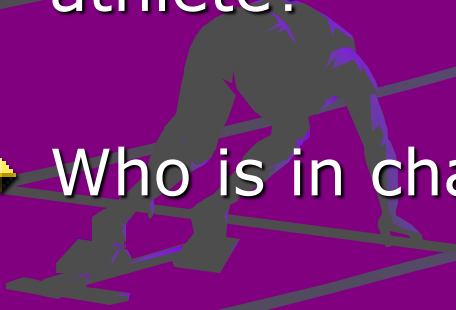
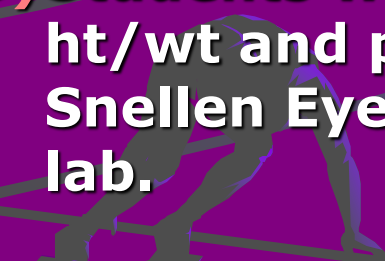


# Warm-Up Questions:

- ◆ Why should you practice your EAP?
- ◆ Who should get a copy of your EAP?
- ◆ What is the correct order of steps to spine board an athlete?
- ◆ Who is in charge during a spine boarding event?
- ◆ Why is it important to maintain cervical stabilization?



# Today's Agenda: 10/16/14

- 1) Students will complete warm-up questions.
  - 2) Discuss PPEs, students will take notes.
  - 3) Students will record ht/wt and perform Snellen Eye Exam as a lab.
  - 4) Closure – Lab Reflection
- 

**U2 EQ: What are four roles and/or responsibilities of a certified athletic trainer?**

1. EAP
2. PPE

**TO: What is a PPE and describe the clearance process for a student athlete?**

# Pre-participation Physical Exam

◆ **TO: What is a PPE & describe the clearance process for a student athlete?**

◆ **State Standards:**

- 10:7 Perform measurement of height and weight.
- 10:8 Demonstrate use of the Snellen Eye Chart.



# Pre-Participation Examination

◆ Def: assessment of athlete's overall health & ability to perform a sport at the highest level.

– Identifies problems that may hinder athletic performance.



# Purpose of PPE

- ◆ Is to facilitate and *encourage* safe participation, not disqualify athletes.
  - .3 - 1.3% of athletes are denied
  - 3.2 - 13.9% require further evaluation.
- ◆ Fulfill legal requirements



# Screen for:

## ◆ Conditions that may be life-threatening or disabling.

- Started just checking for hernia & ♥.
- Later added more questions, limited physical exam, urinalysis, & a sports clearance statement for the physician to sign.

## ◆ Conditions that may predispose to injury or illness (medical or musculoskeletal).



# Secondary Purpose

- ◆ Determine general health.
- ◆ Serve as an entry point to the HC system for adolescents.
- ◆ Provide opportunity to initiate discussion on health-related topics.



# Timing of PPE

- ✦ Should take place at minimum 6 wks prior to the beginning of their sport season.
- ✦ Usual end of school through the summer.
- ✦ Allows time to address issues that may arise during the physical.
  - Such as: musculoskeletal
  - allows time for rehab and re-evaluation





# Settings: Two Scenarios

## ◆ 1. The PCP's office


– Preferred,  
recommended

◆ More time, privacy,  
familiarity, ease of  
arranging referrals,  
more quiet.

◆ More cost, less  
available in smaller  
medical  
communities, some  
may not have PCP.



## 2. Station-based PPE

- ◆ **Waiting area:** Sign-in, registration.
  - ◆ **Vitals station:** Height, weight, vision, pulse, blood pressure.
  - ◆ **Office Exam:** Hx review, exam performed by one physician per athlete.
  - ◆ Costs less, & perform many PPEs at once.
- 
- A silhouette of a runner in a starting block, positioned in the lower-left quadrant of the slide. The runner is in a crouched starting position, with hands on the ground and feet in starting blocks. The background features several curved, overlapping lines in shades of blue and purple, creating a sense of motion and depth.

# Cornerstone of PPE: Medical Hx

- ✦ Complete hx will identify ~75% of problems.
- ✦ Athletes and parents should complete the hx section together
- ✦ Hx covers the following:
  - Medical conditions/dz
  - Sx Hospitalizations
  - Medications
  - Allergies
  - Menstrual hx
  - Pulmonary status
  - Neurological status
  - Injuries/illness since last exam



# Clearance

- ◆ Def – permission granted by a physician, based on an athlete's physical examination, to participate in a sporting event.
- ◆ Divided into 3 categories:
  - Unrestricted clearance
  - Clearance post further evaluation or rehabilitation
  - No clearance for certain types of sports or for all sports



# When an abnormality is found:

- ◆ Does the problem place the athlete at increased risk of injury?
- ◆ Is another participant placed at risk or injury because of the problem?
- ◆ Can the athlete safely participate with treatment?
- ◆ Can limited participation be allowed while treatment is being completed?
- ◆ If clearance is denied for only certain sports or sport categories, in what activities can the athlete safely participate?





# Classifications by level of contact

## – Contact or collision:

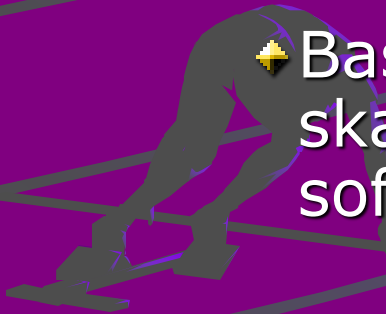
- ◆ Football, basketball, hockey, boxing, soccer, rodeo.

## – Limited contact:

- ◆ Baseball, cheerleading, field events, cycling, skating, skiing, gymnastics, volleyball, softball.

## – Noncontact:

- ◆ Bodybuilding, badminton, bowling, golf, track, swimming, field (throwing).



# Recordkeeping

- ◆ Information gathered through PPE must be available to coaches, ATCs, and the AD.
- ◆ ALL INFORMATION IS TO REMAIN CONFIDENTIAL
- ◆ FORMS SHOULD BE SECURED UNDER LOCK AND KEY WITH AD OR ATC
- ◆ Physicals kept for seven years after the athlete graduates/leaves the school.
- ◆ ATC should review all physicals.
- ◆ Coaches should be encouraged to review the information.

# One Sentence Wonder

You will be given a card with a word pertaining to today's lesson on it. In a group, you must create a sentence placing one word on each person's card in order to create a sentence that expands on your given term.

Each group will stand up in front of the class with each person holding a card. The group will read their created sentence by each person saying the word written on his/her card.