

PATS *News*

Pennsylvania Athletic Trainers' Society



Spring '08



Julie Emrhein, ME, ATC

President's Message

Welcome to the 2008 Spring Edition of our PATS Newsletter. We are excited to bring this newsletter to you in hard copy as well as on-line at our website: www.gopats.org. This edition of the PATS Newsletter is full of important information for your review. A newly established newsletter committee has been working diligently over the past several months to provide this newsletter to the membership. Many thanks go to Newsletter Committee members: Becky Mokris (chair), Gary Hanna, Suzanne Bologna, Wendy Wheeler Dietrich, and Adam Annaccone.

Your PATS BOD presented an information session regarding the Rules and Regulations at the 2008 EATA meeting in Valley Forge, PA. Another information session will take place at the 2008 PATS Annual Symposium in May/June in Camp Hill, PA. Tom West, PATS President-Elect, has prepared a narrated power point presentation on the PATS website, www.gopats.org. You will also find an example of an Athletic Trainer Written Physician Supervising Agreement on the website, under the announcements section.

An election will be taking place this spring for the following BOD positions: President-elect, Treasurer, Northeastern representative, and Southcentral representative. Please make sure you take the time to vote in this very important election. More information can be found on the PATS website.

Linda Platt Meyer was appointed to the PA State Board of Osteopathic Medicine. She will be sworn in on April 9, 2008. We are very excited to have a Certified Athletic Trainer filling the vacancy on this Board. Congratulations Linda!

Pennsylvania was very busy during National Athletic Training Month. Several events took place around the Commonwealth. Some highlights were the Hike to Harrisburg Day at the capitol building, and the Board of Directors attending the High School Athletic Directors conference in Hershey (PSADA). A marketing campaign entitled, "Operation Secondary School", which targeted the secondary schools, was initiated during March. Kudos goes to the Chairs of the PATS PR Committee (Teresa Zepka), the Secondary School Committee (Larry Cooper), and the PTA committee (Guy Sanchioli), for this initiative.

Three outstanding athletic trainers will be inducted into the Pennsylvania Athletic Trainers' Hall of Fame at the 2008 PATS Annual Symposium in May/June in Camp Hill, PA. They include: Mike Sitler, Paula Sammarone Turocy, and Jeff Cooper. Our sincere congratulations go out to these three exceptional athletic trainers.

Continued on page 2.

Contact Us

www.gopats.org

610.496.4192 PATS Cell Phone

Our Mission

The mission of the Pennsylvania Athletic Trainers' Society is to:

- P** Promote the profession of athletic training through public awareness and education.
- A** Advocate the certified athletic trainer as a recognized health care provider for the physically active in the Commonwealth through legislative and credentialing efforts.
- T** Transact business on behalf of the Society's membership in a prudent, effective, and collaborative manner.
- S** Serve the membership by providing a gateway to educational, research, scholarship, and networking opportunities.

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PATS Executive Council

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Continued from front page.

In closing, I would like to take this opportunity to thank everyone for their support during my tenure as the President of PATS. I would like to thank the PATS BOD, the Committee Chairs, Committee Members, and Liaisons, for all their hard work and efforts to serve the membership of the Pennsylvania Athletic Trainers' Society. It was an honor and privilege to serve you, my fellow athletic trainers in Pennsylvania.

Most Sincerely,
Julie

Election News

The 2008 PATS election is currently underway! Nominations for the positions of President-Elect, Treasurer, Southcentral Representative, and Northeast Representative were open until the end of February. To find out more about the job descriptions and the duties of each elected position please visit the Elections portion of the PATS website at www.gopats.org/elections/elections.htm. Congratulations to the following people who were nominated:

President-Elect:	Gregory Janik
Treasurer:	Scott Heinerichs Jessica Hoenich
Northeastern Rep:	Scott Dietrich Tim Doane Andrew Flavell
Southcentral Rep:	Krista Gruhn Tanya Miller

Congratulations!

There are many different ways to become involved in your state organization. You can contact your regional representative to find out about different PATS committees or check the PATS website at www.gopats.org to find out about upcoming election information. To be active in the state organization also means voting for each open office! Get involved and make sure you vote in the upcoming election. Voting is scheduled to begin in April.

PATS Symposium Information

The 2008 PATS Annual Meeting and Clinical Symposium will take place May 29th through June 1, 2008, at the Radisson Penn Harris Hotel in Camp Hill, Pennsylvania. The theme of this year's meeting is **"In and Out of the Box-Athletic Training."** Some highlights of this convention include clinical presentations on "Tai Chi" by Rich Lund, "Kinesiotaping" By Karen Danish, "Non-traditional Techniques used in Athletic Training" by Ray Chronister, USNA, and "Mental Health Issues" by Aimee Kimble. There are two Advance Track Seminars available this year. The first is titled "The Hip" that will be covered on Thursday. The second is a two part series that will examine "Clinical Reasoning Skills and the Anatomical Basis of Selected Upper Extremity Pathology." This topic will begin on Thursday, May 29th, and end Friday, May 30th.

Don't forget to register for the 14th Annual PATS Golf Outing to benefit the Phillip Donley Scholarship Program. This year's golf outing will be held on Friday, May 30th at 12:30pm. Look for more details and registration information on the 2008 PATS Annual Meeting and Clinical Symposium at www.gopats.org.

EATA Symposium Highlights

The EATA symposium held in Valley Forge, PA, offered many opportunities for Pennsylvania's Athletic Trainers and Athletic Training Students to stand out in the crowd. Congratulations to the following scholarship award recipients who were recognized at the EATA Awards Banquet:



Above left, EATA District II Scholarship: Doug Zaruta, University of Pittsburgh; Above right, EATA Scholarship: Shannon Baldwin, East Stroudsburg University



Above left, EATA Scholarship: Amy Jones, East Stroudsburg University; Above right, Hartmann-Conco Sports Med. Award: Stephanie Mitchell, West Chester University

Also, congratulations to **Kathryn Hemsley** who won the Free Communication Presentation from Temple University entitled "Neuromuscular and Psychological Influences of Range of Motion Recovery in an Anterior Cruciate Ligament Reconstruction Rehabilitation Patients." Photo unavailable

The River Run Scholarship Award Winner was announced at the PATS Business meeting at the EATA Symposium. The winner was **Kelly Pagnotta** from California University of PA.



Another highlight of the EATA Symposium included bringing a "Back to the Catskills" theme by re-introducing the PARTY DOLLS social sponsored by Collins Sports Medicine and PATS. The Party Dolls sang hit songs that were popular from the 1950s-1990s. It was a wonderful event that brought together different generations of athletic trainers.



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PATS Committee Chairs

Convention

Mark Keppler, ATC
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Corporate Sponsorship

Colleen Bensinger, ATC
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Continued

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Update Your Information

If you are a PATS member and not receiving this newsletter electronically.....***we need your help.*** We have taken great strides in the development of our Society's Electronic Newsletter. It saves money and time and provides valuable information. Please go to the NATA website "Members Only" section (www.nata.org/members/members.cfm) and update your email address. *Please be assured your information will not be released. It will be used for PATS/ NATA membership communication only.*



We have included a few pictures so everyone can see what a fantastic time everyone had while dancing the night away.

Finally, congratulations to Joe Iezzi, ATC for being selected to present the Pinky E. Newell Address at the past EATA Awards banquet. It was a pleasure to have our former PATS President and District II Director share his reflections as well as his vision for the future of our profession.



Congratulations!

Proper Medical Coverage for Events

Any person counting the number of Athletic Trainers in Pennsylvania against the number of sporting events and practices can see that there are a number of events that are not covered by Certified Athletic Trainers. Administrators and coaches fill that void with the use of Emergency Medical Technicians (EMT), which can cause a problem in regards to Return To Play (RTP) decisions. Emergency Medical Technicians are a vital part of the medical community and can be utilized to provide immediate and emergency care with transportation; however, RTP decisions can only be made by a doctor or a Certified Athletic Trainer. Athletic Trainers in Pennsylvania should take time to educate administrators, coaches, parents and EMT's about RTP decisions and how it is against the law, according to the state, for anyone other than a doctor or Certified Athletic Trainer to allow an athlete to return to participation after an injury. Here are a few talking points to educate others on EMT's and RTP:

- EMT's in the state of Pennsylvania are considered pre-hospital personnel and provide immediate and emergency care with transportation, without diagnosing
- EMT's act as First Responders in the event of an injury; however, their services are basic first aid, and do not include a muscular skeleton evaluation
- Certified Athletic Trainers and Physicians in the state of Pennsylvania are the only appropriate medical personnel who can make decisions regarding participation in an athletic event

Through proper education, administrators, coaches, parents, athletes, EMT's, and ATC's can all work together to provide the best and most appropriate medical coverage and care for all athletes in the state of Pennsylvania.

Athletic Training Month and PR Committee *Teresa Zepka MS, ATC, PES*

National Athletic Training Month Asks
"Who is Taking Care of Your Kids?"



The National Athletic Trainers' Association's (NATA) theme for National Athletic Training Month (NATM) is "Who is Taking Care of Your Kids?" This year, the PATS Public Relations (PR) Committee has joined with the PATS Secondary School Committee as well as with the PATS Parent Teacher Association (PTA) Committee to initiate "Operation Secondary School." This combined marketing campaign will target 6 Secondary Schools. One school in each of the 6 PATS geographical regions will be targeted. The goal of this campaign is to educate and assist these schools in hiring a full time certified athletic trainer.

Larry Cooper, Chair of the PATS Secondary School Committee states, "A Certified Athletic Trainer is an invaluable asset to any secondary school athletic program. If a school district cares enough to offer an athletic program, they should then be willing to hire a certified athletic trainer to provide daily appropriate medical coverage."

Informational binders/portfolios will introduce the campaign to the 6 school districts. The portfolios will be followed by attendance and presentations at PTA and school board meetings as well as by securing individual meetings with superintendents, principals, and school board presidents.

We realize this campaign requires a long term commitment, says Teresa Zepka, Chair of the PATS Public Relations Committee. "It is going to take longer than the month of March to secure a full time athletic trainer at these schools."

Other projects the PATS PR Committee has planned for National Athletic Training Month include:

- \$200.00 Stipends presented to each of the 19 Athletic Training Educational Curriculums (ATEP) in PA. These stipends are meant to encourage and support the athletic training students at each curriculum in their plans to promote the profession during NATM .
- "Hiking to Harrisburg" on Wednesday, March 26 to offer blood pressure screenings and nutritional guidance to our PA legislators at the Capital Building. Members of the PATS Board of Directors as well as athletic training students from various ATEP will be on hand to greet the legislators.
- Ads have been placed in the PIAA Basketball Championship Program as well as the Pennsylvania State Athletic Directors Conference (PSADA) program.

If you or your organization has done any grass roots public relations promoting the profession, please send any pictures and descriptions of the events to Teresa Zepka at zepka@cup.edu

Thank you all for all you do on a daily basis to promote the profession of athletic training!



The Hike to Harrisburg

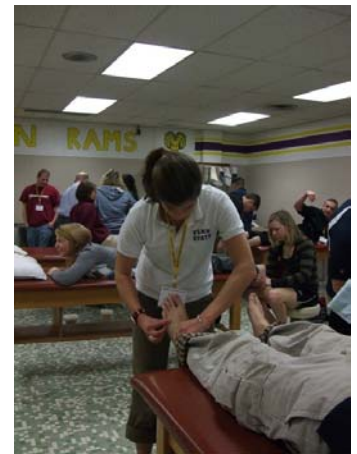
PATS Board of Director members, PATS committee chairs and committee members, athletic training students from the East Stroudsburg and King's College curriculum programs.

The Student Corner *Nina D'Agostino, East Stroudsburg University Athletic Training Student*

One hundred and twenty students with 11 of the 19 accredited programs from Pennsylvania's Athletic Training Education Programs gathered at West Chester University (WCU) on February 8th and 9th for the Fifth Annual PATS Student Symposium. The symposium consisted of a roundtable discussion with the PATS Board of Directors on Friday night which helped the students interact and break the ice. Saturday was broken up into different presentation sessions during the morning and then a presentation and panel discussions in the afternoon.

Students were asked to pick from three different breakout sessions in which they would be exposed to different athletic training topics. Each breakout started with the same presentation on Research in Athletic Training. This presentation reviewed some of the areas of research related to athletic training and highlighted a few articles as examples. The research presentation was then followed by an hour lecture on the breakout topic that the students had chosen and then an hour lab where the students were exposed to the relative information gathering techniques and technology.

The breakout sessions consisted of information on current research projects on concussions, landing techniques and startle responses; biomechanical evaluation of the ankle, focusing on the significance of the sub-talar joint, finding sub-talar neutral and the related deformities; and thermoregulation and fluid replacement. The participants were able to participate and experiment with force plates, EMGs and mock blood drawing. Students were also presented with demonstrations to research techniques such as the Bodpod, Lifeshirt, Lactate testing and sweat patch testing.



After the morning breakouts all of the students gathered together for a presentation on *Understanding and Applying your Athletic Training Skill Set* and a few panel discussions with athletic trainers from different fields. Steve Streator, ATC, and Ken Rogers, ATC, presented a thoroughly entertaining topic with serious significance to students as professionals. The question presented was "we know what we do as future athletic trainers, but can we put to worth what we do?" It was emphasized to the students that as future athletic trainers we must:

1. Understand our monetary worth and value worth so that we can remain competitive in the healthcare business.
2. To be happy in the athletic training field we must love what we do and have a passion for our profession.

The next few panel discussions consisted of Q&A format with different athletic trainers from the professional sports settings, Olympic experience, and athletic trainers with various employment backgrounds. They spoke about how they acquired their positions, job security, independence under a physician, their favorite part about working in professional sports and females in the professional setting. They highlighted competition between applicants, other athletic training teams and even between themselves. These individuals also stressed the importance of networking, self promotion, planning ahead and maximizing educational opportunities.

The PATs Board of Directors also created a panel in which they discussed the importance of making an impact in our profession. George Roberts, MEd, ATC, said it best when he urged us not to complain about the direction of our profession unless we are willing to step up and make the changes we wish to see and to take control of our profession's future. I spoke with PATs President Julie Ramsey Emrhein, MEd, ATC, after the symposium and she emphasized that student involvement is critical for our profession. She urges students to become involved by taking leadership roles in their school's athletic training clubs, attending symposiums and conventions.

The younger students in the crowd that have never been to a professional conference were really the ideal target audience. The PATs Student Symposium is incredibly affordable and is always changing its location to cut down on traveling so it's a great opportunity for young athletic training students to get their first experience of a professional conference. With all of the information on how to get started on research, continuing education after your undergraduate degree, getting involved and making an impact, the symposium was a great way for the younger students to be introduced to athletic training as a profession.

PATS would like to thank the following sponsors of the 2008 student symposium:

- Coca-Cola Products
- Orthopedic Product Sales
- Pizza University- West Chester, PA
- Wal-Mart
- WaWa
- Wegman's
- West Chester University College of Health Sciences

PATS would like to thank the following individuals for organizing the 2008 student symposium: Scott Heinerichs, ATC, Nicole Armstrong ATC, Katherine Morrison, ATC, Jessica Barrett, ATC, and Nicole Matuseski ATC.

The EATAs also provided students with education and leadership activities with the EATA Student Program held January 12th-13th. Students from District I & II were selected as delegates for the conference and provided leadership roles throughout the weekend. The student delegates for Pennsylvania were Jessica Falvo from Clarion University and Leigh Ann Burgess from East Stroudsburg University.



Left:
Jessica Falvo, Clarion University
Right:
Leigh Ann Burgess, East Stroudsburg Univ.



The student program consisted of three mini-sessions about Massage Therapy, Experiences as an ATC in Professional Baseball, and Plyometrics and Functional Rehabilitation. The students had an opportunity to find out each other's knowledge during a Quiz Bowl challenge. There were up to 40 teams that were reduced to the top 10 teams who then participated in a Final Jeopardy. The student delegates assigned teams to encourage interaction between different curriculums. It was a resounding success!

SRU Faculty and Students Travel to Rome and Milan, Italy

From March 4th through the 13th, Slippery Rock University Faculty Scott Zema, M.Ed, ATC and Marketa Schublova, MS, ATC traveled to Rome and Milan, Italy with 30 athletic training students for an international program.

While in Rome, the students toured the Baroque Rome, the Coliseum and Roman Forum, and Vatican City and the Sistine Chapel. The SRU contingent then made their way to Milan, Italy, where they met with several team physicians and the athletic trainer from the AC Milan Football Club. Presentations were given on the European Model of Sports Medicine, massage and AC Milan's training techniques. The group also toured their training complex, had a session on sports psychology, and was invited to tour the AC Milan Lab. In addition, a two hour workshop on functional exercises to prepare elite athletes was conducted in the AC Milan strength training facility.



Athletic Training Student William Jones, Katherine Sullivan and Sarah Fox presenting at University Insubria in Milan, Italy.

The second day consisted of a trip to University of Insubria in Milan, where the SRU students attended lectures on Ultrasound on Diagnosis of Soft Tissue Injury, Sports Psychology, and a Comparison of Sports Medicine Techniques between Europe and North America. Four students from The Rock presented to a group of faculty and students. William Jones (Junior) and Jennifer Donnelly (Senior) presented the topic "What is Athletic Training" in honor of March being Athletic Training Month; and Katherine Sullivan (Junior) and Sarah Fox (Junior) presented on "Managing Head Injuries in Athletics". Both presentations were well attended and the message of Athletic Training was spread to Italy.

Hit the Hill 2008 *Jim Thornton; NATA District II Director*

As most of you know we had another "Hit the Hill" event in Washington D.C. on February 25th. It turned out to be an excellent event that was well attended by individuals from Pennsylvania and from around the country. The Pennsylvania group visited offices from both our House of Representatives as well as the Senate. The congress was in recess when we were there this time and they are preparing for the last session of this congress so there were not a lot of congressmen in town but meetings with staff is the norm most of the time anyway. As you know we have been trying to get our house bill 1846 passed as well as the introduction of a senate bill. We have sponsors and some co-sponsors for our legislation but unfortunately the congress is preparing for the last session and one of our members of the house that is a co-sponsor is retiring following this session. His staff is very much aware and supportive of this legislative effort and I am confident that wherever they end up, we will have good communication and a positive relationship with them.

Just recently, our District II representative to the NATA Young Professionals Committee (Adam Annaccone ATC) sent emails to all program directors in our district with the hopes that the students in the district will send emails or write a short note to the congressmen from their state or district. This is important because the resounding message back to us from the staffers we met was that the members of congress are specifically impressed by the interaction of our students. We had a large student representation at Hill Day and follow up to these important law makers will make a difference. I am hoping that all program directors in our district will participate. Our federal legislation is the most important issue we have at hand right now. There have been some of our members that have felt that since this legislation has more to do with reimbursement for Medicare patients, it doesn't apply to all athletic trainers. This couldn't be further from the truth. You need to know that the rule implemented by CMS through the pressings of our opposition, has made a statement regarding the worth of an athletic trainer. It further makes a point to indicate that not only are we not qualified to practice and be reimbursed for services but that the reason for this is because our education is insufficient to warrant such reimbursement and practice. All of our educators, students and practicing athletic trainers know better, but if our federal legislation does not get passed, not only will approximately 50% of our membership be demoted or lose their jobs, it will be a permanent blow to the integrity of the profession.

Please do not let the professional apathy of some of our members dictate your individual actions. Get involved and respond to this important issue.

Northcentral Update *Yvette Ingram, PhD, ATC y Ingram@lhup.edu*

Spring is here and you are probably counting down the days until warm weather arrives. The Northcentral region has been pretty quite this fall and winter but there is a lot going on for the spring. The first noteworthy event I have to report is the large number of students representing both Penn State and Lock Haven Universities at the 2008 PATS Annual Student Symposium. This event was held at West Chester University and was a great success. Lock Haven University will be the host for the 2009 PATS Student Symposium.

There were two celebrations which occurred in the month of March to showcase Athletic Training month. First, on March 19, Geisinger Sports Medicine hosted a meet and greet breakfast to thank all area athletic trainers for their service. At the same time, area referring physicians, coaches, athletic directors and school board superintendents were invited to educate them on athletic trainers and our profession. Secondly, Susquehanna Health's Sports Medicine Center hosted a luncheon on March 28, 2008. The luncheon was organized by Mike Ludwikowski, ATC, Coordinator of Outreach Athletic Training services. Since the first luncheon with only 5 attendees, the event has grown to include CEU talks and raffles from vendors for over 30 area certified athletic trainers, hospital administrators, and sports medicine physicians. Susquehanna Health, the employer of the most area athletic trainers wants to say, "thank you" to all area athletic trainers for the long hours and high quality service provided to all area athletes. The health system recognizes the efforts and valuable dedication athletic trainers exhibit each and every day.

Finally, for those who love to play golf, Lock Haven University's Athletic Training Student Club will be hosting their annual David J. Tomasi Scholarship Golf Tournament. The event will be held on May 4 with an afternoon shotgun, time to be determined. Contact Sarah McDevitt (smcdevit@lhup.edu), President of the club, if you are interested in playing or sponsoring a hole.

Northeastern Update *Greg Janik, MS, ATC gregoryjanik@kings.edu*

Greetings friends and colleagues! This is a bittersweet update as it will be my last as your PATS Northeast Representative. I have been proud to represent and serve all of you over the past four years. With nominations open for four positions in PATS, including President-Elect, Treasurer, South Central Representative, and Northeast Representative, I have decided to not seek re-election as Northeast Representative, but instead run for President-Elect. I thank you for your past trust and I hope you will continue to support me. Since the last PATS Newsletter, I am proud to report several happenings in the Northeast region:

- Geisinger Wyoming Valley continues to lead the northeast in promoting Athletic Training through several educational opportunities and the volunteering of medical coverage. For example, Chris Krzak, ATC represented Geisinger Wyoming Valley as he lectured to a group of Luzerne County Community College students about the dangers of supplements. Geisinger Wyoming Valley has also continued to provide medical coverage for the Wilkes-Barre Triathlon and the UNICO football game. They have attended health fairs at Pride Mobility and Diamond Auto Glass and most recently Geisinger teamed up with the Wilkes-Barre / Scranton Penguins to provide a hockey and health clinic for over 100 children.
- The Forth Annual PATS Northeast Pennsylvania Athletic Training Scholarship 5K Run / 1 Mile Walk will take place Sunday, April 6th at Kirby Park in Kingston, PA. Each of the four programs in the northeast region (East Stroudsburg University, King's College, Alvernia College, and Marywood University) will again contribute significantly to make this another great community event.
- King's College assistant athletic trainer, RYanne Shotwell, took a large group of excited athletic training students and provided coverage at the Steamtown Marathon in Scranton, PA this past fall.
- Additionally, several of our Northeast members were active in other avenues. Amy Zawadzki and Melissa Stavinski of King's College presented on *Carotid Artery Injuries* at this past Eastern Athletic Trainers' Association's Annual Convention in Philadelphia.
- Andrew Flavell of Lake Lehman High School will have his article titled *Deep Vein Thrombosis and Pulmonary Embolism after a Unilateral Patellar Subluxation* published in an upcoming journal of Athletic Therapy Today.

As you can clearly see we have many great people doing remarkable things in the Northeast, and I am positive I have only scratched the surface. I am very proud of our profession and our commitment to service. Thank you again for all your support and allowing me to represent you in the Northeast.

Northwestern Update *George Roberts, ATC roberts@edinboro.edu*

March is Athletic Training month and I hope every member in the Northwest corner of the state is going to celebrate in their own way. Here are some things our students are doing to celebrate and recognize the profession of Athletic Training:

- Clarion University created a PSA for the local and campus radio stations.
- Slippery Rock created a website about Athletic Training.
- Mercyhurst University presented at local elementary schools.

The Public Relations committee chaired by Teresa Zepka is organizing a legislative day in Harrisburg on March 26th. I will be there to represent our region and to talk with legislators about our profession and how we can all better serve the citizens of the Commonwealth.

Last November I had the pleasure of visiting with the Athletic Training majors at Mercyhurst College. I hope to visit Pitt-Bradford this semester and present on behalf of PATS to our future Athletic Trainers. This is my favorite part of this position as your representative and I look forward to visiting our other educational programs. Please contact me anytime at Roberts@edinboro.edu if you have questions or are interested in participating with PATS in any way.

Southeastern Update Pam Chald, MEd, RN, ATC pchald@ursinus.edu

The PATS Student Symposium was held at West Chester University in February. West Chester University athletic trainers worked very hard to prepare an excellent program. It was well attended and offered an informative program for our students. The students also commented about how interesting and informative they found the career panel which featured presentations by athletic trainers from various clinical settings including the professional setting. PATS will be offering this program next year so please continue to get your students involved in this informative symposium.

The Committee on Revenue would like to add additional members to assist in plans to help promote our profession in all of the various settings that we practice athletic training. This committee will have a new link on our PATS website that will list their goals and future activities. If you are interested in getting involved in advancing our profession please visit this website. You can even join the committee and help out in a limited capacity.

Please contact me at pchald@ursinus.edu with any future activities you are planning in our region so I can inform our membership about your plans.

Southwestern Update Linda Platt Meyer, EdD, ATC, PES meyer@cup.edu

Greetings from the South West Corner of the Commonwealth! Again, let me start by giving a welcome to any new PATS members who have migrated to the SW region! On March 7-8, 2008, UPMC Sports Medicine sponsored the 10th Annual **Current Issues in Athletic Training Workshop** offering 10 CEU's. This year's topics included MRSA, chondral fractures, eating for optimal performance, reading and understanding scans, medical emergencies, functional rehabilitation and an update on IMPACT concussion evaluation.

Following the Current Issues Workshop, on March 9th we held the 5th Annual PATS Athletic Trainer River Run. For those whom may not be aware, the PATS Athletic Trainer River Run is a 5K and 1 mile fun run that generates revenue to fund an annual \$2,000 scholarship to an athletic training student from one of the four curriculum programs in the SW region: California University of PA, Duquesne University, University of Pittsburgh and Waynesburg College. This event is spearheaded through the outstanding hard work of the athletic training staff at UPMC Sports Medicine. The 2008 recipient is Ms. Kelly Pagnotta, a senior athletic training student from California University of Pennsylvania. The PATS Southwest Regional Social followed the River Run in the Pittsburgh Steelers Cafeteria. Special thanks go out to our annual sponsors, Medco Sports Medicine, REI, Elizur, Runner's High, and the Pittsburgh Steelers.

As always, if you have any news worthy items, comments, or questions, please feel free to send them to me at meyer@cup.edu Once again, it is my sincere pleasure to serve as the SW regional representative to the Pennsylvania Athletic Trainers' Society's Board of Directors.

Southcentral Update Tanya Miller, MS, ATC millertl@etown.edu

Greetings from the South Central Region! I hope that everyone is having a great year thus far. Here in the South Central Region we are losing a great Athletic Trainer to retirement. Joseph Donolli, Head Athletic Trainer at Gettysburg College for 22 years, has stepped down from his position and is retiring this May. He has been employed by Gettysburg College for 38 years, first as an assistant, before taking over the Head Athletic Trainer position. He continues to serve as the Chair for the PATS Hall of Fame Committee. Congratulations to Joe for his outstanding commitment as an Athletic Trainer throughout his tenure!

Throughout the region, NATM had an impact. Hanover Hospital –Hanover Rehab Centers held their Eighth annual ATC 5K Fun Run. In addition, Drayer Physical Therapy Institute implemented a brochure for the parents of Hershey, Lower Dauphin and Palmyra School Districts, all which have ATC services provided by Drayer. The brochure, entitled 'Who is Taking Care of Your Kids?', was designed to educate and inform parents regarding the Athletic Training profession and the Athletic Trainers providing service to the schools. Congratulations to everyone that took the time to celebrate NATM and to all Certified Athletic Trainers who continue to demonstrate the importance of our profession.

Secondary School Committee *Larry Cooper, ATC*

The PATS Secondary School Committee is excited about teaming with the award winning PR Committee for this year's initiative. The meeting will help explain what we are educated and trained to do, give them examples of positive experiences that some school districts have had with an ATC on staff, and methods to find money to hire an ATC.

We have also been getting PIAA Rule changes and other pertinent information to all of the PATS Secondary School Committee Members. We have aligned ourselves with the PIAA Districts. Please encourage all secondary school ATC's to contact their Secondary School Rep and give them current contact info so that we can expedite the dissemination of this material to all members.

Some PIAA Districts have been working hard to establish a Suggested pay scale for ATC's working PIAA playoff events. Right now Districts 3, 4, 7 and 9 have a working document and it is our goal to have every PIAA District using these guidelines for all PIAA playoff events. As always, we are always looking for a way to be involved at the district level starting with inclusion of the ATC in programs to getting the game manager to recognize who we are, what we do and compensate us accordingly. Keep plugging away, we are making a difference.

Certified Athletic Trainer Saving Lives

Certified Athletic Trainer recognizes life-threatening injury

James Bridges, ATC, Brentwood High School, deserves kudos for his quick action in the care of an athlete with a lacerated spleen. His quick recognition of the situation and prompt action makes him a credit to our profession.

Penn State Athletic Training Student Saves a Life

Joshua Kneal, a sophomore athletic training student was on his way home after his interview for the athletic training program in December 2007. As he crossed the street in his interview suit, he witnessed a man collapse in a snow bank in front of him. After calling 911 and enlisting the help of a bystander Josh began rescue breathing while another student began chest compressions. EMS arrived a few minutes later and administered oxygen and used the AED. The victim was taken away by ambulance and the semester ended for Josh.

In addition to getting accepted into the athletic training option over winter break, Josh also learned that the man, who is an academic executive officer at Penn State, survived his heart attack. This February, the man and his family took the three students who saved his life to breakfast and presented each with a Nittany Lion Statue of Appreciation in honor of their heroic efforts.

If you have news or information about a PATS member that you would like to share, contact your Regional Rep or drop a line to ghanna@edinboro.edu.

Compliance in Pennsylvania

Certified Athletic Trainers must make every attempt possible to remain compliant in their practice or run the risk of losing their certification to practice athletic training services in the state of Pennsylvania. Athletic Trainers are certified under the Department of State Bureau of Professional and Occupational Affairs. The regulations set by the state define the scope of practice for Certified Athletic Trainers. It should be a routine occurrence for Certified Athletic Trainers to review the regulations defined by the state to insure that the services they provide to their clients are compliant with state law. Regulations for Athletic Trainers in Pennsylvania can be found on the Department of State Bureau of Professional and Occupational Affairs website at www.dos.state.pa.us/bpoa/site/default.asp and clicking the tab on the left side of the page that says, "Regulations". Within the Professional and Vocational Standards of the state, Certified Athletic Trainers fall under Chapter 25, State Board of Osteopathic Medicine, subsection "M". Here, Athletic Trainers can review such topics as certification requirements, renewal of certificate, practice standards for Athletic Trainers, and refusal, suspension, or revocation of certificate.

Furthermore, as a professional, if you believe the practice or the service provided by a licensee or registrant to be unethical, immoral, below an acceptable standard of practice or out of the scope of the profession, you are urged to file a Statement of Complaint Form with the Department of State's Legal Office. The Statement of Complaint Form can also be found on the Department of State Bureau of Professional and Occupational Affairs website by clicking the tab on the left side of the page that says, "Complaints" or by accessing this link: www.dos.state.pa.us/bpoa/cwp/view.asp?a=1104&Q=432617&bpoaNav=1. Before filing a complaint, the Department of State would like to note these important guidelines:

- The Department will not involve itself in a monetary dispute unless it involves an allegation that services were billed for, but were not rendered — or if there is evidence of other billing or insurance fraud.
- The Department cannot act as a court of law to impose prison sentences or to order a person to make monetary restitution. This can only be achieved through the services of an attorney in a civil or criminal court proceeding.
- Decisions about whether or not to prosecute cases are constrained by the applicable licensing laws, rules and regulations, which set forth specifically enumerated offenses for which the licensing boards and commissions may impose discipline on a licensee. If offensive conduct or activity does not fit within any specifically enumerated offense, disciplinary action cannot be filed against the licensee because the activity is not within the applicable board or commission's jurisdiction
- If you file a complaint, you may be required to attend a formal hearing and provide testimony in support of your complaint should a decision be made to file formal charges against a licensee.

Should you have any questions regarding a complaint, you can call the Complaint Hotline at 1-800-822-2113.

Linda Platt Meyer, EdD, ATC, PES to Serve on the State Board of Osteopathic Medicine

The Bureau of Professional and Occupational Affairs (www.dos.state.pa.us/ost) provides administrative and legal support to 27 professional and occupational licensing boards and commissions throughout the Commonwealth. Professional licensing protects the health, safety and welfare of the public from fraudulent and unethical practitioners. One of these 27 boards is the State Board of Osteopathic Medicine.

The Board contacted the President of the Pennsylvania Athletic Trainers' Society to put forth three CV's of Pennsylvania certified athletic trainers for review. These CV's were reviewed by the Governor's Office and chose Linda Platt Meyer, EdD, ATC, PES to serve this 4 year term.

This will be the first time a certified athletic trainer has ever been appointed to this Board. This position was previously held by a Physician Assistant for the past 4 years and by a Respiratory Care Practitioner prior to that. The State Board of Osteopathic Medicine requested this current vacancy on the board be filled with a certified athletic trainer for the next four-year term. Upon confirmation by the Senate, Linda will begin Board duties in April 2008. The Board meets the 2nd Wednesday of each month in Harrisburg.

On the State Board of Osteopathic Medicine, there are 11 members. They include 6 Osteopaths, 2 Public Members, 1 Respiratory Care Practitioner, Certified Athletic Trainer or Physician Assistant (rotating seat every 4 years), 1 Secretary of Health Representative and 1 Commissioner. These members are appointed by the Governor and confirmed by the Senate.

PATS – Around the Commonwealth *Gary Hanna, ATC*

■ Joe Hazzard, ATC and Maryilyn Miller, ATC of Bloomsburg University were featured in the January 29th edition of *Today at Bloomsburg*. The article described the new Master of Science in Clinical Athletic Training degree being offered at Bloomsburg University beginning this summer. Congratulations for getting the program off the ground. You can check out the article at www.bloomu.edu/today/news/0801/ClinicalAthleticTraining.php.

■ We are glad to see our friend and colleague Kay Mitchell Emigh, ATC, Grove City College, back on the sidelines. If you have a few minutes, ask Kay for her definition of “routine surgery”.

■ Larry Cooper, ATC, Penn Trafford High School and the wrestling weight certification guru, has been named to the NATA Secondary Schools Committee representing District II beginning in June. Congratulations Larry!

■ Speaking of the weight certification guru, “Coop” is scheduled to present at the upcoming NATA Symposium in St. Louis concerning expanding the use of the NWCA Optimum Performance Calculator in all sports. Finally to prove that the stone may be getting older, but there is definitely no moss accumulating yet, Larry made a presentation recently to the Pennsylvania Academy of Family Physicians Foundation meeting on Athletic Pre-participation Physicals.

■ Scott Zema, ATC and Marketa Schublova, ATC, Slippery Rock University, spent Spring Break with 30 Slippery Rock athletic training student in Milan, Italy where they met with the faculty and students of the University of Insubria comparing sports medicine techniques in a two day seminar. They presented on “What is Athletic Training” to foster greater understanding of our profession. They also were able to tour the AC Milan facility and meet with their medical staff. A hat off to SRU as this is their third field trip overseas. They took a group to the Czech Republic and Germany last year and another group to Torino, Italy in 2006. I guess we know how Scott and Marketa like to spend Spring Break!

■ Mark Miller, ATC is a regular on “Ask the Sports Doc” with Dr. Rob Palumbo of [Orthopaedic Associates of Allentown](http://www.orthoassoc.com). “Ask the Sports Doc” is a radio show that airs on Saturdays through the local ESPN radio stations in the Lehigh Valley. Dr. Palumbo, Mark Miller, and a Physical Therapist discuss sports injuries in general. Together they try to give listeners a better understanding about injuries that professional players may currently have as reported through the popular media. There is a great deal of emphasis during the show of the ability of ATCs to work as part of a team to help in the identifying, rehabilitating and preventing these injuries.

■ Congratulations to Jessica Hoenich, ATC, Methacton School District, who accompanied the US Skeleton and Bobsled teams to the Junior World Championships in Austria from February 3-II. Along with working with both the men and women’s teams during the championships, rumor has it that she tried her hand at the skeleton. No word on her times but we are glad to hear she did finish in one piece. Jessica is the District 2 Representative to the Ethics Committee.



The Athletic Training Club at Marywood University collected “pennies” and donated them to “The Seeing Eye”. The campaign was titled “Pennies for Puppies” and it helped to defray the costs of training seeing eye dogs for the seeing impaired.

Save the Date!

2008 PATS Symposium

Camp Hill, PA

May 29 - June 1, 2008

We look forward to seeing you there!

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