



SWATA VIRTUAL 2021 – JULY 24TH – SEPTEMBER 30TH

We kick off **LIVE** on Saturday July 24th with a 1.5 hour (Category A) live presentation session on **“How Data Driven Research Can Shape Athletic Policy – What Variables Make the Greatest Impact on Risk Rates for Exertional Heat Illness”** featuring Bud Cooper, EdD, LAT, ATC, CSCS and Andrew Grundstein, PhD from the University of Georgia, Athens, GA.



Bud Cooper



Andrew Grundstein

Regional heat safety thresholds for athletics in the contiguous United States

Andrew Grundstein ^{a,*}, Castle Williams ^a, Minh Phan ^a, Earl Cooper ^b
[Applied Geography 56 \(2015\) 55–60](#)

Join us at 9:30 am via ZOOM link provided to registrants for a great discussion with two researchers and authors of a various papers regarding heat illness risk and how to shape athletic policy.

CONFERENCE DESCRIPTION

Registration will provide you with access to the **Virtual SWATA 2021 Educational Library**. EventRebels hosts our educational library and provides post educational surveys so you can watch, learn, and evaluate our diverse speaker presentations covering all the domains of Athletic Training practice. A variety of speakers from across many disciplines are preparing lectures ranging from 0.5-2 CEUs each. Each registrant will have access to on-demand sessions and recorded live event until September 30th.



CONTINUING EDUCATION CREDITS

There are over 40 hours of educational material to watch on demand including Cat A and EBPs.

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 standard survey regarding the presenter and material.
- **EBPs are pending approval for transfer to SWATA.** In order to obtain any EBP CEUs you will need to view at least 90% of the recorded lecture and complete an enhanced survey regarding evidence provided and speaker.



Southwest Athletic Trainers' Association (#P206) is approved by the Board of Certification, Inc to offer continuing education to Certified Athletic Trainers.

WHO SHOULD ATTEND

This conference is intended for athletic trainers.

FEES

Your registration fee of \$65 will provide you with access to a variety of topics including Category A credit, EBP credit and Concussion focused presentations. The number of CEUs you can earn is dependent on the lectures you watch and review. There are close to 50 CEU hours available.

- **You can earn a maximum of 20 total CEUs**
 - You may earn up to **6 credits of EBP** within the 20 total CEUs.



SAFE SPACE ALLY TRAINING Wed. July 28th – 6 pm-9 pm



This is included in your VSWATA registration but it is limited to 60 people. Please register no later than Tuesday July 27th.

- Already registered? Use your registration information and log back into Event Rebels and Add Option to sign up.
- Still need to register? Don't forget to check the box as you process your registration.

SWATA 2021 – SPEAKER AND TOPIC GUIDE

CATEGORY A

TITLE OF SESSION	SPEAKER	CEU
The New Science of Sports-Related Concussion: Clinical Profiles & Targeted Treatments for Active Recovery	Erin Reynolds PsyD	1.5 Cat A
The Impact of the Athletic Trainer on Opioid Addiction Treatment and Recovery	Alanna Dennison DAT, MEd, LAT, ATC	1.5 Cat A
Practical Infection Control Considerations for the Secondary School Athletic Trainer	Tom Woods MS, MEd, LAT, ATC & Kirsten Hochberg, Ph.D	1.5 Cat A
Out with the Old and in with the New: An Updated Model for Iliotibial Band Pathology	Paul Geisler EdD, ATC	1 Cat A
Clinical Competency or Clinical Capability: Teaching our Students How to "Do AT" (Better)	Paul Geisler EdD, ATC	1 Cat A
Total Body Screening Evaluation	Kerry D'Ambrogio D.O.M., A.P., P.T., D.O.-M.T.P	1 Cat A
Addressing the Social Determinants of Health in an Athletic Population	Mayrena Hernandez, MPH, LAT, ATC	1 Cat A

TITLE OF SESSION	SPEAKER	CEU
Managing the Load: Optimal Strategies for In-Season Patellar Tendinopathy Care	Adam Rosen PhD, ATC	1 Cat A
Social Determinants of Health and Health Literacy: Supporting Clinical Progression from Preceptor to Student	Layci Harrison PhD, LAT, ATC	1 Cat A
Too Hip to be Cool: Mental Health Considerations for Athletes with Hip Pathologies.	Ryan McGovern PhD, LAT, ATC	1 Cat A
GPS guided acclimatization-Are we listening to what the data is saying?	Kelly Cheever PhD, LAT, ATC	1 Cat A
The Cutting Edge of Athletic Hip Repair	John Christoforetti MD	1 Cat A
Understanding the acute and long-term implications of COVID-19 on neurological, neuropsychological and mood functioning.	Kenneth Podell PhD	1 Cat A
Primary Upper Extremity DVT	David Stuckey MS, LAT, ATC	1 Cat A
Emergency Oxygen Use for Athletic Trainers	David Stuckey MS, LAT, ATC	1 Cat A
The Importance of Soft Skills in Athletic Training	Sara Stiltner ATC, LAT, EdD & Matthew Kutz PhD, ATC	1 Cat A
Essential Mentorship Characteristics for Athletic Training	Sara Stiltner EdD, LAT, ATC & Mikaela Boham EdD, LAT, ATC	1 Cat A
Recognition and Management of Burnout in Athletic Trainers	Leslie Oglesby PhD, LAT, ATC	1 Cat A
The Influence of Growth and Maturity on Long-term Athletic Development: Enhancing Performance and Injury Resilience Throughout Adolescence	Micheál Cahill PhD	1 Cat A
Patient-Centered Strategies and Access to Healthcare for LGBTQ+ Patients	Meredith Decker PhD, LAT, ATC; Rob Redding, MS, ATC, LAT; & Kayla Parker, MS, ATC, LAT	1 Cat A
Lymphatic Balancing: Manual Lymphatic Drainage for the Orthopedic Patient	Kerry D'Ambrogio D.O.M., A.P., P.T., D.O.-M.T.P	1 Cat A
Certified Hand Therapy: The gnarly cases, orthotic fabrication, and the question of "it's just a finger right?"	Lindsey Snow MOT, OTR, CHT, ATC, LAT	1 Cat A

TITLE OF SESSION	SPEAKER	CEU
Exertional Heat Illness and Marching Band	Dawn Emerson PhD, ATC	1 Cat A
Diversity and Inclusion in Sports Medicine	Andrew Cage DAT, LAT, ATC; Shaketha Pierce LAT, ATC; Meredith Decker-Hamm PhD, LAT, ATC, Scott Galloway MS, MBA, LAT, ATC. Moderator: Kendall Goldberg LAT, ATC	1 Cat A
Utilization of SWAY in a Secondary School Setting	Steve Freibus M.Ed., LAT, ATC	1 Cat A
CPC and Specialty Certification: A BOC Update	Susan McGowen PhD, LAT, ATC & Michael Hudson PhD, LAT, ATC	1 Cat A
Business Principle Considerations for an Entrepreneur Athletic Trainer	Rod Walters DA, ATC	1 Cat A
Mental Health in the Athletic Training Room	Rod Walters DA, ATC	1 Cat A
Nutrition Management of the Type 1 Diabetic Athlete	Sarah Dobkins MS, RD, CSSD, LD	0.5 Cat A
Decrease Injuries & Increase Value in the Occupational Health Setting	Sara Nuechterlein MEd, LAT, ATC & Kathryn Womochel MS, LAT, ATC OPA-C	0.5 Cat A
Gap in Adolescent Concussion Management: Return to Drive	Marian Abowd MS, LAT, ATC & Jonathan Santana, DO, FAAP, CAQSM	0.5 Cat A
How Georgia got to ZERO heat-related deaths: A journey through policy implementation	Bud Cooper EdD, LAT, ATC, CSCS	0.5 Cat A
COVID Consideration for Athletic Training Outreach	Sarah Gill MS, LAT, ATC	0.5 Cat A
The Paradigm Shift in Wellness Best Practices for Fire Recruits	Kathryn Womochel MS, LAT, ATC, OPA-C & Mackey Hermosillo	0.5 Cat A
Covid-19 and Major League Soccer	Shaun McMurtry MD	0.5 Cat A
The impact of socioeconomic status on access to care via athletic trainers; What we can do to help	Nichola St. James DAT, LAT, ATC, CSCS, PES, CES	0.5 Cat A
The History of Ethical Issues in Healthcare and its Impact on Today	Dr. Sherita Hill Golden MD, MHS, FAHA & Lyn Nakagawa MS, ATC, CSCS	1 Cat A
What Variables Make the Greatest Impact on Risk Rates for Exertional Heat Illness – ON DEMAND SESSION Only watch if you didn't attend live session	Bud Cooper EdD, LAT, ATC, CSCS	0.5 Cat A
STUDENT FOCUS: Your First Real Job as an ATC	Kristine Popelka MEd, ATC Tim Weston Med, ATC	1 Cat A

Potential EBP Sessions

EBP Credit is Pending Approval for transfer to SWATA
Announcement will be made when they are available for
viewing

TITLE OF SESSION	SPEAKER	CEU Pending Approval
The Vestibular System – a Clinical Focus for Athletic Trainers and Healthcare Providers	Mark Knoblauch PhD LAT ATC CSCS	1.5 EBP
Preventing Sudden Death in Exertional Conditions in Sport	Rod Walters DA, ATC	2 EBP
Concussion Monitoring for Medical Observers in Sport	Rod Walters DA, ATC	2 EBP
Introduction to Athletic Trainer's Utilization & Clinical Establishment of IV Access & IV Fluid	Eric Fuchs DA, LAT, ATC, AEMT	1 EBP
Examination of the 2020 International Consensus on First Aid Science with Treatment Recommendations	David C. Berry PhD, MHA, AT, ATC	1.5 EBP
Concussion Prevention and Management in Athletes	Rod Walters DA, ATC	2 EBP
COVID and the Mental Health Epidemic: How are Healthcare Workers Impacted?	Kristin Ernest MD	1 EBP
The Impact of Microaggression on Patient Care in Athletic Training Clinical Practices	Chris Litt, M.Ed., LAT, ATC	1 EBP



LEARNING OBJECTIVES

At the conclusion of the program and depending on selection of material, participants will be able to:

1. Describe the social determinants of health and social economic status in athletic training patient populations
2. Bridge cultural competency understanding with the social determinants of health and social economic status to implement positive health care to patient populations
3. Identify and evaluate the risk factors for opioid-related harms and Discuss methods for reducing the risk of opioid-related harms.
4. Address common questions on Type 1 diabetes and exercise and Describe the nutrition approach that optimizes glycemic control, long term health, and performance in the T1D athlete
5. Improve current understanding of the pathophysiology, assessment and exercise interventions for patellar tendinopathy.
6. Teach preceptors will be able to develop methods to teach athletic training students how to recognize social determinants of health and health literacy in their patient population.
7. Define the current standard of care for hip pathologies, including conservative and operative management strategies and Develop a strategy for incorporating psychological and mental health services into treatment of athletes with hip conditions.
8. Understand the role each common component of workload (i.e. volume, rate, intensity and duration) may play in the risk of developing musculoskeletal injury and Identify how to measure and calculate both acute and chronic workloads and how to calculate an acute: chronic workload ratio
9. Describe advanced surgical approaches for athletic hip injuries commonly seen in the young, athletic population.
10. Identify the acute and chronic neurological manifestations of COVID-19 and common neuropsychological sequela of COVID-19.
11. Define Primary vs. Secondary Upper Extremity Deep Vein Thrombosis and Describe diagnostic and treatment options for Upper Extremity Deep Vein Thrombosis
12. Identify how to utilize patient signs/symptoms and pulse oximetry to recognize the need for supplemental oxygen and Understand the indications, contraindications and precautions for appropriate oxygen use according to the literature
13. Identify how to implement documentation methods to identify injury trends
14. Identify the gap in concussion management in regards to return to driving and Define the components of a Vestibulo-Oculomotor Screen (VOMS) exam and how it can be used to evaluate a patient's ability to drive after a concussion
15. The learner will appreciate the special considerations for COVID-19 management and safety in the athletic training outreach setting, both for the athletic trainer and the event participants.
16. Create and implement a well-rounded injury prevention and wellness promotion program for fire department recruits.
17. Develop soft-skills to help them navigate chaos and the unknown effectively and Identify their personal soft-skill weaknesses and strengths
18. Identify characteristic gaps in serving as an effective mentor or supporting the mentoring relationship as a mentee and Understand the formally accepted characteristics of a mentor in athletic training.
19. Understand the current mental health epidemic with COVID and Identify mental health risks for healthcare workers
20. Understand the various situational factors that can contribute to burnout in athletic trainers, Understand how these situational factors lead to various physical, psychological, and behavioral changes, and Develop appropriate, proper self-care, how to model self-care for athletes, and how to account for their own self-care to prevent/avoid burnout
21. Describe the updated clinical profiles model of SRC and Recommend appropriate behavioral strategies to student-athletes recovering from SRC
22. Describe the difference between bone marrow aspirate concentrate and platelet-rich plasma therapies.
23. Explain personal experience and expertise on safely returning Major League Soccer players back to sports participation following acute infection with Covid-19.

LEARNING OBJECTIVES

24. Assess, interpret and prescribe training regimens by better understanding the implications for exercise selection and rate of adaptation across young athletes of varying maturation.
25. Identify barriers to healthcare for LGBTQ+ patients.
26. Learn how to utilize patient-centered strategies when working with LGBTQ+ populations
27. Describe Lymphatic Balancing. Apply Lymphatic Balancing to common orthopedic injuries.-Apply Lymphatic Balancing to the post-surgical patient.
28. Learn principles for providing rapid recovery, rehabilitation and reintegration of tactical athletes.
29. Identify different orthotic materials and why certain materials are chosen for specific diagnosis.
30. Acquire knowledge from existing literature on hyperthermia and exertional heat illness (EHI) occurrence and EHI risk factors in marching band artists.
31. Learn specific knowledge to address social determinants within their communities.
32. Define and describe issues related to diversity and inclusivity in sports medicine.
33. Describe how various infection control products work to kill pathogenic organisms and Distinguish infection control products and procedures that are best suited for a particular application
34. Identify key individuals within their school district to cultivate an effective infection control team
35. Understand the use of SWAY as a baseline testing tool for use in the evaluation and management of concussions.
36. Examine the outcomes of the 2020 pilot projects for Continuing Professional Certification (CPC)
37. Develop and demonstrate cultural competency and empathy of practice
38. Identify the impact of ethical misconduct on the present-day perceptions of the medical community and available treatments.
39. Explain the basic principles of environmental heat assessment and its impact on human thermoregulation.
40. Describe variables that must be considered when making policy changes for exercise in hot weather environments.
41. Distinguish between the existing and widely held paradigm for ITB pain and dysfunction known as “iliotibial friction syndrome” and the newly proposed “iliotibial band impingement syndrome” and learn to effectively evaluate athletes presenting with ITB impingement syndrome, based on a new biomechanically based and evidence-informed model of assessment that focuses on deficient hip muscle function.
42. Define competency and competency-based education (CBE), with application and context to medicine and athletic training and Understand the dearth of literature and professional void regarding CBE in AT education.
43. Learn a full body screening evaluation that can be used for any dysfunction.
44. Learn to make a decision whether to treat locally at the site of pain and dysfunction or treat elsewhere.
45. Identify and discuss the major structures and associated physiology of the peripheral vestibular system and Differentiate the major signs and symptoms of the most common vestibular disorders.
46. Describe the selection and procedures for evidence-based management strategies to prevent sudden death for exertional conditions.
47. Integrate the components of discretionary concussive signs warranting further intervention and advancement of concussion protocols.

