

*Summary of*  
**NMAA Sports Medicine Advisory Committee Meeting**  
**November 14, 2015**  
**9:00 a.m.**  
**NMAA Offices, Albuquerque, NM**

A regular meeting of the NMAA Sports Medicine Advisory Committee was held on Saturday, November 14, 2015 at the NMAA Offices in Albuquerque.

The following were in attendance:

Scott Owen, NMAA, Assistant Director  
Roberto Carreon, MD, SW Bone and Joint Institute (Conference Call)  
Reagan Dunnahoo, PA, Ben Archer Health Center  
Mike McMillan, AT, SW Bone and Joint Institute  
Leigh Reddinger, AD, APS (Conference Call)  
Aaron Stem, AT, Piedra Vista High School

### **Welcome and Introductions**

**NFHS Update** – Dr. Carreon serves on the NFHS Sports Medicine Advisory Committee and he provided a brief update from the NFHS.

- Sideline cheer has the highest percentage of catastrophic injuries in interscholastic athletics/activities. There may be a correlation between those figures and the lack of certifications/trainings for sideline cheer coaches. Most associations across the country do not regulate coaches' training/certification for sideline cheer. In New Mexico, all cheer coaches, regardless of competition level, must have a coaches' license and be ACCA certified.
- NFHS is working to make all NFHS Learn Courses available for free to state association sports medicine committee members.
- There continues to be an urge for game officials to have some sort of medical information available on them should they have a medical emergency while officiating. The NMAA presented a proposal to the board in July and, while not mandated, the board did approve the card for use by officials. It is available for all officials via the Arbiter system.
- The NFHS is keeping an eye on a potential nation-wide Good Samaritan law that would be in effect regardless of the state in which the AT is practicing.
- The NFHS continues to look at telehealth and telemedicine applications. They are still in the testing phases but some states are experimenting with similar applications. The current implications of telehealth are that it may provide a mechanism for people in rural parts of the state to see medical specialists via conference call applications and receive diagnoses and treatment recommendations.

## NMAA Updates

- ***Approved PPE Entities*** – The NMAA reviewed who is permitted to perform PPEs and clarified that chiropractors are permitted to conduct PPEs per NMAA bylaws and State Education Agency regulations. There is some concern from the committee that chiropractors lack the necessary training to assess cardiac issues. Committee discussed New Jersey legislation that requires anyone conducting PPEs to take a cardiac training course. The NMAA will look into this course and other measures that might help ensure entities performing PPEs are properly trained and educated.
- ***NMAA Pre-Season DVD*** – Reviewed the pre-season DVD created by the NMAA to highlight sportsmanship issues in the state of New Mexico along with concussion law regulations. The NMAA will focus on updating the DVD annually to include additional sports medicine highlights. The NMAA would like to thank Cathy Reed and TJ Fails for their contributions.
- ***Project Heart Start*** – Continue to discuss PHS and its benefits to schools. While there are a variety of CPR/AED training/certification models available, the NMAA recommends PHS as an effective and affordable choice for its member schools. Dr. Carreon also brought up the NFHS' new cardiac arrest course on their NFHS Learn platform. That course is available on the NMAA Sports Medicine site.
- ***Anyone Can Save A Life*** – The NMAA will be providing schools with the Anyone Can Save a Life program, sponsored by the Minnesota State High School League, the Medtronics Foundation, and the NFHS foundation, to assist them in their emergency action plan needs. The program functions like a recipe book to help schools create site-specific and sport-specific emergency action plans utilizing staff and students to carry out the plan in a medical emergency. Plan to release to schools for the 2016-17 school year.
- ***NMATA State Event Contract*** – Reviewed updates and edits to the contract which clarified the NMATA's role in NMAA State events and the return-to-play policy to be followed when an injury occurs. Contract is available on the NMAA Sports Medicine Website. The contract does include chiropractors to make return-to-play calls.
- ***Physician Contact List*** – The NMAA is in the process of creating a team physician contact list with the intention of contacting each physician to inform them of the NMAA Sports Medicine Advisory committee's role in high school athletics and how they might be of service during NMAA state championships. Additionally, the NMAA is looking at a policy which would provide team physicians with an identification card that would help NMAA Staff and athletic trainers identify them during state events.
- ***Wrestling Weight Management*** – The NMAA will be holding off on any adjustments to the current wrestling weight management program. The NWCA is in the process of providing recommendations to state associations and the NMAA will wait for their input before moving forward.

- ***Wrestling Skin Condition Form*** – Reviewed the updates to the wrestling skin condition form which designates authority for diagnosing skin conditions and authority for overruling the form on-site. Committee was in agreement with the updated policy. Also reviewed a program called “The Mat Doc” which provides a quick guide on identifying communicable skin conditions. The program can be bought online or in app form for mobile devices.
- ***Athletic Training Challenge*** – Joe Mora of Gadsden will be the new sponsor for the Athletic Training Challenge. Committee discussed the potential for moving the date of the event to Monday instead of Sunday. The NMAA will review the potential for such a move.

## **NMAA DISCUSSION ITEMS**

- ***NMAA Member School Health/Safety Audit*** – During the NMADA fall conference the NMAA conducted a health/safety module outlining all NMAA bylaws and requirements relating to healthy participation in athletics and activities. Additionally, the NMAA conducted a needs assessment for emergency situations like cardiac arrest and heat stroke and asked whether schools had emergency action plans in place for differing game venues and practice sites. Based on the response from the survey and input from the SMAC, the NMAA has decided to create a health and safety audit to be reviewed annually by member schools. This audit would serve to make schools aware of all NMAA health and safety bylaws/policies as well as available resources to help insure the well-being of the student-athlete and to help minimize legal risk for staff and school/district.
- ***EMS Transport*** – The NATA released a position statement on the proper care of the spine-injured athlete over the summer. Prior to properly vetting the document it was discussed that one of the recommendations relating to equipment removal be amended to read more appropriately. The NATA is now fully vetting this document for review. Once formally re-released, the NMAA will provide schools the document for assistance in their communities and schools. As it stands now, the standard of care in addressing the spine-injured athlete is to leave the helmet/pads on but remove anything that obstructs the airway (face mask, visor, etc). Schools should work closely with their local EMS to ensure spinal cord emergencies are handled appropriately.
- ***High School “RIO” and NCCSIR*** – Discussed how schools might utilize HS RIO (Reporting Information Online) and the National Center for Catastrophic Sport Injury Research (NCCSIR). Both programs function by reporting sport-specific injuries nationwide to assist in data collection which aids in creating data-driven policy. The drawback discussed with HS RIO is that the data entry can be quite time consuming and extensive, however there is a small financial incentive for providing information. NCCSIR requires only that they be notified when a catastrophic injury occurs which reduces a time-consuming entry process. The NCCSIR then follows up on the incident. Scott Owen, NMAA SMAC chair, will recommend releasing information on these programs statewide to school ATs and inviting them to take part in these initiatives.

- ***Baseball Pitch Count Regulations*** – The NMAA brought forward an example of a pitch count regulation to be utilized by the Colorado High School Activities Association. The regulations were created utilizing Pitch Smart developed by USA Baseball and input from the CHSSA SMAC. The regulation equates number of days rest based on number of pitches thrown per day. Dr. Carreon reiterated that while there is no specific count to be followed, the NFHS does recommend states have a pitch count regulation in place. The NMAA’s current rule on pitching does not count number of pitches but number of innings. The NMAA SMAC was in favor of going to a pitch count in lieu of number of innings pitched.
- ***NFL Helmet Study*** – Reviewed the recent NFL helmet study which tested 17 NOCSAE approved helmets in a laboratory with simulated NFL impacts and rated them best to worst. While the study can’t be correlated to college and high school impacts it did provide another mechanism for gauging the protection of certain helmets. It is important to note that any helmet NOCSAE approved has been deemed safe for competition. Proper fit was discussed as a main factor in the safety of any helmet. Dr. Carreon also mentioned another study being conducted utilizing sensors and monitors to gauge real-time impacts on the football field. Results are pending.
- ***Committee Additions*** – Discussed the addition of various entities to create a more comprehensive SMAC. Discussed the possible addition of representatives from the following fields: Cardiology, EMS, neuropsychology, nursing, and officiating. Dr. Carreon recommended using the NFHS’ SMAC as a guide.

**Next Meeting Date – TBA**