

Summary of
NMAA Sports Medicine Advisory Committee Meeting
December 13th, 2014
9:00 a.m.
NMAA Offices

A regular meeting of the NMAA Sports Medicine Advisory Committee was held on Saturday, December 13, 2014 at the NMAA Offices in Albuquerque.

The following were in attendance:

Scott Owen, NMAA, Assistant Director
Roberto Carreon, MD, Silver City
Allan Rickman, MD, Alamogordo
Aaron Stem, AT, Piedra Vista High School
Jessica Stem, AT, Piedra Vista High School
Rod Williams, HC FB, Cibola High School

Attendance via teleconference:
David Gallegos, AT, SW Sport & Spine

Welcome and Introductions

Old Business

- *Project Heart Start* – Discussed the PHS program and the current trainings already conducted as well as trainings upcoming. Long term goal is to offer regional trainings state wide to provide an opportunity for every member school in New Mexico to be trained via the PHS program. The committee feels this is an effective and affordable substitute to requiring CPR/AED certification. Dr. Carreon did mention that legislation requiring CPR/AED certification is beginning to pick up steam across the country and would inevitably hit New Mexico at some point. Some states are requiring CPR/AED training for all students and are including this requirement as part of their Health/PE courses.

There was some concern regarding liability when performing compression only CPR or when using AEDs. Committee agreed that the Good Samaritan Law would be in effect in these situations.

AED costs and training were another point of discussion. Cost is a major concern for schools when it comes to purchasing AEDs. Aaron and Jessica Stem mentioned that the AEDs used for their schools were purchased with grant funds. The Stems will provide further data on that process with the hope of providing member schools different alternatives for purchasing AEDs in the future.

- *Athletic Training Policies at State Events* – Committee discussed the new ATC packet which outlines specific duties and responsibilities for ATCs and their role/authority during state championships. Return-to-play decisions are the responsibility of the hired ATC and can only be overridden by a physician's clearance.

Also included in the new packet are EAPs for each venue. Some edits were discussed for the packet and those will be added and the contract updated.

Committee recommended a mechanism to identify and credential team physicians as well. This would create a contact list of available physicians during state championships for use by NMAA event directors and ATCs while also alleviating personnel concerns during injuries and other emergencies.

- *Lightning/Severe Weather Policy* – Reviewed the NMAA Lightning/Severe weather policy drafted prior to the beginning of the school year. Committee is comfortable with the policy and feels it is an effective tool in educating and creating awareness with regards to lightning/severe weather safety measures.

The NFHS just produced a press release regarding their corporate sponsorship with “Weather Decision Technologies.” Among the many products and services offered by WDT is STRIKE, a lightning detection and alerting application available on iOS and Android devices. The NMAA’s current policy recommends “Weather Bug’s” SPARK, a free application, but the committee will research STRIKE’s capabilities and provide feedback at the next committee meeting.

- *Cold Weather Policy* – The committee considered drafting a cold-weather policy during last spring’s meeting. Data and literature examined by the committee since that time showed no increase in likelihood of injury. The sports specific committee also voted against a cold-weather policy. The NMAA thus opted not to bring forward to the commission or board a cold-weather policy.
- *Football Practice Regulations* – Current regulations, drafted by NMAA and approved by the membership, nearly mirror the NFHS recommended guidelines provided in October. The committee agreed with NMAA recommendations to amend the current policy to include THUD as a form of live contact and to fall more in line with NFHS recommendations.

Health Care Partnership

Discussed the likelihood of creating a healthcare partnership with a state-wide health agency to sponsor our state championships and provide physician oversight. Committee thought it may be difficult to head this route with the number of dates/sights needed to cover all state championships. Instead the committee referred back to creating a team physician contact list that the NMAA could utilize for these events. Once that contact list is created, the committee suggested piloting a few of the higher contact state events with physician oversight.

Moving to a Standard PPE (Pre-Participation Evaluation) Form

The NMAA created its own PPE prior to the existence of the 4th PPE Monograph, which is recommended by the NFHS and endorsed by the American Academy of Pediatrics and the American Academy of Family Physicians. The 4th PPE Monograph also includes a Spanish version. The committee recommended replacing the current form with the 4th PPE monograph.

Wrestling Weight Management Program

Committee reviewed current policies and procedures of the wrestling weight management program and discussed broadening the scope of assessors as well as methods of attaining body fat percentage. The committee did not recommend straying from the current method of assessments, citing the need for a consistent method to maintain a level playing field void of any impropriety. The committee did recommend moving to a standard hydration tool (refractometer) and ensuring the TBF-300WA Wrestling Body Composition Analyzers were calibrated on a regular basis for bioelectrical impedance. The NMAA will review these recommendations prior to moving forward.

EMS Transport

The transportation by EMS of injured athletes due to concussion/neck injury was discussed. Currently there are varying opinions of how best to stabilize/transport these athletes. Some EMS are utilizing protocols which diminish the use of spine boards for transport of certain suspected spinal injuries. This change in protocol may lead to some ambiguity throughout the state on the best way to transport these athletes.

The committee recommended creating a guideline for schools with information on how to address EMS situations in their local communities. Of utmost importance would be communication, prior to the beginning of the school year, by school administration and local EMS on best practices for EMS transport/stabilization.

Concussion Law Review

Committee reviewed the current law to ensure consistent interpretation during state championship events. Committee agreed that any athletes exhibiting signs or symptoms of a concussion are subject to the seven day sit out period regardless of whether or not they've been officially diagnosed with a "brain injury." The committee feels this is a proactive approach in accordance with the law to ensure the health and safety of our New Mexico athletes.

Committee did feel it was necessary at this time to review the law relative to recent data and studies to determine whether the law is in accordance with current data.

PrivIT e-PPE

Steve Turner of PrivIT presented a web-ex presentation on their e-PPE system. This system integrates pre-participation evaluation forms with the web for an electronic version of the PPE which can be housed on the PrivIT servers and updated annually, saving parents time and energy. The committee did feel certain districts in the state may benefit from such a program however; the cost and implementation along with its heavy dependence on computer/internet access didn't make it a strong substitute for our current paper PPE version at this time.

Next Meeting Date

NMATA Summit, Las Cruces, NM, May 28-30