests, and how this is determined.
Describe diagnostic accuracy statistics found on NPC, KDT, and stereoacuity through the study at hand.

Effect Sizes of Different Instrument-assisted Soft Tissue Mobilization Products on Various Outcomes (Cristina Seffin, MS, LAT, ATC)

After attending this session, participants will be able to:
Educate clinicians of the variety of instrument-assisted soft tissue mobilization tools that exist.

Provide clinicians with information regarding the effectiveness of various tools.
Provide clinicians with evidence to assist in justifying purchasing tools for their practice.

Establishing a Clinical Service for the Management of Sports-Related Concussion
(Stephen Russo, PhD)

After attending this session, participants will be able to:
Describe the importance of a comprehensive clinical evaluation for concussion, including a clinical interview, assessment tools, and neurocognitive testing.
Identify the specific neurocognitive deficits, Vestibular/Ocular Motor Screening assessment tool results, and symptoms that indicate placement into a specific clinical trajectory for concussion
Identify appropriate treatment pathways based on the clinical interview, VOMS, and neurocognitive test results.

Psychosocial Components of Concussion Management
(Stephen Russo, PhD)

After attending this session, participants will be able to:
Describe the current social and cultural dynamics of sport participation
Recognize how a Health Psychology paradigm can help clinicians understand concussion reporting and athletes' compliance practices with medical professionals
Describe how the psychosocial components of athletics can influence concussion recovery after injury

Sway Balance Normative Scores
(Stephen Russo, PhD)

After attending this session, participants will be able to:
Describe the clinical relevance of balance assessments in concussion evaluations
Describe the normative scoring values for SWAY Balance test in a pediatric athletic population
Describe the clinical utility of normative balance values, stratified by age and gender

Integrative Approaches in Sports Medicine
(Gregory Coppola, DO)

After attending this session, participants will be able to:
Appreciate the role that regenerative medicine serves in the treatment of ligament and tendon degeneration.
Describe the role that sports acupuncture may provide in common sports related pain patterns.
Discuss the role that supplements such as Omega-3 fatty acids and vitamin D3 play in the role of anti-inflammation.

2:45-3:45pm Session 5A: Minimalist Running: An Athletic Trainers Guide (1 Category A CEU)
Gary Hanna MS, LAT, ATC

After attending this session participants will be able to:

1. Participants will be able to differentiate between barefoot and minimalist running.
2. Participants will be able to identify the change in foot mechanics when transitioning from a heel strike running gait to a mid-foot running gait.
3. Participant will be able to identify the variations in shoe construction and features between minimalist and regular shoes.
4. Participants will be able to discuss how the various shoe types affect running style.
5. Participants will understand the differences in injury rates associated with minimalist running and shod running.

2:45-3:45pm Session 5B: School Violence: Are You Ready? (**1 Category A CEU**)
Francis Feld DNP, CRNA, LAT< ATC, NRP & Wesley Semple BS, NRP, TEMS

After attending this session participants will be able to:

1. Describe key components of an emergency action plan specific to school violence.
2. Verbalize appropriate actions related to acts of violence including: Run, hide, and fight, and appropriate methods to approach responding law enforcement agencies.
3. Identify triage classifications and how school personnel should utilize local protocols.
4. Summarize the different types of tourniquets and hemolytic dressings available and explain how they fit into the treatment cascade for uncontrolled bleeding management.
5. Discuss the history and incidence of school violence events and the common characteristics they hold.

3:45-5:45 Session 6A: Cervical Spine Motion During Football Equipment Removal Protocols: Effects of Spine Board and Removal Methods (**1.5 EBP CEU**)
Bradley Jacobson MA, LAT, ATC, Scott Michel, PhD, LAT, ATC, Steven Reinhardt, LAT, ATC

After attending this session participants will be able to:

1. Recognize the importance of equipment removal and its potential role in prevention of further injury.
2. Identify basic equipment removal techniques.
3. Implement strategies to improve equipment removal while minimizing further injury.

3:45-4:45 Session 6B: Incorporating Performance Enhancement Principles into a Rehabilitation Plan (**1 Category A CEU**)
Jason Mensinger MEd, LAT, ATC, PES, CES

After attending this session participants will be able to:

1. Apply knowledge of strength and conditioning principles throughout the rehabilitation process.
2. Provide a framework to categorize physical preparation activities based on how they stress the central nervous system.
3. Provide progressions related to speed and strength development activities and how they can be used during all stages of rehabilitation for sprint-based athletic activities.

4. Discuss the phases of a sprint and activities that can be used during rehabilitation to maintain or enhance them.
5. Discuss the importance of the central nervous system stimulation through movement activities from the acute stage of rehabilitation through functional return to play.

4:45-5:45p Session 7A: Transgender Athletes (**1 Category A CEU**)
Catherine Massey, PhD

After attending this session participants will be able to:

1. Describe the cultural history and changing landscape of gender.
2. Describe terminology associated with the multiple facets of gender.
3. Describe the developmental processes of transgender identity.
4. Describe the social and biological changes associated with affirmation of gender identity.
5. Describe what one can do to be an ally to the transgender community.

Saturday June 10th, 2017

8:00-9:00 am Session 1: Psychosocial Components of Concussion Management (**1 Category A CEU**)
Steve Russo, PhD, CIC

After attending this session participants will be able to:

1. Outline current social and cultural dynamics of sport participation
2. Highlight how a health psychology paradigm can help clinicians understand concussion reporting and athletes compliance practices with medical professionals
3. Demonstrate how psychosocial components of athletics can influence concussion recovery after injury

9:00-10:00 am Session 2: The PPE and Osteopathic Medicine (**1 Category A CEU**)
Christopher Rial, DO

After attending this session participants will be able to:

1. Discuss the importance of communication and coordination among the sports medicine team
2. Explain the precepts of osteopathic medicine as they relate to a team physician
3. Compare timing and setting of administering the pre-participation evaluation (PPE)
4. Categorize the medical and family historical components screened in the PPE
5. Distinguish the importance of vital signs and visual acuity
6. Outline physical exam screening techniques, with emphasis on the cardiovascular and musculoskeletal systems
7. Develop an approach to common positive screening questions,
8. Summarize challenges to the current structure of the PPE
9. Design ways to efficiently incorporate mental health and psychosocial factors into the PPE

10:30-11:30 am Session 3: Opiate Addiction and Athletes (**1 Category A CEU**)

John Ciecko MS, AT, ATC, CSCS, PES

After attending this session participants will be able to:

1. Describe the theory of addiction works
2. Describe the dopamine cascade
3. Describe the dangers of opioid abuse
4. Describe the dangers athletes face while using opiates
5. Describe basic mental health issues associated with drug abuse

11:30-12:30 Session 4: Examination of the Spine and Pelvis; An update on examination and special tests (**1 Category A CEU**)

Jose Rameriz-Deltoro, MD

After attending this session participants will be able to:

1. Conduct an examination of an athlete with buttock and groin pain, including taking a thorough history
2. Develop a differential diagnosis involving buttock pain
3. Develop a differential diagnosis involving groin pain
4. Initiate treatment on athletes with buttock/groin pain

12:30-1:30 pm Session 5: Alternative and Complementary Medicine and Athletic Training (**1 Category A CEU**)

Greg Coppola, DO

After attending this session participants will be able to:

1. Explain the umbrella of Complementary & Alternative Medicine (CAM).
2. Discuss foundational elements of Oriental Medicine.
3. Discuss "dry needling" and how it might be used clinically.
4. Understand and be able to discuss how CAM can be incorporated into clinical practice

WORKSHOPS

9:00-12:00 pm Evidence Based Practice Workshop: Assessing and Improving Fundamental Movement Patterns (**3 EBP CEU**)

Adam Richmond LAT, ATC

After attending this session participants will be able to:

1. Understand the literature surrounding movement screening and assessment.
2. Recognize the importance of movement screening and assessment.
3. Understand basic movement screening and assessment techniques.
4. Implement strategies to improve mobility.
5. Implement strategies to improve stability.

1-4:00 pm

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