

Summary of
NMAA Sports Medicine Advisory Committee Meeting
Friday, May 31, 2013
1:00 p.m.
Sandia Prep High School

A regular meeting of the NMAA Sports Medicine Advisory Committee was held on Friday, May 31, 2013 at 1:00 p.m. held at Sandia Prep High School.

The following were in attendance:

Scott Owen, NMAA Assistant Director
Dr. Alan Rickman, Alamogordo Orthopedics
Missy Archibeck, AT, Eldorado High School
Jeff Archuleta, AT, La Cueva High School
Jose Barron, AT, NMMI
David Gallegos, AT, Southwest Sport and Spine Center
Mike McMillan, AT, Southwest Bone and Joint Institute
Aaron Stem, AT, Piedra Vista High School
Jessica Stem, AT, Aztec High School

Welcome and Introductions

Old Business

- Website – There is now a sports medicine specific link on the homepage of the NMAA website. Mr. Owen will work with Bill Cleland to update the site with up-to-date content by the end of the summer.
- Chain of Command at Events – Committee suggested creating a “chain-of-command” guide for schools who have limited athletic training support. The rationale is that schools that are without AT’s or nurses need to have a process in place to make sports medicine related decisions. Aaron and Jessica Stem volunteered to create a rough draft of a sample chain-of-command guide.
- Activities Requiring Physicals – Mr. Owen informed the committee that the NMAA has recommended that the activities of bowling, JROTC and rodeo be required to have a physical on file with their respective school.
- Physical Form Review – Committee suggested removing the last page of the NMAA suggested physical and adding a physician’s signature to the history report as well as check box for anaphylaxis on the pre-participation evaluation.
- Promotion of ATC staffing – Jeff Archuleta volunteered to create an informational sheet to be placed on the renovated SMAC website to inform schools about the process of creating AT positions and filling those positions.
- Student Trainers – Committee suggested that an informational piece be placed on our website and in the AD’s packets informing schools that student trainers are never allowed to treat student-athletes without an ATC present.

Committee Structure

Mr. Owen requested that the current committee be reviewed. Committee suggested the need to have “adjunct” members to serve as experts in their various fields. These adjunct members would be utilized for specific input regarding their area of expertise. The committee made a list of the areas most needed and the committee will work cohesively to create an adjunct membership for future utilization.

Committee also suggested there be three standing annual meetings. These meetings will coincide with the following months/events – October, March (State Basketball), June (AT Symposium).

Missy Archibeck also suggested the need for a constant avenue of communication. She will work to find a tool in which committee members may stay in contact between SMAC meetings.

Concussions and SB1

Mr. Owen requested a review of the SB1 law and a discussion on the NMAA’s role. Currently the NMAA is named in the SB1 law and is charged with promulgating rules and regulations in association with the brain injury advisory council and local school districts to establish protocols consistent with current medical knowledge to educate high school coaches. A few questions arose during the discussion:

- What constitutes current?
- How often should the information be reviewed?
- What is each district’s responsibility?
- How do we best provide information to local district’s for return to play guidelines?

There are currently three informational sheets in circulation which establish protocols and provide information to AD’s, athletes/parents and coaches. In addition to these informational sheets coaches are also required to have a NFHS concussion course completion certificate on file with their school. The committee’s recommendations were:

- Review the informational sheets in conjunction with the release of the Zurich Consensus Statement. This report is the most up-to-date report on concussion and is released around every three years.
- Maintain contact with the NFHS to ensure that their concussion course remains current.

The committee also discussed how to best serve local school districts to ensure their students, parents and coaches are receiving the most current concussion information. Currently, school districts are required to have on file for coaches a signed informational sheet along with a certificate of NFHS Concussion Course completion. Athletes are required to have a signed informational sheet with their signature as well as a legal guardian. Each of these requirements is listed on the AD information sheet. However, districts are also required to have their own return-to-play guidelines and this piece is missing from the AD sheet. The committee’s recommendations were:

- Require annual coach completion of both the NFHS Concussion course and signature of the concussion information sheet.

- Place the requirement for district return-to-play guidelines on the AD informational sheet.
- Provide recommended return-to-play protocols on the SMAC website for reference.

Mr. Owen will be in contact with the Brain Injury Advisory Council for further information and will consult with Ms. Sally Marquez for the next steps in addressing concussion management for the student-athletes of New Mexico.