

Summary of
NMAA Sports Medicine Advisory Committee Meeting
November 11, 2017
9:00 a.m.
Santa Ana Star Center, Rio Rancho, NM

A regular meeting of the NMAA Sports Medicine Advisory Committee was held on Saturday, November 11, 2017 at the Santa Ana Star Center in Rio Rancho, NM.

The following were in attendance:

Missy Archibeck, AT, Eldorado High School
Roberto Carreon, MD, SW Bone and Joint Institute
Allan Rickman, MD, Champion Orthopaedics (via conference call)
Rod Williams, HC, Cibola High School (via conference call)
Scott Owen, NMAA, SMAC Chair

Welcome and Introductions

NMAA Updates – Report provided by Scott Owen

- ***NMAA Sports Medicine Website*** – Over the summer, the NMAA overhauled its existing website. The new sports medicine website can be found by entering the “Admin Hub” on the home page and scrolling to “Sports Medicine.” All pertinent information for schools, including information on concussions, sudden cardiac arrest, and emergency action plans, can be found there.
- ***Student Concussion Training/Senate Bill 38*** – Senate Bill 38 was passed during the spring of 2017. The bill amended the current concussion law to require annual student-athlete brain injury training for all NMAA member schools. The NMAA in coordination with the Brain Injury Advisory Council of New Mexico agreed to utilize the National Federation of High School’s online course “Concussion for Students” as the training mechanism for student athletes. The course has been received favorably however; the language in the bill says the training must occur at the beginning of the school year or prior to the first participation. This puts an added burden on schools in tracking individual students and schools would like to mirror the sports physical date, which states that any physical taken April 1 or later of the preceding school year is current through the entire following school year. The sports medicine advisory committee agreed that this would be a preferred method in tracking the student brain-injury training. *Update: Sen. Soules, who sponsored the amendment, agreed that an April 1 date that mirrors the physical date would be sufficient in meeting the brain-injury training requirement for students.
- ***UNM Concussion Surveillance*** – The NMAA has continued to work with Dr. Rick Campbell of the UNM Neuropsychology department on a continuing concussion surveillance study. The NMAA has encouraged school participation in the program.

However, thus far participation has been minimal. The SMAC discussed limited time/resources as principle factors in low participation.

- **Think Safe, Inc.** – The NMAA is continuing its partnership with Think Safe, Inc. (www.think-safe.com) as the sole provider of AED's to its member schools. Think Safe attended the AD Fall Conference and provided schools information on the Think Safe company and the benefits of their program. Schools have access to new and recertified AEDs at highly discounted rates in addition to AED program management and medical oversight provided by Think Safe.
- ***AED/EAP Requirement for State Event Hosts*** – Discussed a process that would require schools and venues hosting state events to verify they have emergency action plans for their athletic facilities as well as quick access to an AED during events. Discussion on a potential policy was favorable at both the commission and board level in September and the sports medicine advisory committee was strongly in favor of moving forward with such a policy.
- ***Submission of State Event Training Logs/Evaluations*** – Reviewed proper process for ATs to follow when submitting state event training logs and evaluations to the NMAA for distribution to the NMAA SMAC physicians. ATs should try to submit their logs and evaluations at the end of their event shift to the NMAA sport director or another NMAA staff member. They can also send them via email to Scott Owen after the conclusion of the event.
- ***Catastrophic Injury Update*** – The NFHS notified the NMAA of a catastrophic event involving an NMAA member school football player and asked if the school would work to secure contact information from the player's family so that the National Center for Catastrophic Sports Injury Research (NCCSIR) could contact the family to investigate the injury more thoroughly. The NFHS and NCCSIR work together to secure data on injuries and catastrophic events to help understand the mechanisms of each injury and to help prevent further injuries in the future. While the pursuit of this information is a worthy cause, the sports medicine advisory committee has some concerns with the personal nature of these injuries and the potential perceived invasion of privacy by an outside organization attempting to gather more information on an already sensitive situation.
- ***Wrestling Weight Management Program*** – Reviewed a recent validation study out of Cal State Fullerton University on four new BIA devices. The study was funded by the NFHS Foundation in coordination with the National Wrestling Coaches Association to validate additional body fat assessment devices for use in state associations. The NMAA has currently only approved the Tanita TBF-300WA for body fat assessments for high school wrestlers. However, this device has been discontinued by the Tanita Corporation necessitating the need for an alternate method in the future. Each device researched in the Cal State Fullerton study was statistically in excellent agreement with the control method, air displacement plethysmography. The Tanita device in particular (TBF-300WA Plus) was the cheapest of the four devices studied with an expense at roughly

\$2000 per machine. While there are cheaper methods of assessing body fat percentage (i.e. skin fold calipers) both the wrestling community as well as the assessor community have stated their preference for a process that is simple and uniform. Based on this factor along with the acceptable bias of the device and the reduced expense in comparison to the other devices, the sports medicine advisory committee recommended employing the new Tanita model along with the current older model. More discussion will be held with the wrestling sports specific committee and wrestling weight assessors before making a final determination.

OTHER ITEMS

- *Next Meeting*

March – State Basketball Championships at The Pit

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