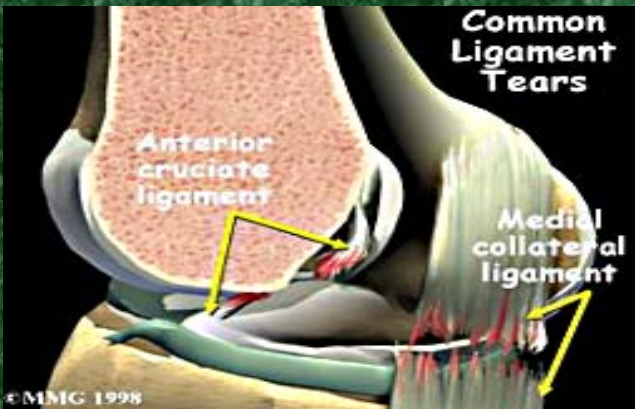


Athlete Health Care The DUBLIN WAY

Dublin City Schools



Athletic Training is Athletic Training!?



The SIMILARITIES are DIFFERENT!



Athlete Health Care Physicians

- Dr. Bob Whitehead – DCS Physician, Coffman Team Physician
- Dr. Tom Hospel- Jerome Team Physican
- Dr. Trent Sickles - Scioto Team Physician
- Orthopedic Consultants
 - Dr. Ken Westerheide, Dr. Jeremy Mathis, Dr. Bryce Finchem, Dr. Chris Kaeding, Dr. Grant Jones, Dr. Randy Wroble, Dr. Pete Edwards, others...
 - *Team Physicians cover Middle schools which Feed their respective High Schools.

Athletic Training Staff

Coffman

Pam Stotts, AT 764-5945
Michael Harvey, AT 764-5912

Jerome

Ric Fail, AT 718-8282
Kristen Carey, AT 718-8299

Scioto

Chris Troyer, AT 718-8333
Jess Hoaglin, AT 718-8332

Davis

Kate Richardson, AT 718-8546

Grizzell

Tim Rosch, AT 718-2671

Karrer

Corey Blattler, AT 718-2862

Sells

Justen Wright, AT 718-8580

Functions

- Care & Prevention of athletic injuries
- Advisors for coaches on programming
- Monitor District Safety/ Medical issues
- Monitor Liability concerns



Responsibilities

- On-site or On-call for all home Athletic events
- Travel with Varsity FB and at tourney time for all other sports. (High School Level) Middle School*
- Assists AD's with administrative issues in management of health care issues
- Resource for coaches/ athletes/parents on programming
- Works with coaches NOT for coaches



School Differences

- Pediatric v. Adolescent Population V. Adult
- The Parent Equation
- Athletic Population and Coverage Issues
- Physician & ATC Staffing



Pediatric/Adolescent Population

- Many 1st time injuries
- Puberty
- Body issues
- Growth Plate issues
- Pain issues
- What is good for OSU may not be good for High School and Especially not Middle School!



Parent Equation

- Parent has control over decision making
 - Consent to treat?



- Educating parents on ATC/ SPMED Role
- Team Physician V. Family Physician
- Continuity of Care!?

8/14/17

Dublin Guidelines

- All injuries must be reported to Athletic Trainer!
- Know and understand the Athlete Health Care Policies



Medical Referral

- The Athlete Health Care Program is not designed to replace the family physician or dictate medical care. The choice of health care provider and initiation of medical referral always remains at the discretion of the parents.
- Your family physician should be contacted if: problems develop with an injury, the condition worsens or the condition persists for an extended period of time. It is important that injured athletes return to the athletic training room for re-evaluation and report any new or remaining problems.
- Parents have access to the services of the Team Physician Staff who supervise all care provided by the athletic training staff.
- All athletes evaluated by their family physician must provide a note from the physician indicating the type of injury, course of treatment and participation status. The note should be given to the athletic trainer promptly after the physician visit. A standardized medical evaluation form is available from the athletic training staff or may be downloaded from the Athlete Health Care website.
- All head injuries must be evaluated by a physician prior to clearance to participate. A note clearing the athlete is essential for practice re-entry. IMPACT testing is also available as a tool to help the physicians accurately assess significant head injuries and may be required prior to allowing an athlete to return to a contact or collision sport.
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- 6. State Law and OHSAA requires that all athletes suspected of a concussion must be removed from the game/practice and may not return on the same day. All concussions should be evaluated by the supervising athletic trainer and referred to a physician

Protective Care Policy

- No member of the athletic training staff or coaching staff may clear an athlete to participate if a physician has removed the athlete from activity.
- No member of the coaching staff can clear an athlete to participate if the athletic trainer has removed the athlete from activity.
- Following physician clearance for return to activity, if clinical evidence, rehabilitation progression or new injury information indicates the athlete is at continued risk for injury, it is the responsibility of the athletic training staff to protect the health of the athlete. The athlete is to be held from activity and referred back to the family physician or referred to the team physician for further advisement.
- The team physician, attending physician, athletic trainer, coach or parent may withhold an athlete from re-entering activity if it is considered to be in the best interest of the individual's health. This acts as a safety net thereby optimizing the protection afforded the individual adolescent athlete.

Injury Reporting Procedures

- Athletes are first to report all practice injuries to the coach then to the athletic trainer. All injuries and health concerns must be reported to the athletic trainer. Medical referral will be coordinated through the athletic training staff.
- In the absence of the athletic trainer, the coach will initiate early first aid care. The coach will notify the athletic trainer of all injuries within 24 hours of the injury incident.
- Injured athletes are expected to continue attending practice and games during the treatment and recovery period. Athletes are expected to report daily to the athletic trainers for available treatment and rehabilitation.
- Parents are encouraged to contact the athletic training staff regarding any questions or concerns related to their child's injury and care.
- All athletes missing practice(s) and/or game(s) due to injury or illness must notify the coach directly prior to that practice or game.
- Game dress for injured athletes will be directed by each head coach.

Return to Activity Following Injury

- All athletes who have been removed from activity by the athletic trainer and referred for physician evaluation MUST provide a note from the consulting physician prior to re-entry into the activity.
- All athletes who have been removed from activity, or placed on limited activity by a physician MUST present a current note from the physician clearing the athlete to re-enter activity.
- A physician's note "clearing the athlete to full go" is recognized ONLY as a release to begin a gradual transition period back to full game activity. This transition time period is designed to monitor the existing condition and assure safe return to intense and demanding game situations.
- Injured athletes are expected to continue a rehabilitation/strength maintenance program on the injured area following return to play to avoid re-injury. This also is required if the athlete is to continue to practice. These programs will be coordinated through the athlete health care staff.
- The athletic trainer determines Return to Activity Clearance using protocols established by the supervising team physician staff.

Taping/ Bracing Policy

- Tape is a medical treatment tool with a specific therapeutic purpose. Appropriate use of tape for injury care will be directed by the athletic trainer. Tape will not be made available for non injury use.
- Ankle taping may occur for two weeks following an acute ankle injury. At this time it will be the responsibility of the athlete to purchase commercial ankle braces for ongoing injury management. Ankle braces may be purchased for ankle injury prevention or ankle injury history if desired by the athlete.
- The Athlete Health Care staff is available to advise parents on the purchase and use of various bracing, splinting and supportive devices beneficial to injury care and prevention. Some braces are available through the athletic training room at a discounted rate. Ankle braces may also be available through the school store at a reduced cost. See your athletic trainer for further information

Emergencies

- Know your emergency action plans and how you can assist, whether that is crowd control, calling 911 or the athlete's parents, getting equipment or emergency information to send with the athlete
- If the athlete's parent is not present, a coach should ride with the athlete to the hospital and give a report to the AT as soon as possible

AWAY EVENTS

- Role of host AT (if there is one)
- Always bring your med kit and emergency cards
- Notify AT of any injuries/possible injuries within 24 hours, encourage athletes and parents to follow-up with AT next school day

Questions?