

*Summary of*  
**NMAA Sports Medicine Advisory Committee Meeting**  
**November 12, 2022**  
**9:00 a.m.**  
**Zoom Meeting**

A regular meeting of the NMAA Sports Medicine Advisory Committee was held Saturday, November 12, 2022.

The following committee members were in attendance:

Tim Acklin, AT, Independent  
Reagan Dunnahoo, PA, Ben Archer Health Center  
Monique Garcia, MD, Presbyterian Medical Group  
Chad Jones, AT, Albuquerque High School  
David Maldonado, AT, Alamogordo High School  
Michael McMillan, AT, SW Bone & Joint Institute  
Scott Owen, Director of Sports Medicine, NMAA  
Aaron Stem, AT, Piedra Vista High School  
Jessica Stem, AT, Piedra Vista High School

### **Welcome and Introductions**

#### **WaveOn Presentation**

- Adam Halpern provided an update on WaveOn Health. WaveOn aims to serve schools and individuals in rural areas without immediate access to athletic training services and other sports medicine related health care by providing them with a telehealth option.

#### **HoleintheHeart Presentation**

- Bob and Sandra Fahrlander presented information on their non-profit organization, HoleintheHeart, which aims to raise the awareness of congenital heart defects and the importance of screening during the pre-participation evaluation.

### **NMAA Discussion Items**

- **KSI Summer Meeting** – Discussed the recommendations made by KSI during its TUFSS (Team Up for Sport Safety) symposium held June, 2022.
  - **WBGT** – NMAA is currently evaluating the use of WBGT thermometers as a potential heat illness prevention standard/policy.
  - **Heat Acclimatization** – No formal recommendation to amend current acclimatization policies. Additional practice days prior to competition was discussed however as a potential method to better ensure acclimatization.
  - **CPR Training/Certification** – Committee recommended the requirement of annual or biennial CPR training for coaches through the NFHS Sudden Cardiac Arrest course.
  - **Emergency Action Plans** – Discussed ways to ensure proper creation and utilization of emergency action plans by member schools. Potential ideas included EAP template resources, the requirement of EAP uploads via the NMAA Health and Safety audit, as well as spot checking schools randomly.

- ***Chiropractors as NMAA QMPs*** – Committee reviewed and discussed the potential inclusion of chiropractors as NMAA qualified medical providers (QMP). At this time, the NMAA SMAC did not make a recommendation to include chiropractors as QMPs.
- ***Physical Therapists and PPEs*** – Committee reviewed and discussed including physical therapists as an approved entity for the performance of pre-participation evaluations. At this time, the NMAA SMAC did not recommend including physical therapists as an approved entity for the performance of pre-participation evaluations.
- ***NMAA Sports Physical (PPE)*** – Discussed/reviewed the current NMAA sports physical form. Committee discussed creating an information sheet to accompany the sports physical which outlines the purpose of the form and the importance of reviewing all questions and answering sincerely. The form would also outline provider policies and procedures to ensure proper evaluation/privacy protocols.
- ***State Tournament Evaluation/Training Logs*** – Committee discussed ways to ensure a more efficient and seamless process for the submission of state evaluations and training logs. Committee will investigate potential alternatives for the future.
- ***Mental Health Resources*** – Discussed the inclusion of a Mental Health and Wellness tab on the sports medicine page to provide resources for member schools and students.
- ***Committee Scope*** – Discussed broadening the scope of the committee by inviting/including specialists in a variety of medical areas to create a more comprehensive sports medicine advisory committee.

#### ***Next Meeting***

- ***State Basketball Tournament*** – Saturday, March 11, 2023

#### **ADJOURN**