



PENNSYLVANIA  
ATHLETIC  
TRAINERS'  
SOCIETY, INC.  
EST. 1976

# Quarterly News

November 2017

## President's Message



George Roberts,  
M Ed, LAT, ATC

Let me begin this edition of the Quarterly Newsletter by saying what a privilege it is to serve as your President for the next couple of years. I would first like to thank and commend Guy Sanchioli for his service to PATS. We were all sad to see him step down for personal and professional reasons and I want to wish him the best as he continues to serve in the best profession in the world.

For many of you, I know that this is the busiest time of the year. Playoffs, season openers, and spring sports trying to get ready can be challenging in terms of demands on your time. It is easy to forget about taking care of our own physical and mental health. It is most important to carve out a portion of your day that is just for you. Make sure you are maximizing your sleep and try to eat properly. We all know that exercise is important and if the day were only a couple of hours longer we could fit it all in.

The Executive Board is currently working on the vision and strategic plan to move PATS into the 2020's. We have gained a significant foothold in the complex world of health care and thus we must make sure that we are in the position to take advantage of any opportunities that come our way. The membership has identified reimbursement as the number one issue that we should pursue. It is essential that we provide data that will prove the value of Athletic Training services. This is something that you will be hearing more about in the very near future.

I hope that you and yours have a wonderful holiday season. If you have questions, concerns, or suggestion do not hesitate to contact your Regional Representative or me [president@gopats.org](mailto:president@gopats.org). I hope to see many of you at EATA in Boston in January.

*George*

George Roberts, M Ed, LAT, ATC  
PATS President

*Contact Us*  
[www.gopats.org](http://www.gopats.org)

## 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 athletic trainer as recognized health care providers through continual legislative pursuits and stakeholder relationship.

**T** Transact business on behalf of the Society's membership in a prudent, effective, and collaborative manner.

**S** Serve the membership by providing educational, research, scholarship, leadership, and networking opportunities.

## THIS ISSUE

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## PATS Executive Board

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[Click here](#) to find your region

**Northwestern Representative**  
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### Southeastern Representative

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## Treasurer's Report

Jamie Mansell, PATS Treasurer

	October 4, 2017	October 1, 2016	Difference
Checking	\$84,899.00	\$54,064.44	\$30,834.56
Scholarship	\$169,633.00	\$172,171.99	(\$2,538.99)
Research	\$94,087.00	\$92,450.35	\$1,636.74

**TOTAL \$348,619.00**

\*These reports are according to the Wells Fargo banking account.

## CONGRATULATIONS

Congratulations to Shelly Fetchen DiCesaro, PhD, LAT, ATC who was nominated to the position of PATS President- Elect. Shelly can be reached at [presidentelect@gopats.org](mailto:presidentelect@gopats.org) and her position is currently in effect.

We would also like to congratulate William Ankrom as the new PATS Southwestern Regional Representative. All members in the Southwest region of Pennsylvania may contact Bill at [southwest@gopats.org](mailto:southwest@gopats.org) effective immediately.

Thank you to Shelly and Bill for their commitment to PATS!

## BOC Renewal REMINDER

The Board of Certification (BOC) renewals are due by December 31, 2017. If you have not renewed with the BOC by this date, you will no longer be certified as an athletic trainer.

More information on renewals can be found [here](#). To be eligible to renew, you must have 50 CEUs, 10 of which must be Evidence Based Practice (EBP) and proof of CPR.

**DO NOT WAIT!**

## AT and Wrestling Team Credited for Saving Coach's Life

In September, the Seton Hill University (Greensburg, PA) wrestling team and athletic trainer, Jordan Blair were credited with saving the life of their Assistant Coach. Jordan was quick to arrive with a defibrillator which helped in the resuscitation of their coach. The full article and video can be seen [here](#).

## Nominations and Elections

Nominations can be accepted now for the 2018 election. The positions open are President elect; 2/2/2 year term, Treasurer, South West and South Eastern reps. Those 3 positions are 3 year positions. We will accept nominations until March 1<sup>st</sup> the election will begin on April 1<sup>st</sup>.

All nominators must be members of PATS. Those nominating a regional rep must live or work in that region. The candidate must also live or work in their respective region.

## Research Grants

The PATS Research Grant Committee is now accepting applications for the PATS, Inc. Supported Research Grant. PATS members who are both State and NATA certified are encouraged to apply for this award. The purpose of this program is to facilitate the advancement of the athletic training profession. Initiated in 1993, the PATS Supported Research Program, offers a unique opportunity for members of the Society. The grant, in an amount of up to \$5,000 will be officially awarded in June at the PATS Annual Meeting. Completed applications must be received by March 1 of each year. Applicants will submit the completed application via email as an attached PDF file.

Funding priority is given to basic, applied, and service related research that incorporates an interdisciplinary approach between the athletic trainer and other health care researchers. For additional information and application materials click on the link [<http://gopats.org/awards/PATS-Research-Award.htm>]

## Ethics Committee

It is with bittersweet emotion that effective September October 1 I, Shelly Fetschen DiCesaro, have stepped down as the PATS Ethics Committee chair. While I have enjoyed my time on the committee and with its members I feel it is a best practice to step away to avoid any conflicts of interest given my position on the executive Board as the Southwest representative. Dr. Jacki Williams ( Slippery Rock University) has assumed the role of committee chair. Thank you all for your support over the last few years!

The Ethics committee is currently in the beginning stages of some ethics projects, with more information to follow in the near future.

## PATS Young Professionals Committee

The Pennsylvania Athletic Trainers' Society Young Professionals Committee has developed a mentorship program and is currently accepting applicants. The program has been developed to help foster relationships between established professionals and young professionals. Below, you will find link that includes an overview of the YPC Mentorship Program and an application to the program.

<https://docs.google.com/forms/d/1fgmxMXyaa4hPheQljhBvtFmwYwqGVnXVSDm1jMIHpXY/edit>

If there are any questions, please feel free to email [youngpros@gopats.org](mailto:youngpros@gopats.org) or [patsyoungpros@gmail.com](mailto:patsyoungpros@gmail.com)

### **Committee Opening**

The PATS YPC is currently accepting applicants for a committee position. Interested applicants can contact Rich Bertie, YPC Chair, at [youngpros@gopats.org](mailto:youngpros@gopats.org) or [patsyoungpros@gmail.com](mailto:patsyoungpros@gmail.com) for more information pertaining to the position.

### **2018 YPC Event at EATA**

The District 1 and District 2 YPC's will be hosting an evidence-based forum on osteoarthritis at the 2018 EATA Convention in Boston, MA. The date will be January 5<sup>th</sup> from 4-5 pm. There will be guided discussions about recognizing OA, injury prevention, and patient education. It will be a great networking and learning event for young professionals. It is a great opportunity to really focus on the long-term wellness of their athletes and patients.

Sincerely,  
Richard Bertie, PATS YPC Chair

## **PATS Committee Chairs**

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## PATS Committee Chairs

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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 and update your email address. Please be assure your information will not be released. It will be used for PATS/NATA membership communication only.

## Northwest Regional Update

Becky Mokris, D.Ed., LAT, ATC

The leaves are falling and the days are getting colder and that can only mean one thing, it is getting closer to the holiday season! The Northwest region has been busy this year planning a top notch continuing education event just before the end of the reporting period. This year, I partnered with UPMC-Hamot to provide a Stop the CE event that will be open to all PATS members in the NW region. On November 30<sup>th</sup> PATS members gathered at the Simulation Center at Gannon University. This training identified recognition of life threatening bleeding, proper wound packing techniques and the use of the C.A.T tourniquet both on someone and to be used personally. The training provided 1 CEU to all PATS members free of charge. The training also sparked great conversation between all the athletic trainers about mass casualty situations and other individuals that would benefit from the training. It was a great get together!

## Congratulations

Congratulations to Jackie Williams PhD, LAT, ATC on her new PATS position as Chair of the Ethics

Committee! Jackie is the Program Coordinator for the Athletic Training Program at Slippery Rock University. "I am excited and honored to become a member and chairperson of the PATS Ethics Committee. With this committee, I hope to draw from my ethics education background to review ethical issues. As a past member of the NATA Committee on Professional Ethics, I am excited to return to exploring ethical issues as they pertain to athletic trainers in Pennsylvania." – *Jackie Williams, PhD, LAT, ATC |Associate Professor | Athletic Training Program Coordinator |Slippery Rock University*

**Congratulations** to Scott Michel, Ph.D., LAT, ATC from Mercyhurst University for being named District 2 representative to the NATA Ethic Diversity Advisory Committee.

### Gannon University Hosts Instrument Assisted Soft Tissue Mobilization (IASTM) Program —

On October 22, 2017 Gannon University hosted a six hour introductory IASTM program for the Master in Athletic Training students and athletic trainers from around the region. Graduate students were able to interact with other members of the athletic training community to learn how to use the specialized instruments and to describe the way IASTM can work within a treatment plan to help improve the patient-outcomes.



## **Southcentral Regional Update**

Marc Schaffer, M.S, LAT, ATC, RAA

### 5th Annual Central PA Sports Medicine Symposium

August 2, 2017

The collaboration between Penn State Hershey Bone and Joint Institute and CPRS Physical Therapy, once again, offered the region's most engaging and affordable CEU event for healthcare professionals. Attendees enjoyed the opportunity to network with all the speakers during lunch and throughout the day as many of the speakers stayed for the entire event. Six BOC CEU's, including 3 Evidence Based CEU'S sponsored by CPRS Physical Therapy, a light breakfast, lunch, and networking with the Penn State Bone and Joint Institute physicians added up to over 200 attendees. The planning started in the late fall with Dr. Robert Gallo, Lynn Brumbach, Jeff Shields, and Jess Cecco deciding on topics, recruiting speakers, applying for EBP credits, selecting lecture sites, and creating a schedule for the seminar. Many of the topics were selected after all the evaluation forms from the prior year were reviewed.

PATS again sponsored the WiFi for all attendees for the symposium. Marc Schaffer, Southcentral region representative, manned a PATS display table in the lecture hall during the seminar networking with the more than over 200 athletic trainers in attendance, while handing out PATS CPR masks, stress balls, pens and card holders. PATS was recognized in the symposium handbook with a full page color ad, the PATS logo was displayed on all of the speakers power point presentations and PATS was recognized during the introductions for the symposium.



Presentations included a debate on School Mass Pre-Participation Physicals vs. Individual Primary Care Visit, Sport Specialization, and the use of Cupping for pain improvement. The reviews are extremely positive and the goal every year by CPRS / Penn State Hershey is to continue to raise the bar and provide the very best in continuing education to the area's professionals.

## **Northcentral Regional Update**

Will Frye, LAT, ATC, ITAT

Hello North Central Region!

I trust everyone had a great summer and continues to have an awesome fall season. There has been many on going's with in the state these past few months so please join me in welcoming George Roberts to the Presidency and Shelly Fetchen DiCesaro as the newly elected President Elect of the Pennsylvania Athletic Trainers' Society. I am excited and know they will be an amazing benefit to this great society.

Over the course of the summer, PATS honored 2 regional award winners at the banquet during the PATS Convention in Erie. Yvette Ingram was awarded the Distinguish Merit Award (DMA). The DMA is the state's second most coveted award which in turn is a major accomplishment to receive. Congratulations Yvette on the challenging work you have done for the many countless

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Licensed Athletic Trainers inside and outside of our Commonwealth. You have truly inspired and mentored so many as it was shown at the banquet. Yvette's successful work as President of the best society in the nation was also many of the reasons why she was deserving of that award. Also receiving an award at the convention was Jason Erlandson for his many years working on the Executive Board. Jason received the PATS Service Award for his years as the Parliamentarian and North Central Representative. Congratulations again Jason for your continued service of our profession.

Over the summer, Mike Ludwikowski once again spearheaded the coverage of the Little League World Series in Williamsport. The event is on an amazing platform representing many teams, athletes, and families from all over the world. Mike and his staff do an amazing job covering all the events at the LLWS complex. Occasionally "Luds" will get mentioned by Harold Reynolds, a commentator of the LLWS and former MLB star, during games for his work. Thanks again Mike for all you do for the LLWS and the NC region in how you represent our profession on a national and international stage.

With fall coming to a close and winter soon beginning, I am starting to put together a regional meeting at Geisinger in Danville possibly for early December and also still searching for topics and presentations for the regional meeting in March during National Athletic Training Month held at UPMC Susquehanna. If anyone has an idea or topic they would like to present, please feel free to let me know.

As winter sports approach I hope all our schedules slow down a little and we are able to get refreshed for a new upcoming season. I would like to wish everyone a Happy Thanksgiving and Merry Christmas as well to you all. Thank you so much for allowing me to represent you as your regional representative. Feel free to contact me with any questions, praises, or concerns you have.

## **Northeast Regional Update**

Rennie Sacco, M.Ed, LAT, ROT

### **Local Athletic Trainer help raise funds for Pediatric Cancer.**

Liz Del Re, an athletic trainer at Emmaus High School, is the adviser of the pediatric cancer club at the school and said the students looked forward to the "Gold Out" with Freedom HS because they understand the impact cancer has on a family. The whole story can be read [here](#).

### **Team Physician is Interviewed about Safety in High School Football**

Nicholas Slenker, a Coordinated Health Sports Medicine Surgeon and the Team Physician for Lafayette College and Parkland High School, was interviewed on the Safety of High School Football. The whole article can be read [here](#).

### **Athletic Trainer nominated for The Newell National Athletic Trainer of the Year Award!**



Join me in supporting one of our very own who has the chance to win a national award! Stroudsburg High School athletic trainer, Matthew Shelton, LAT, ATC, has been elected by Mountain Valley Orthopedics for The Newell National Athletic Trainer of the Year Award!

The Newell National Athletic Trainer of the Year Award recognizes athletic trainers for the service and leadership they provide local athletic communities, and based on examples of service, leadership, and shared experiences from local community members, one of our athletic trainer's has a chance to win \$2,500 for his high school if selected! To learn more and show your support, visit: [TheNewellAward.com/MountainValleyOrtho](http://TheNewellAward.com/MountainValleyOrtho)

### **Athletic Trainers work to Improve Communication.**

In the spring of 2016, an idea was presented to bring the Athletic Trainers of the Lackawanna League, in the PIAA District 2, together in an attempt to improve the communications between us. Initial attempts were to have the Athletic Directors in the League support the Athletic Trainers in this effort. Due to the PIAA classification changes and the subsequent scheduling issues, the Lackawanna League Athletic Trainers initiative was shelved. So we did what our predecessors would have done, we did it anyway.

The objectives of the group are simple. First, we needed to improve the communication amongst ourselves. The Lackawanna League includes twenty-four school districts in five counties ranging from single A to six A in size. There are 23 Athletic Trainers in the league, some who have never met each other due to their schools not competing against each other. By improving communications, we will be able to provide better care for our athletes. This communication has been addressed by creating a document in google docs for each of us to fill out and share when a visiting athlete gets injured. The document goes straight to that athletes' Athletic Trainer so there is no confusion by the athlete, parent, or coach. In November we will meet again to begin the process of creating a similar form specifically for concussions.

Second, we needed to share contact information for each other. Our group ranges in experience from new grads in their first jobs to people with 20+ years of experience at the high school level. We have people employed by Physical Therapy clinics, Hospitals, Health Networks, and directly by the schools. By sharing contact information, we have created a network for all of us to use to help support each other. Hopefully, this will help reduce burn out and lower the rate of turnover in our area.

Going forward, we want to continue to improve the care we can provide for our student athletes. We are looking to make sure that there are Athletic Trainers present at all playoff events hosted in PIAA District 2, specifically Lackawanna League venues. We are looking into becoming a NATABOC provider for CEU's. With the help of local health networks and orthopedic providers, we would like to provide a CEU for our members at our meetings. We plan on having three meetings each academic year, before each season, with possibly a fourth meeting in summers, a social gathering. If you have any questions, please feel free to contact Eric Luben at elatc@hotmail.com

### **Southeastern Regional Update**

Nicky Cattano, Ph.D, LAT, ATC

Greetings from the Southeast! Hopefully the fall season treated everyone well.

I want to welcome our newest County Delegate Sal Raffa as a representative of Bucks County. Our county delegates work hard to help serve their local counties and serve as another mechanism for members to communicate their concerns and interests. Sal joins a great group of county delegates Steph Schaldonat (Montgomery), Colin Dixon (Chester), Shannon Clegg (Philadelphia), & Alison Hudak (Delaware). Please get to know these great people – they are here to help!

Temple University had the official opening of their brand new STAR Complex including renovations to Pearson Hall.

Michelle Monaco was a part of the medical team that provided services for the Chicago Marathon in early October.

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Congrats to Scott Heinerichs on being named interim Dean of the College of Health Sciences at West Chester University. Also, Marybeth Bindel (West Chester University) traveled to Honduras on a medical mission trip associated with the College of Health Sciences.

There was a great article released that featured Neil Curtis, Scott Heinerichs and Joe Iezzi in their roles as concussion spotters in the NFL. The article can be found [here](#).

On October 3<sup>rd</sup> we hosted a regional meeting with our partner Go4Ellis at the Naval Yard in Philadelphia, PA. Meghan Mattson and Jessica Kempa shared their knowledge and lab activities about concussion rehabilitation techniques. It was a great opportunity for us to learn and participate in current practices in concussion rehab. The meeting also gave members an opportunity to talk with current PATS president George Roberts and to provide feedback regarding current Society and professional events. If you have any ideas for location, days, times, or topics for these meetings – please let me know!

### **West Chester University in Honduras**

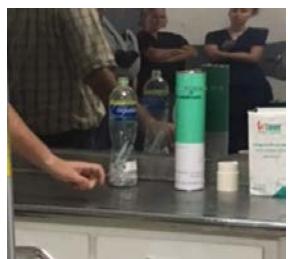
By: Marybeth Bindel

A group of West Chester University graduate level medical professionals ranging from sports medicine, nursing, and DNP's were sent on a medical mission trip to Honduras. West Chester University has partnered with Serving at the Crossroads, a non-profit organization, who's mission is to meet the medical needs of the community. They opened a clinic in 2004 called Manos Amigas "Helping Hands" in La Entrada, Honduras. This clinic offers a wide range of services including a full time ophthalmologist, medical and dental examination rooms, an operating room, training/lecture room, pharmacy, x-ray machines, ultrasound, and blood analyzer. While in Honduras, we were fully immersed in the culture to experience first-hand the extreme poverty and lack of medical care and resources to gain a better understanding of where their needs are and how we can work to meet those needs. We spent some time at the clinic, visited an orphanage, a nursing school, a hospital in Santa Rosa, as well as a Coffee and Farming Co-Op, and Bakery Factory. The Hondurans are extremely hospitable and hardworking people who want to help meet the needs of their struggling communities. Manos's Amigas's philosophy seeks to enable the local Hondurans to help themselves by aiding, informing and empowering. From an athletic training standpoint, I noticed a great need for an athletic trainer to help improve the ergonomics at the Bakery and teach the workers how to lift 100+ pounds of flour and sugar. One of the surgical procedures the clinic provides is hernia repairs. Teaching proper lifting mechanics could potentially help reduce the need for hernia repairs. Everything about this trip was humbling. To have the opportunity to be fully immersed in another country's culture was a valuable experience. It made me extremely grateful for the well trained medical professionals, clean hospitals, and the vast array of medical technology and resources we are fortunate enough to have in the United States.

To the Right:  
Another group pic with  
Bob (bottom right in  
purple—founder of Manos  
Amigas) and Mike in the  
red striped shirt in the  
middle row



To the right: Here is a group picture  
from our visit to the nursing school



To the left:  
A water bottle from  
the hospital used as a  
sharps container



## **Southwest Regional Update**

Shelly Fetchen DiCesaro, PhD, LAT, ATC, CSCS

Greetings members of the Southwest region! I hope this newsletter finds you having a fun filled fall and ready for the holiday rush. It is with bittersweet emotions that I write this, my final Southwest regional recap. To say I have enjoyed my time as the SW representative is an understatement. I have genuinely been honored to represent the SW members and get to know so many of you as well as reconnect with old friends and colleagues through PATS. I am always impressed with the strength and spirit of the members in our region and family-like semblance at regional events. While I hate to close this chapter of PATS, I am excited to forge ahead as the President-Elect and am eager to get started on some exciting plans. I would like to thank each and every one of you for the support and friendship over the past 4 years and moving forward. At this time, I would also like to introduce the new SW regional representative who will fulfill the remainder of my term until the next general election in the Spring. Please welcome Mr. Bill Ankrom as the new SW representative to the PATS. Bill has served as a county delegate for several years and has been a mainstay at our regional and state events. I am confident he will represent our region with the highest level of professionalism and continue to advance our region. In closing, I look forward to seeing you all at our upcoming regional events and EATA (registration is still open!). I wish you a very Happy Holiday and nothing but health and happiness in 2018!

### **Calendar of Events**

EVENT	DATE	LOCATION	REGISTRATION
EATA Annual Meeting	January 5-8, 2018	Sheraton Boston Hotel 39 Dalton Street Boston, Massachusetts 02199	Information can be found <a href="#">here</a>
PATS Annual Meeting and Clinical Symposium	June 7-9, 2018	Holiday Inn Harrisburg/Hershey in Grantville PA	Information can be found <a href="#">here</a>
NATA Annual Meeting	June 26-29, 2018	New Orleans, LA	Information can be found <a href="#">here</a>