



## CONFERENCE DESCRIPTION

Registration will provide you with access to a **Virtual SWATA 2020 Educational Library** via EventRebels so you can watch, learn, and evaluate diverse speaker presentations covering the domains of Athletic Training practice. A variety of speakers from across many disciplines are being secured with each lecture being 0.5, 1, 1.5, or 2 CEUs each. Each registrant will be able to review a **menu** of lectures with abstracts and learning objectives and select their choices. These topic choices can be watched on your own time after August 1<sup>st</sup> – October 1<sup>st</sup>.



## CONTINUING EDUCATION CREDITS

BOC CEUs are approved by Southwest Athletic Trainers' Association (BOC #P206) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of 20 Category A CEUs for virtual viewing. Within the maximum of 20 CEUs you may also obtain up to 6 EBP CEUs.



- In order to obtain any Category A CEUs you will need to view at least 90% of the recorded lecture and complete a survey regarding the presenter and material.
- In order to obtain any EBP CEUs you will need to view at least 90% of the recorded lecture and complete an **enhanced** survey (i.e., quiz/knowledge check + presenter/topic evaluation)

## WHO SHOULD ATTEND

This conference is intended for athletic trainers.

## FEES

Your registration fee of \$65 will provide you with a **maximum of 20 CEUs**

- You will have the choice of a variety of topics including Category A credit, EBP credit and Concussion focused presentations.

## COURSE HANDOUTS

Several presenters have provided handouts for attendees to download. They are available on the SWATA Symposium registration page. Click on Resources to find submitted handouts. (<https://ww2.eventrebels.com/er/EventHomePage/CustomPage.jsp?ActivityID=32846&ItemID=110606>)

## CERTIFICATES & EVALUATION

To obtain Category A CEUs you will need to view at least 90% of the recorded lecture and complete a survey regarding the presenter and material. To obtain EBP CEUs you will need to view at least 90% of the recorded lecture and complete an **enhanced feedback** survey.

**Certificates will be sent after the October 1<sup>st</sup> end date of Virtual SWATA.**

## LEARNING OBJECTIVES

1. Define sport specialization and how it is associated with injury risk and describe recommendations for parents, coaches, and athletes regarding volume of sport participation.
2. Describe eustress and distress and the stress-injury cycle and acquaint athletic trainers with common mental health screening tools that can be used prior to injury.
3. Understand the role of other healthcare providers as members of the student healthcare team.
4. Understand the protein needed for different types of athletes including recovery after exercise and determine the best protein options.
5. Explain each of the common clinical trajectories following a suspected concussion.
6. Understand when and how to get help for difficult or chronic concussions.
7. Illustrate sport protocols for appropriate age for contact participation that decrease risk of concussion or long term sequelae.
8. Define interprofessional education and the importance to clinical practice and athletic training education.
9. Explain how the endocannabinoid system works within the body and explore the research literature regarding CBD and its therapeutic effects.
10. Explain the foundations of the science of improvement and continuous quality improvement in healthcare.
11. Understand how to apply the correct therapeutic interventions to fascia.
12. Identify different Olympic Lifts and how the movements that can be modified or incorporated into rehabilitation programs.
13. Understand the scope of the youth dietary supplement problem and will know the social pressures that are driving this behavior
14. Discuss the importance of duty to report and its relationship to professional self-regulation.
15. Identify and interpret the current peer-reviewed literature for evaluation and management of athletes with intraarticular hip pain associated with FAI, dysplasia and chondrolabral pathology.
16. Understand the biomechanics of an athlete with scoliosis and develop basic knowledge to rehabilitate an athlete with scoliosis to enhance performance.
17. Understand the fundamental differences between mentorship and role modeling.
18. Recognize the ICF-Model and understand how to include it into their documentation and communication with other health care providers.
19. Incorporate appropriate patient-reported outcome measures to facilitate an informed and effective patient care plan.
20. Recognize how race, ethnicity, and culture can influence physical health, mental health, and mental illness, and patterns of health care utilization.
21. Recognize and evaluate opioid prevention strategies for pain management and prescription availability as to limit potential opioid overdose potential
22. Recommend how and when to employ the use of an organized triage system the prehospital setting after identifying multiple patients or a Mass Casualty event.
23. "Bridge the Gap" between current pre-hospital management recommendations for active shooter events and clinical practice considerations.
24. Dispel sleep myths for yourself and translate that knowledge into sleep education for your athletes in a meaningful way.
25. Describe the benefits of athletic trainers in a clinical setting.
26. Implement efficient, feasible, affordable whole-body cooling for emergency management of exertional heat stroke.
27. Understand the risk associated with return to sport during COVID-19.

EBP TOPIC	SPEAKER	CEUS	DOMAIN(S)
Prevalence and Consequences of Early Specialization Among Adolescent Athletes	David Bell PhD, ATC University of Wisconsin, Madison	1 EBP CEU	1,4,5
Mental Health and Implications for Athletes: An Evidence Based Approach	Kristin Ernest, MD Texas Children's Hospital Houston	1 EBP CEU	1
A Health Care Providers response to the Active Shooter: Event Response and Trauma Management once the Shooting Stops.	Ed Strapp FP-C/TP-C, NRP, ATC Darryl Conway MA, AT, ATC	2 EBP CEUs	1,3,5
The Athletic Trainers Response to the Opioid Crisis: A Comprehensive 360 Degree Approach	Ed Strapp FP-C/TP-C, NRP, ATC Darryl Conway MA, AT, ATC	2 EBP CEUs	2,3
MARCH Trauma Assessment: An Evidence Based Approach for implementing the MARCH assessment including Triage and critical interventions	Ed Strapp FP-C/TP-C, NRP, ATC Darryl Conway MA, AT, ATC	2 EBP CEUs	3
Sleep Tactics for Better Athlete Health & Performance - Joint Sponsorship with Gatorade	Amy Bender MS, PhD	1 EBP CEU	1
Category A	SPEAKER	CEUS	DOMAIN(S)
Differentiating clinical symptomology following suspected concussion: Who is at the greatest risk of delayed symptom recovery?	Kelly Cheever PhD, LAT, ATC	1 Cat A CEU	2
Eating Habits of High School Athletes: Nutrition Strategies to Solve the Complex Puzzle to Optimize Performance and Body Composition	Tavis Piattoly MS, RD, LDN	1 Cat A CEU	1,2,4
Improving our Concussion Treatment: Buffalo Concussion Treadmill Test	Shaun Garff DO	1 Cat A CEU	4
Why Race and Ethnicity Matter and Culture Counts: The Influence of Race, Ethnicity, and Culture on Physical and Mental Health. <b>Part 1: "Health Care Disparities and Common Health Care Concerns of Ethnically Diverse Patients"</b>	Cleo Stafford II MS, MD	0.5 Cat A CEU	5
Why Race and Ethnicity Matter and Culture Counts: The Influence of Race, Ethnicity, and Culture on Physical and Mental Health. <b>Part 2: "The Influence of Culture and Society on Mental Health"</b>	Quinella A. Minix, EdD, LPC, NCC	0.5 Cat A CEU	5
Beyond the tissues: The real issues that are stopping athletes from getting better	Heidi Armstrong Founder Injured Athlete's Toolbox	0.5 Cat A CEU	4
ICF, PRO, OMG! What are these and how do I use them in my practice?	Laura Kunkel EdD, LAT, ATC, PES Meredith Decker PhD, LAT, ATC, CES	1 Cat A CEU	4,5

Category A	SPEAKER	CEUS	DOMAIN(S)
The Power of Protein for Health, Performance and Recovery - Joint sponsorship with Beef USA	Amy Goodson MS, RD, CSSD, LD	1 Cat A CEU	1
A Comprehensive Management Plan for Athletes with Intraarticular Hip Injuries.	Ryan McGovern PhD, LAT, ATC	1 Cat A CEU	1,2,4
Working Off The Field: A Unique Perspective of Working In a Clinical Setting	Marian Abowd MS, LAT, ATC Jonathan Santana DO	1 Cat A CEU	2,5
Building Healthcare Teams with Interprofessional Education	Layci Harrison PhD, LAT, ATC	1 Cat A CEU	5
Comparison of whole-body cooling techniques for clinical application	Brendon McDermott PhD, LAT, ATC	1 Cat A CEU	3,4
Eliminating Silos in Student Healthcare: Collaborations Among Healthcare Providers Bringing Ultimate Care to Students	Mike Hopper MS, LAT, ATC	1 Cat A CEU	1,5
Sport Performance and Rehabilitation for Athletes with Scoliosis	Maria (Mariki) van Vuuren PT, C2 Schroth certified, MTC	1 Cat A CEU	1,2,4
Mentorship vs Role Modeling through Professional Transitions: Knowing the Right Place for Both	Sarah Stiltner EdD, ATC, LAT Mikaela Boham EdD, LAT, ATC	0.5 Cat A CEU	5
Cannabidiol (CBD) as a potential therapy - the great hope or a big nope?	Mark Knoblauch PhD, LAT, ATC	1 Cat A CEU	4
The Athletic Trainer's Duty to Report (NATA Professional Responsibility in Athletic Training Committee 2020 District Lecture Series)	Michael Porters MAT, ATC	1.5 Cat A CEU	5
Boots on the Ground, Concussion Research to Practice for Athletic Trainers	Stephen Bunt EdD, LAT, ATC Mat Stokes MD	1 Cat A CEU	1,2,3,4
Weight rooms are not that scary. How to improve patient outcomes and effectively communicate with performance enhancement professionals	Alan Reid, MS, LAT, ATC, PES	1 Cat A CEU	1,4
Returning to Sport with COVID-19: Recommendations for Identifying and Minimizing Risk	Kristin Ernest, MD Texas Children's Hospital Houston	1 Cat A CEU	1
Quality Improvement in Athletic Training	NATA Sponsored Talk	1 Cat A CEU	5



SWATA is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. BOC Approved Provider Number: P-206

# SWATA FREE COMMUNICATIONS

Two (2) CEUs are available for watching the Free Communication Presentations and viewing the Posters. These are all included in the posted video. All abstracts and poster files are available on SWATA Website.

[Link to SWATA Virtual Symposium](#)

[Navigate to Resources Link to download Abstracts and Posters](#)



## LIST OF ORAL PRESENTATIONS

### SWATA GRANT PRESENTATION

- The Effects of Knee Joint Loading on Dynamic Tasks in Individuals Several Years Post-ACL Reconstruction
  - Meredith Decker-Hamm, PhD, LAT, ATC, PES: The University of Texas at Arlington

### SWATA FREE COMMUNICATIONS:

- Effectiveness of a Joint Mobility-Based Treatment Protocol for an Adolescent Female Track Athlete with Medial Tibial Stress Syndrome
  - Talbot L: Houston Methodist Willowbrook Orthopedics & Sports Medicine Houston, TX
- Bowel Intussusception in a Collegiate Basketball Player
  - Long MD, Driskill CJ: Abilene Christian University, Abilene, TX
- Patent Foramen Ovale (PFO) Discovered in 17-Year-Old Athlete after Acute Stroke
  - Brittle J, Ryan W, Yellen J, Knoblauch M: University of Houston - Houston, TX
- Axe Throwing Injury Leads to Autoimmune Disease Diagnosis in Pediatric Patient
  - Roberts KA, Garner LD, Long MD: Abilene Christian University, Abilene, TX
- True Grit-The Difference in Grit among Generations of Athletic Trainers
  - Devereux, CR, Henslee, JD, Hudson, H: Baylor University, Waco, TX

## LIST OF POSTER PRESENTATIONS

### ORIGINAL RESEARCH

- BRADLEY\_A Look into Generations and Personality Type in Athletic Training
- BUTLER\_The Effects of Caffeine on Sport Performance
- GARLEY\_A Dedicated Athletic Trainer to Sports Teams Athletes
- GOLDEN\_Motivational Sustainability through Wellness in Athletic Training
- KIENZL\_Athletic Trainers' Perceptions on Mental Health Support for Injured Athletes
- YOUNG\_The Effect of Weather Variables on Joint Pain Following Orthopedic Injury

### FACULTY CASE REPORT

- PEREZ\_Posterolateral Corner with Peroneal Nerve Injury, in a High School Football Athlete- Level 3 Case Report

### ELM CASE REPORTS

- ALLEN\_Bilateral Tibial Stress Reactions in College Distance Runner on Low FODMAP Diet.
- BARDALES\_Male Collegiate Athlete Presents with a Urinary Tract Infection resulting in a Meatotomy
- BELL\_Management of Osteitis Pubis in the Soccer Athlete- A CASE Report
- CAMPBELL\_Division I Football Player with Multi-directional Shoulder Instability and Bi-lateral Labral Repair
- EKEOCHA\_A Case Study Evaluating the Efficacy of No Rehabilitation in Treating Lateral Ankle Sprains
- FUENTES\_A Case Report of Rhabdomyolysis in a Collegiate Female Track and Field High Jumper
- GORKA\_The Benefit of Complete Rest in Athlete with Upper Extremity and Lower Extremity Musculoskeletal Injuries
- HALE\_21-year old female cross-country runner who complained of GI distress
- MALIA\_Lisfranc Fracture-Dislocation in a Professional Football Athlete- Multi-Injury Management
- MALONE\_Rhabdomyolysis in a Collegiate Male Track and Field Sprinter Doing Low Exertional Activities
- PADILLA\_Upper Crossed Syndrome, Biceps Tendonitis, and Irritated Nerve in a Collegiate Basketball Player
- RAMIREZ\_Triple Labral Repair in an Active Duty Airman
- ROURKE\_An Undisclosed Diagnosis of Coats' Disease in a Collegiate Baseball Player
- SCOTT\_Initial Tibialis Posterior Strain Later Diagnosed as Syndesmotic Ankle Sprain in Collegiate Division I Football Athlete
- SPITZENBERGER\_Prolactinoma and Medial Tibial Stress Syndrome in a Collegiate Endurance Athlete