

Summary of
NMAA Sports Medicine Advisory Committee Meeting
March 16, 2019
9:00 a.m.
New Mexico Activities Association, Albuquerque, NM

A regular meeting of the NMAA Sports Medicine Advisory Committee was held on Saturday, March 16, 2019 at the New Mexico Activities Association in Albuquerque, NM.

The following were in attendance:

Tim Acklin, AT, Independent
Missy Archibeck, AT, Independent
Jose Barron, AT/AD, New Mexico Military Institute (via conference call)
David Gallegos, AT, SW Sport & Spine Center, Inc
Mike McMillan, AT, SW Bone and Joint Institute (via conference call)
Rod Williams, HC, Cibola High School
Scott Owen, NMAA, SMAC Chair

Welcome and Introductions

Discussion Items

- ***Concussion Issues*** – Reviewed the concussion law and discussed proper protocols for evaluating possible traumatic brain injuries. Committee emphasized the importance of communication between health care providers, especially between school athletic trainers, when head injuries occur. Committee also suggested a possible review of the law to ensure it still follows best practices.
- ***Football Contact Limits*** – Reviewed a recent inquiry by the NMAA Football Sport Specific Committee regarding extending contact limits to out-of-season. The FBSSC would like to dedicate a limited contact period during the school year, but outside of the football season, to focus on injury prevention with an emphasis on proper tackling and hitting technique. The contact period would include the use of helmets and shoulder pads. The football committee feels there isn't adequate time at the beginning of the season to address proper technique or fundamentals and this period would allow coaches that opportunity. The sports medicine advisory committee was in support of the premise but strongly advised that strict parameters be in place to ensure that the intent of the contact period was not misused or manipulated. The committee also inquired whether it might be more prudent to instead begin the season a week early to address the football committee's concerns.
- ***Mental Health Issues*** – The committee recently added Dr. Shawn Sidhu of the University of New Mexico to provide some perspective and insight on adolescent mental health concerns, specifically those issues affecting our student-athletes. Dr. Sidhu is currently the Attending Child & Adolescent Psychiatrist at the UNM Children's Psychiatric Center and is also an Assistant Professor at the UNM School of Medicine's Department of Psychiatry and Behavioral Sciences. The committee hopes to use Dr. Sidhu's insight to assist our schools with resources to address mental health with their own student-athletes.

- ***Medical Guidelines for State Events*** – Committee reviewed medical guidelines to be employed during state events. The guidelines provide policies and procedures for coaches, officials, and medical personnel during state events. Committee did recommend further clarification on return to play policies, specifically as it relates to the jurisdiction of the NMAA contracted athletic trainer. The NMAA will review and propose a clarified statement to the committee before finalizing the document.
- ***Consent to Treat Statement for Student-Athletes*** – The committee reviewed and approved a medical consent to treat statement for all athletes to sign prior to participation in high school athletics. This form would ensure access to care for student-athletes in absence of their own health care professional. The NMAA will submit this proposal during the May Commission meeting for approval for the 2019-2020 school year.
- ***Mandated Pre-Participation Evaluation*** – The committee reviewed and approved a mandated pre-participation evaluation to be used by all student-athletes. The committee approved for use the 4th PPE Monograph to ensure a more comprehensive and consistent pre-participation evaluation for all student-athletes. The 4th PPE Monograph is currently the NMAA’s recommended form. The NMAA will submit this proposal during the May Commission meeting for approval for the 2020-2021 school year. This form, in addition to the proposed consent to treat statement and current mandatory concussion forms, will be part of the NMAA’s annual pre-participation packet for student athlete participation in the future.
- ***ClearEdge Software*** – Zach Burkett of Clearedge reviewed the ClearEdge concussion baseline system. Mr. Burkett discussed benefits and advantages of the ClearEdge system and entertained questions from the committee. ClearEdge agreed to work with a local athletic trainer to provide access to ClearEdge for post injury evaluation. They will also be working with current NMAA SMAC member David Gallegos to evaluate further clinical opportunities. The NMAA will report any relevant news/findings during the next scheduled SMAC meeting.

OTHER ITEMS

- ***Next Meetings***

June – NMATA Clinical Symposium – June 2, 2019 (*If Necessary*)

November – State Volleyball Championships, November 16, 2019

ADJOURN