

Summary of
NMAA Sports Medicine Advisory Committee Meeting
May 30th, 2015
9:00 a.m.
Centennial HS, Las Cruces, NM

A regular meeting of the NMAA Sports Medicine Advisory Committee was held on Saturday, May 30, 2015 at Centennial HS in Las Cruces.

The following were in attendance:

Scott Owen, NMAA, Assistant Director
Missy Archibeck, AT, Eldorado High School
Jose Barron, AD/AT, NMMI
Roberto Carreon, MD, SW Bone and Joint Institute
David Gallegos, AT, SW Sport and Spine
Mike McMillan, AT, SW Bone and Joint Institute
Allan Rickman, MD, Alamogordo Orthopaedic and Sport
Aaron Stem, AT, Piedra Vista High School
Jessica Stem, AT, Piedra Vista High School

Welcome and Introductions

NFHS Update – Dr. Carreon serves on the NFHS Sports Medicine Advisory Committee and he provided an update from the most recent NFHS SMAC meeting. The following are some highlights from that meeting:

- NFHS position statement on concussions will be renewed this year and will be ready for the 2015-2016 school year.
- Discussed whether or not chiropractors should be approved to medically clear an individual with a known heart issue. The state of New Jersey does not allow chiropractors to make cardiac related releases. Committee will be investigating further.
- Looked at education for medical professionals who conduct pre-participation evaluations. There is concern that some medical professionals are not up to date with state association PPEs or their related medical requirements and legislation. The state of New Jersey requires anyone conducting PPEs to pass an annual online training.
- Reviewed a new concussion baseline test called “King Devick.” While the NFHS does not endorse individual products, according to Dr. Carreon this tool looks like a cost effective method of baseline testing athletes.
- Catastrophic events need to be tracked through state associations so there is additional data when such events occur.
- The National High School RIO (National High School Sports-Related Injury Surveillance Study) conducted a study on the life expectancy of a football helmet. Research concluded that the maximum life of a football helmet was about five years and needed to be reconditioned at least every two years.
- Research is showing an increase in spirit-related concussions. Probable causality is lack of spirit-specific practice facilities.

- There is a higher rate of football injuries at smaller schools when compared to bigger schools.
- No definitive research on whether more injuries occur on grass or turf. More studies needed.
- The NATA will distribute a video this summer detailing proper spine injury transport for trainers and EMS. Committee recommended providing guidelines for schools to ensure their community and local EMS were on the same page relative to these new protocols.
- The NFHS will be providing all state associations the “Anyone Can Save a Life” emergency action plan, free of charge. This plan was created by the Minnesota state association and provides a computer based training module for schools to utilize and implement for their emergency action plan needs.

NMAA Update

- *Pre-Participation Evaluation* – The NMAA has adopted the 4th PPE Monograph as a consistent and approved method of pre-participation evaluation. The 4th PPE monograph is endorsed by both the American Academy of Pediatrics and the American Academy of Family Physicians. The form includes twelve heart-related questions which the NFHS considers the most practical form of screening for cardiac issues. The form also comes in a Spanish version.
- *Project Heart Start* – During phase II Project Heart Start trained an additional 45 high schools through five regional trainings. Since its inception in the spring of 2014, PHS has trained 65 high schools. The goal will be to maintain that number while slowly building. One to two additional annual trainings are expected.
PHS utilizes compression only CPR with free training through the New Mexico Heart Institute Foundation. Schools provide two facilitators to attend the training with the expectation that they return to their high schools to facilitate a school-wide training. Cost to the schools is \$200-300 for training manikins and an additional \$200 for an AED training module. The NMAA SMAC endorses this as an affordable, effective and practical method of CPR training for schools.
- *Team Physician Database* – Since the last meeting the NMAA sent a request to athletic directors to identify their team physician to help build an NMAA database of team physicians. Response was limited. After additional discussion the SMAC recommended retrieving those contacts via the Athletic Trainers Association and having the trainers identify their supervising team physician on their NMAA state event application which is disseminated annually. This database will help identify team physicians during state events and provide additional oversight and support.
- *EMS Transport* – Committee will wait for the NATA to release their updated DVD on spine injury protocols before communicating proper protocols and procedures to the membership. The Silver school district has a proactive approach to emergency situations with a pre-season meeting held between their local health care professionals and emergency medical services. SMAC member Mike McMillan will work on providing a draft of that meeting to provide the NMAA as a sample for other member schools.

NMAA ATC State Event Contract – Committee reviewed the current state event contract for athletic trainers. The following areas were discussed and recommended for further clarification:

- Medical release – During state events the hired ATC has the authority to make return-to-play decisions. If they deem an athlete unfit to return to play the athlete may only return to play if medically released by an approved health care professional. The committee recommended clarifying “approved health care professional” to include CNP, DO, MD, or PA. This would closely follow the state concussion statute for RTP decision which would create consistency. The committee also felt it prudent to clarify that if a team does have an appointed athletic trainer present during state events the RTP decision would fall to their ATC.
- Notification procedure – Committee recommended a clarification on the notification procedure for when an athlete has been scratched from competition due to injury.
- Concussion Guidelines – The need for a consistent approach during state events with regards to concussion was recommended by the committee.

Additionally the committee discussed a pre-event training or meeting to clarify roles and procedures. Committee also recommended making sure all NMAA event directors and event officials are aware of the contract policies to create continuity among all parties.

Concussion Update

- *UNM Youth Sports Concussion Survey* – Rick Campbell, Senior Neuropsychologist at UNM with funding and support from the Brain Injury Advisory Council conducted research to determine concussion incidence rates here in New Mexico and provide a needs assessment. The research method included a comprehensive survey submitted to all athletic directors across the state. Three main conclusions were reached from the study:
 1. Concussion rates in New Mexico were higher than the national average.
 2. Rates of concussions were higher in physical education classes versus high school athletics.
 3. Majority of the schools surveyed are interested in further training and additional support opportunities.
- *Concussion Registry/Database* – Current SMAC member Missy Archibeck is in the process of drafting a proposal which would request funding from the Brain Injury Advisory Council to conduct a five year data collection process on concussion incidence rates in the state of New Mexico. This study would expand upon the research conducted by Rick Campbell and the UNM Neuropsychology department to provide a more comprehensive needs assessment for concussion related injuries and subsequent rehabilitation. The New Mexico Activities Association has endorsed this project.

Wrestling Weight Management Program – Scott Owen, NMAA director of wrestling, discussed the current policy and recommended a change moving forward. Current policy requires that only the Tanita TBF-300WA, bioelectrical impedance, single frequency scale be used to assess body fat. After further investigation that model has been discontinued by the corporation. Additionally, it is recommended that each machine be calibrated annually. Cost per machine for calibration is \$250 plus shipping and handling. The NMAA currently disseminates nine machines annually to wrestling weight assessors.

The Tanita corporation has produced two similar models since the TBF-300WA was introduced in 2004. One was introduced in 2009 and the other just this year. Both models employ an updated algorithm based on current data and also utilize double frequency making them more accurate than the current models employed by the NMAA. Cost of these new models is between \$3000-3200. The cost to replace the entire supply would be on the order of \$30,000 dollars with an additional annual cost to maintain and calibrate of around \$2500 not including shipping and handling. Due to the replacement costs and maintenance costs the current state of the program does not look sustainable.

The recommendation by Mr. Owen is to fall in line with many of other state associations and remove the mandate that the Tanita be used for all assessments statewide. The NMAA would approve a handful of acceptable methods of attaining body fat that are also approved by the National Wrestling Coaches Association. The schools would be responsible for finding a certified health practitioner approved by the NMAA to take an online training and become a certified assessor eligible to conduct assessments. This would open the number of eligible assessors creating easier access for schools and limiting expenses. Removing the Tanita as the only method would also reduce expenses should an institution opt for the skin fold method.

The amendment to the current policy would require schools to take a greater role in ensuring the integrity and intent of the initial program but would also afford them the latitude to conduct the assessments as they see fit. The NMAA will continue to make the integrity of the process a strict focus.

Injury Tracking Options for Trainers – SMAC member David Gallegos discussed two products free to trainers that could aid in helping track injuries for their student athletes. They included PrivIT's online PPE and AT-PBRN (Athletic Training-Practice Based Research Network).

Athletic Training Challenge – David Gallegos will be looking for a replacement for the Athletic Training Challenge next year. Scott Owen will solicit the athletic directors for someone interested in replacing David as the ATC sponsor. Missy Archibeck will also solicit the trainers via the NMATA database.

David also recommended a Monday date for future events. Historically the event has been held on a Sunday late in April but the committee is concerned with Sunday travel and missed spring events (games, proms, etc.).

Next Meeting Date – 2015 NMAA Volleyball State Championships, Saturday, November 14, 2015 (tentatively).