

AATA NEWS

| Fall 2017 |

From the Association

NEW! NATA Position Statement on Documentation Guidelines

NATA Presidential Election
New President, Tory Lindley

BOC Board of Director elections
Voting closes October 12, 2017

Hurricane Relief

The Texas ATA has started a Hurricane Harvey Relief Fund to assist Licensed Athletic Trainers affected by the devastation of Harvey. To contribute, visit the link below for more information.

<http://www.tsata.com/hurricane-relief/>

Meeting Dates

- AATA Annual Meeting
Look for an upcoming survey with potential dates. We want your feedback!
- NWATA
March 22-25, 2018
Portland, OR
- NATA
June 26-June 29, 2018
New Orleans, LA



What's New

Happy Fall...well beginning of winter?! This is the first AATA Quarterly Newsletter. We hope this will be a useful resource for ALL of our Alaska Athletic Training Association members as we provide updates from the Association, statewide CEU opportunities, and current news.

2017 Safety in Hockey Campaign

This year, the state of Oklahoma continued their campaign to raise awareness of athletic trainer's and their involvement in making the sport of football safer. This initiative includes a state logo sticker on the helmets of all athletes whose team is assisted by an athletic trainer. We want to be part of this campaign! However, with football season coming to a close, and hockey being a staple sport in Alaska, we are expanding the campaign to include a Safety in Hockey campaign for all teams that qualify statewide. An email will be sent out with an invitation to join us in this movement soon! If you choose to participate, you will receive a PR packet with ideas for the promotion of our profession in the

community as well as stickers for your team. We encourage everyone to join in this initiative! Please email us directly at alaskaata@gmail.com for more information.





Emergency Action Plans

The Alaska State Activities Association (ASAA) mandated a new student awareness form to be reviewed by athletes and parents regarding Sudden Cardiac Arrest. As part of this awareness initiative, the form encourages schools to create and regularly practice an Emergency Action Plan. AT's statewide have been collaborating with school administrators to develop and practice emergency procedures at each school. This year, the AATA would like to encourage our fellow athletic trainers to place a focus on creating and implementing EAP's at their worksite/schools and review/advocate for the effective use of AED's by staff.

Tips

- Start at the top with the policy makers (AD's, HR)
- Individualize to the site and setting
- Keep it simple
- Practice annually

Tips for a safe and healthy wrestling season

Weight Certifications

Each wrestler in the state of Alaska must establish a certified minimum weight within 60 days prior to the first team competition. Once this minimum weight is established, wrestlers are prohibited from certifying at a lower weight during the season. These weight certifications can only be established by a medical doctor, physicians assistant, advanced nurse practitioner, or chiropractor. NFHS Guidelines for the medical provider include: Minimum body fat of 7% for males and 12% for females, initial weight should be determined with the athlete being appropriately hydrated (specific gravity no more than 1.025), controlled weight loss for wrestlers with higher than minimum body fat should not exceed 1.5% per week. Please see the attached wrestling forms packet for more resources, information, and paperwork to be completed for performing weight certifications.

Skin Disease Prevention

For the Secondary School AT

Common Skin Infections: Bacterial (cellulitis, folliculitis, impetigo, abscesses, staph/MRSA), Fungal (ringworm, athletes foot), and Viral (herpes galadiatorum, molluscum contagiosum)

Prevention: Clean practice surfaces prior to, and immediately following, practices and events (mats, chairs, benches). Maintain clean equipment (allow proper wet contact time, clean all clothing and equipment regularly, do not let clothing stay closed up in a bag overnight) and an emphasis on personal hygiene (wash hands, arms and faces prior to participation, shower immediately after, cover all skin abrasions) is important in the secondary school athletic population.

Return to Play: ASAA Skin Disease/Physician Release form must be filled out for any questionable lesions. This form can be found on the ASAA website or in the resource section below. An on-site tournament physician can over-rule the diagnosis given on the signed form. Suggested timeline and treatment are also available on this form

For the Industrial AT

Common Skin Infections: Contact dermatitis or allergic contact dermatitis (can be classified as acute (weepy, vesicular, blistered) or chronic (dry, cracked, scaly)

Special consideration: Skin infections account for 50% of occupational illnesses and 25% of all lost workdays. Exposure commonly comes from chemicals, abrasions, friction pressure injuries, lacerations, sunlight, and heat. Ask questions about exact time relationship between skin condition and work exposure. Take an in-depth occupational history including general work conditions, physical chemical, and biologic agents that the patient was exposed to, presence

of skin diseases in fellow workers, current prevention methods (i.e. universal precautions, general hygiene), compensation the patient received for skin disease in a previous job, other exposures (detergents, household cleaning agents...etc. MSDS sheets can also be helpful in identifying potential chemical exposures/skin irritants.

Prevention: Identify predisposing factors to work-related skin diseases (i.e. fair skin and long exposure to sunlight, sensitive skin and exposure to chemical irritants), avoidance of certain work environments for workers with pre-existing skin disease, prevention measures on the job (universal barriers/precautions : gloves, aprons, safety glasses)

For the Dual Credentialed Advanced Practitioner

You are likely seeing an athlete or worker who is seeking evaluation, treatment, and/or clearance for a skin infection. It is important to take a thorough history of your patient to identify how the skin infection was contracted, as well as identify considerations for return to work or activity. For an athlete in the state of Alaska, the *Physician Release for Wrestler to Participate with Skin Lesion Form* is required to be filled out (a doctor's note will NOT be accepted). A copy of this form is attached in the newsletter e-mail as well as available on ASAA.org. For the industrial worker, return to work assessments should consider what universal precautions are available, risk for transmission to co-workers or clients, and time-period of treatment required before they are not contagious.

Helpful Resources

- Developing EAP's:
anyonecansavealife.org,
<http://asaa.org/resources/sports-medicine/emergency-action-plan/>
- Skin Infections in the Industrial Setting:
<http://www.aafp.org/afp/2002/0915/p1025.html>
<http://www.occupro.net/education/continuing-education/fce-rtw-wh-wc-certification-course>
- ASAA Wrestling Forms for Skin Infection, Weight Certifications, Concussion:
<http://asaa.org/resources/sports-medicine/forms/>
- NATA Skin Infections:
<https://www.nata.org/practice-patient-care/health-issues/skin-disease>
- USA Wrestling Skin Guide:
<http://content.themat.com/SkinGuide.pdf>

BOC Approved CEU Opportunities in Alaska in 2017

10/28-29 - Advanced Treatment of the Lower Quarter, Applied to Runners, 13.5 Category A Hours, Anchorage, AK, 8:00am- 1:30pm

10/28-29- Myokinematic Restoration - An Integrated Approach to Treatment of Patterned Lumbo-Pelvic-Femoral Pathomechanics, 15 EBP hours, Anchorage, AK, 8am-5pm

10/28-29 - Balance Dysfunction and Intervention - An Advanced Evidence Based Course, 15 Category A Hours, Fairbanks, AK, 8am-5pm

Contact Us

If you wish to provide feedback, have questions, or would like to contribute to further newsletters, please contact us at: alaskaata@gmail.com.