

April 2021 Issue

OUR MISSION:

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

Empower Athletic Trainers to be leaders in transforming healthcare by advocating, educating, and providing resources to deliver quality patient-centered care.

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CLINICAL



The UpdATE

And the winner is.... Congratulations to **Matt Shade** for providing us with a great new name for our newsletter. A big thank you to all those who took the time to send us ideas.

President's Message

I know Groundhog Day was in February...and the movie is years old...but I can't help but feel I (we) are living out a scene from the movie in real life. Another newsletter, another "virtual PATS" being planned and, among all the "another's", another National Athletic Training Month is wrapping up as I write this. Although, not all "another's" are unpleasant or boring....and I think this year's National Athletic Training Month was anything BUT "another"! Once again the pandemic halted our plans for our usual Hike to Harrisburg to advocate for athletic training in the commonwealth, however we did have more time to plan for this year's event and in turn were able to reach a larger group of our legislators, all of them! While the capital was still closed to visitors, local district offices of the legislators were not. PATS took on a statewide initiative with the help of our county delegates and members to deliver PATS logo'd candy jars filled with Hershey's candies (of course!) as a token of our thanks for their continued support and appreciation. This project allowed us to reach all 253 legislators and make a personal contact, many times allowing us to introduce ourselves and talk a little about athletic training and how WE are essential to healthcare. There was a genuine appreciation of our efforts as well as some great questions asked about our profession. March was also recognized by both the Senate and House of Representatives officially as National Athletic Training Month. Representative Tim Briggs (D-149th) sponsored this citation on the House side while Senators Tomlinson (R-6th) and Muth (D-44th) sponsored on the Senate side, including Senator Muth (who is an AT herself) reading the resolution live on



Shelly DiCesaro, PhD, LAT, ATC

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PATS Committee Chairs

[Click here](#) for Committee Chair
Information



President's Message Continued...

Twitter! PATS is grateful for these legislators and all who played a part in making this initiative a success. The advocacy didn't end there however! Athletic Trainers Rob Blanc, Fran Feld and Keith Gorse from the Southwest region organized a virtual drive on behalf of the SWPA athletic trainers to benefit the Greater Pittsburgh Food bank. Together with donations from ATs and friends of AT all over the Commonwealth they were able to raise over \$3000 in just one week, providing over 17, 500 meals for those facing food insecurities! Thank you Rob, Fran and Keith for organizing such a worthy fundraiser in the name of athletic training and to all who were able to participate through donations or getting the word out. March also brought us our first ever PATS "flash give-away" where 50 lucky winners from each region had the opportunity to win a PATS face mask by being one of the 1st 50 in each region to respond to their representatives email. As the "keeper of the Google forms" I must say I had a blast watching the names fill up the forms while updating the regional reps on their numbers (and a few friendly wagers). The response and subsequent feedback on this initiative has been amazing and we look forward to having more events like this in the future. Don't forget to show us where YOU are essential by snapping a pic in one of your favorite facemasks and share through our social media channels with the #EssentialtoHealthCare and #PATSNATM2021 tags or submit to the news through the link on the website. Lastly, if you are on any form of social media you may have noticed the AMAZING content that was shared through the hard work of our committees and social media crew. Content was submitted and shared DAILY from our committees highlighting areas of their work, members, opportunities and pearls of wisdom. I looked forward to scrolling daily to see what PATS was putting out there to the universe and was excited to see so many shares, comments and overall (national) interaction with the content. It was amazing to see so much passion and excitement surrounding our profession and I hope it reenergized and inspired you all as much as it did me! And while we are talking about contests, CONGRATULATIONS to Matt Shade who submitted the winning name for the PATS "Name the News" contest. We received so many excellent ideas it was hard to think we could only vote on 1! I am looking forward to a fresh new name to go with our new look!

In closing, I hope you find this newsletter as informative and exciting as I do. We have some exciting events things coming up over the next few months including the 2021 PATS election for the Southeast and Southwest representatives and Treasurer, our virtual student symposium hosted by Lock Haven University on April 17th and our Annual Clinical Symposium and Business meeting (again virtual) on June 12th. Plans

PATS Regional Representatives

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**PATS Website Password
Members Only**

GOPATSGO

Let's Get Social!

Follow us on



President's Message Continued...

are almost finalized for the June meeting and more information and registration will be available soon.

Finally, (this time I mean it, this is turning into an Italian "goodbye" ;)) I continue to be inspired by the many stories of ATs continuing to demonstrate their value and skills through assisting with COVID related duties in settings or populations typically not in our daily routine. This is directly attributable to the continued expansion of our scope of practice from the Governor, currently set to expire in May. Secondary School and Collegiate athletics are back up and running (or continue) successfully with minimal issue, again, directly related to the abilities and hard work of our athletic trainers. It is not going unnoticed by PATS, your peers, employers and our stakeholders. While it is hard at times to see silver linings, I think the pandemic has brought us the stage to showcase just exactly HOW essential to healthcare we are. Everyday I think back to what I had seen, heard or read about our success and I am overwhelmed with pride for you and our profession...and to those AT students about to sit for their board exam....good luck, go with your gut, and WELCOME to the greatest profession there is!

News and Noteworthy!

Name the News Contest

-We would like to take a minute to thank all those who submitted ideas for the Name the News Contest. It was extremely difficult to choose just one!

Matt Shade

Rich Bertie

David Wilkenfeld

Trisha Wright

Kelly St. John

Jennifer Rath Semle

Family Thanks AT Saving the Life of a Student

-On September 14th, 2020, Penn Ridge High School Athletic Trainer Emily Fila provided lifesaving care to a senior student attending marching band practice. Along with several other school staff members, Emily successfully used a AED to restore rhythm to the students heart. The student's family credit the quick reaction of all the staff members for the student's survival.



Update Your Information

If you or someone you know 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 assured your information will not be released. It will be used for PATS/ NATA membership communication only.

Volunteer with PATS

[Click Here](#) to become involved with **YOUR** organization!

News and Noteworthy Continued...



Athletic Trainers Provide Quality Education to Coaches

-On March 17th, Richard Bertie led 16 Danville Little League coaches through a ConcussionWise class via Microsoft Teams.

NATM 2021

-A little look (right) at how Wilson Area High School Celebrated National Athletic Training Month.



-The Sports Medicine team, including 150 athletic trainers, at St. Luke's University Health Network ran a clothing drive called "Donate 'AT'-shirt for NATM." On the donation boxes, flyers were attached with educational facts about the athletic training profession. Almost 5,000 shirts were

collected and donated to VIA Thrift Store whose benefits go to the VIA of Lehigh Valley, an organization dedicated to helping adults and children with disabilities reach their full potential.





Student Spotlight: Timothy Hampe

Slippery Rock University

Year: First Year Graduate Student

Clinical Rotation(s): Men's and Women's Track and Field, Football, Men's and Women's Basketball

Certifications/Credentials:
Advanced CPR & First Aid

.....



Why did you want to pursue a

career in athletic training? As a kid growing up in a school district that was rather small, only about 70 in my graduating class, I never had an athletic trainer until my junior year. I remember being at a football game and a player when down. I saw somebody run out to them, attend to their needs, and watched (what I didn't know at the time) an off-field evaluation. I thought to myself: I wonder who that is? After seeing that and thinking about my experiences as an athlete, I realized I never had anybody to advocate for me, for my safety or after an injury like that Athletic Trainer did for that football player. Right then and there I decided I wanted to know more about that profession. I had the ability to shadow her and I absolutely fell in love with the atmosphere. Getting to be the person that an athlete relies on the most when they are injured or in discomfort as well as the creativity in the profession. That was the day that I realized this is what I want to do for the rest of my life, and I absolutely made the right decision. One thing I would like to include that has really shaped how I feel about my profession is this quote: "Be ruthless in the path of excellence." I think it can apply to anything you do in life. I am a strong believer that when you follow your dreams, you are going to do everything necessary to be at the top, so be ruthless in that process. Do everything you can to be the best version of yourself.

How has Covid 19 changed your learning experience? Covid-19 has drastically changed how I've learned this semester. The biggest thing that was affected was my clinical experience because of the lack of competitive sports and practices. As somebody who learns better in a clinical environment, I found it rather challenging to apply what I was learning in class to real world



Student Spotlight Continued...

scenarios. Additionally, being placed in zoom classes was rather difficult to stay focused and learn effectively. I absolutely took the ability to learn in person for granted. I am glad that my professors were able to find ways to successfully keep us safe and healthy which allowed us to stay in person.

What do you hope to bring to the field of athletic training that may be unique or help improve the field?

This is a career that I want to do for the rest of my life. It is something that I wake up every day excited to learn something new, to further increase my knowledge and skills. The biggest thing for me is my leadership ability, I have a natural instinct to want to take charge and advocate for the



athletes that I am responsible for. I've told by many that they consider me as the "Positivity Totem Pole." In a career that has days that go great and its share of days that don't go well, I am able to lift the mood and put smiles on faces that need it the most. As a future Athletic Trainer, I believe that the relationships and the attitude we send forth is just as important as our orthopedic skills. Last thing I'll touch on for this question, when you love something, you will do absolutely anything to improve the profession not just for myself but for all current and future Athletic Trainers .



News and Noteworthy Continued...

What are your career goals? My main priority right now is to continually prepare for the BOC and pass my test. As for what I would like to cover as an Athletic Trainer my ultimate goal is to cover a professional sport. My top three would be NFL, MLB, or UFC. I enjoy the fast pace and high intensity settings, but baseball is my favorite sport, and UFC is just a whole different breed of athletes that I would love a chance to work with. My final goal (it's a long-term goal for myself) is that I want to advocate for our profession and change the way that other providers view us as medical health care professionals. I also want the general population to understand who we are, what we do, and how good we are in order to separate us from the strengthening and conditioning coaches that most people mistaken us for.

What are your interests outside of athletic training? I love baseball! I am a huge fan and played for the majority of my life and since I couldn't continue playing in my collegiate days I now resorted to coaching. I've been coaching for about 6 years now helping my high school baseball team. I am also big into strength and conditioning and enjoy going to the gym. The last thing is I enjoy is adventures, I am always looking to trying something new and go and do it, doesn't matter what it is... I am open minded and I'll try anything.

A little birdie told us you have a great sense of humor, do you have any athletic training joke or puns? When I read this question, it honestly caught me off guard but then it made me laugh because I know my professors pushed this question. I definitely have been panicking about coming up with one for a while now. Well here it goes:

Knock knock?

Who's there?

HIPPA.

HIPPA who?

Can't tell you that!

I at least thought that was pretty humerus.



Continuing Education Committee

Chairs: Becky Mokris D.Ed., LAT, ATC

-In the past year, the Continuing Education Committee has been hard at work collaborating with other committees to help bring more programming to PATS members. As part of the strategic plan for PATS, the Continuing Education Committee worked with the Educator's Committee to put together an Interprofessional Symposium to highlight collaboration between healthcare professionals for concussion management. We had over 100 people attending the event and the interaction from the panel discussion was fantastic! We are excited to collaborate in the future on more programming toward the new educational standards to provide continuing education to our members. Happy NATA Month to all our members!!!

Corporate Relations Committee

Chairs: Rich Bertie MS, LAT, ATC, PES & Sara Miraglia MA Ed, LAT, ATC

-The PATS Corporate Relations Committee would like to thank Stopain, Rothman Orthopaedics, Sway Sports, Moravian College, IPG Philly, and UPMC Sports Medicine for their contributions to PATS for the 2020 - 2021 year. With PATS 2021 going virtual, our committee has pivoted our partnership packages to the virtual world. These packages include PATS podcast sponsorship, social media advertising, and symposium sponsorship. Another part of this redirection has included raffle items for Convention from our various sponsors including AEDs, Free Sway Concussion testing for one year, blood flow restriction cuffs, facemasks and more! Our committee is currently seeking partners for the 2021 - 2022 year with both virtual and in-person packages. Any interested parties could contact co-chairs



ROTHMAN
ORTHOPAEDICS



PATS Committee News

Rich Bertie and Sara Miraglia at
corporaterelationspats@gmail.com.



Ethics Committee

Chair: Jackie Williams, PhD, LAT, ATC

-The Ethics Committee reviews complaints submitted by the public regarding an individual who may have violated the PATS Code of Ethics. The committee also participates in educating on the ethical behavior for athletic trainers. If you have a question about ethical behavior or topics that will assist the committee in developing educational items, please contact us at ethicspats@gmail.com.

Governmental Affairs Committee

Chair: Tanya Miller, MS, LAT, ATC

-As we continue to navigate COVID-19, the Governmental Affairs Committee (GAC) has been busy reviewing legislation being introduced since January with the start of the 2021-22 legislative session in Pennsylvania. We review this legislation to see if any would positively or negatively impact ATs in the Commonwealth or if they are something we should support because it is a cause that aligns with our profession. If we support any legislation, a letter is written and then sent by the President to the prime sponsor of the bill.

The GAC is currently working on updating the PATS website to include all of the legislation that we are supporting, or, if it is harmful to ATs, what we are not supporting. That will include any letters that are written. We are also working with the PR committee to provide content for social media platforms for NATM as well as continuing to work with them to create materials for educational purposes. NATM was again very different as we were not able to host our annual Hike to Harrisburg due to the pandemic.

PATS Committee News

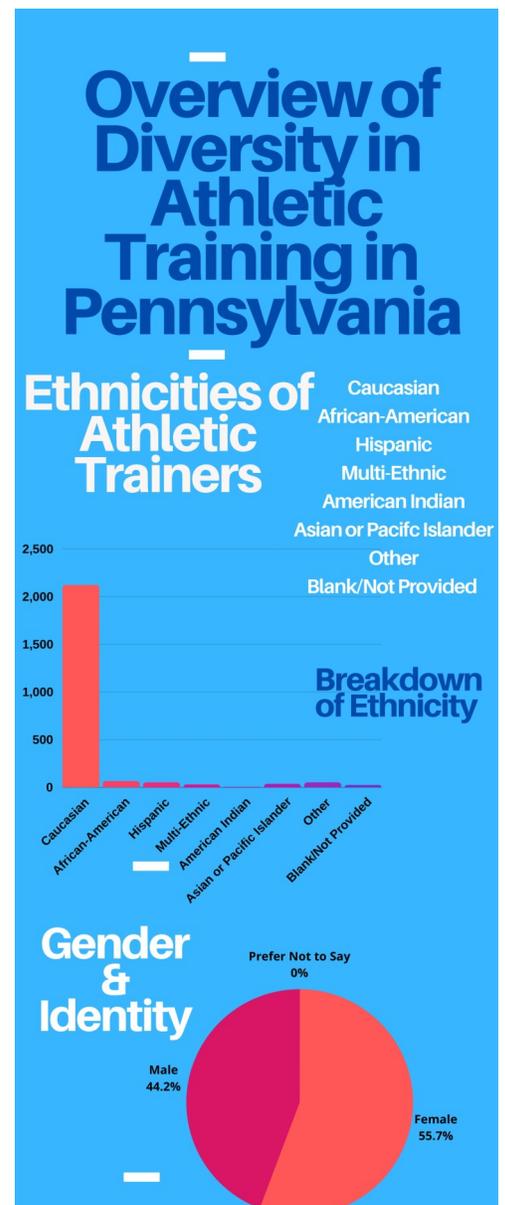


Instead the GAC and the Executive Board have brainstormed ideas of how to reach out to our legislators in other ways considered high impact yet delivered in a safe manner during the pandemic restrictions. Please keep in mind that if we would have legislation that we need help from our members supporting, we will send you a letter template to easily send to your representative or senator. This takes just a few clicks and is immensely impactful so please check your emails for any communications from PATS. I hope everyone stays safe and healthy and is able to enjoy the end of winter and the beginning of spring!

Inclusivity Committee

Chair: Mercedes Himmons, MS LAT, ATC

-The PATS Inclusivity committee has been able to update PATS members with various information to promote diversity and inclusion within the Commonwealth. We have shared CE opportunities, participated in the PATS podcast, shared some information during Black History Month, & have released 2 infographics. We are also collaborating with other committees to increase diversity, recruitment, and retention. Check out the latest infographic within this newsletter. If there is something you would like to see from the Inclusivity Committee, please contact us at InclusivityPATS@gmail.com





Membership Engagement and Value Committee

Chair: Mary Kathryn Schickel, MS, LAT, ATC

The Member Engagement and Value Committee has just wrapped up a successful 2021 Membership Drive. The drive featured a prize for new members as well as current members who shared posts on social media or referred a friend to join PATS. The drive allowed us to reach new members and created a way to engage with current membership. Throughout the drive we also rolled out a brand new infographic featuring the benefits of PATS membership. Our new infographic can be found on PATS social media accounts and on the infographics section of the PATS website. Looking ahead, Member Engagement and Value is looking forward to continuing to engage with our membership in new and exciting ways!

Nominations Committee

Chair: Matt Frantz, MEd, LAT, ATC

The nominations committee is excited to announce the candidates for the 2021 election. For regional representative positions, Kyle Harris and William Mills are running for the southeast representative spot. In the southwest region, William (Bill) Ankrom, Jason Edsall, Margaret (Peggy) Fillinger, and Jessica Johns have all accepted nominations and will be on the ballot. This year's statewide election is for the treasurer position. Miranda Fisher will run unopposed. Election voting runs April 1-14, 2021 and closes at midnight. Much like previous elections, a third party will perform the election duties and certify the election.

PATS Committee News



Practice Advancement (COPA) Committee

Chair: Kelly Unruh Med, LAT, ATC, CEASII, CWcHP, CMMSS, AOEAS

-The PATS COPA committee has been working diligently to advocate for athletic trainers within the emerging settings. To do so, COPA is currently working to provide regularly scheduled webinars. These Quarterly Webinars will serve the membership by focusing on the topics and information about various emerging settings including differences within these settings and skills needed to be successful. Previously held webinars, like the one held last June, can be found on the PATS YouTube channel. IF you would like to be a presenter for a COPA Quarterly Webinar please reach out to us at copapats@gmail.com. Be sure to SAVE THE DATE for the first Quarterly Webinar of the year, “Ergonomics in the Performing Arts and Industrial Settings” on April 19, 2021 from 6-7pm.

A promotional graphic for a webinar. The top section is dark blue with white text: 'PATS COPA WEBINAR', 'April 19, 2021', and '6 pm to 7pm'. A yellow 'Register' button with a cursor icon is on the right. Below this, the title 'Industrial Ergonomics' is in yellow, with 'by Stephanie Walsh, MS, LAT, ATC' in white. The middle section features two images: a person climbing a wooden structure and a ballerina in a blue tutu. The bottom section is dark blue with white text: 'Performing Arts Ergonomics' and 'by Bridgette Saba Whitemore, PAM-Mc, LAT, ATC'.

PATS COPA WEBINAR
April 19, 2021
6 pm to 7pm
Register

Industrial Ergonomics
by Stephanie Walsh, MS, LAT, ATC

Performing Arts Ergonomics
by Bridgette Saba Whitemore, PAM-Mc, LAT, ATC

Secondary Schools Committee

Chair: Kiernan Melograna, LAT, ATC

-The Secondary School Committee continues to work on finalizing the Wellness Screening tool and are hoping to share that with the membership in the near future! We want to continue to promote PASS (Program Assessment for Safety in Sport) and may form some work groups and offer incentives as we know this is a large task to complete on your own. Please stay tuned for more information.



A big thanks to Julie Emrhein for all of her efforts to get Athletic Trainers vaccinated in a timely manner and being a huge advocate in the profession. Julie and WellSpan Health facilitated the distribution of the Covid-19 vaccine to athletic trainers in the South Central Region that were not able to get it through their contracted health system due to being independently contracted athletic trainers through their school district.



SSATs at the District III Men's Basketball Championship Game between Reading High School and Wilson High School

Technology Committee

Chair: Jesse Townsend MS, LAT, ATC

-The PATS Technology is excited to roll out our first social media ad campaign as we work with the Barash Group to promote the PATS Concussion Toolbox app. We started our Committee Spotlights that highlight a new PATS committee every other Thursday. Wirecast Studio Pro and Podbeam hosting services have been purchased to elevate the distribution and quality of the PATS podcast. Look forward to the podcast being offered on your favorite podcast platform. We are working more closely with other committees to bring additional social media content to you and we were able to have a post every day during NATM. Let us know at technologyPATS@gmail.com if you have any suggestions.



Northeastern Region

Representative: Matthew Shelton, MS, LAT, ATC

-On March 6th, Moravian College was the virtual host for the 2nd annual Performing Arts Athletic Trainers' Society Symposium. The virtual conference featured an interdisciplinary team of presenters from the fields of Athletic Training, Occupational Therapy, Physical Therapy, and Speech-Language Pathology who presented on a variety of topics related to the provision of health care for performing artists. Speakers included PATS members **Jennifer Ostrowski, PhD, LAT, ATC** who presented on "Recognizing and Managing a Potentially Suicidal Patient", **Ellen K. Payne, PhD, LAT, ATC, EMT** who presented on "CPR and Airway Management During COVID-19", and **David A. Wilkenfeld, EdD, LAT, ATC** who hosted a roundtable discussion on "A Return to Performance During the Pandemic".

Southeastern Region

Representative: Kyle Harris, MS, LAT, ATC

-Dr. Jamie Mansell of Temple University and current PATS secretary, presented on behalf of PATS at the 2021 ATSNJ Conference as part of the PATS-ATSNJ speaker exchange. Her presentation was titled "Sexual Harassment: Protect Yourself, Protect Your Patients". Dr. Mansell also spoke about this topic on the ATSNJ podcast which can be found online.

On March 28th the West Chester University Athletic Training Club hosted a debate on the use of ice as a modality. The event which was held online and opened to current students and alumni.

Southwestern Region

Representative: William Ankrom, MS, LAT, ATC

-Greetings from the Southwest PATS Region! The recent months in the Southwest region has been incredibly active with so many outstanding

PATS Regional Rep's News



accomplishments through the ATs in the region. In a time where anything can be blamed on COVID, Athletic Trainers were busy advocating and promoting the profession while also serving the public. From community health to public service, the local ATs have been very visible.

Chris Freeborough, UPMC Staff Athletic Trainer applied for and was able to secure a \$20,000 grant for Woodland Hills High School through the Shaquille O'Neal Foundation and their partner Icy Hot to help the school "Get Game Ready". The impact of COVID-19 on high schools across the country has been devastating. Over 130 schools submitted applications detailing how grant money could help their athletic program purchase equipment and supplies to keep their athletes safe when they start their athletic seasons again. Congratulations to Chris for all of his efforts and to Woodland Hills on their award of the grant!

Connellsville Area High School Receives the National Athletic Trainers' Association Safe Sports School Award: A first team Safe Sports School award and its recipients Anthony DeCarlo and Mark Pohlot were awarded the designation recently from the NATA. It is with great pleasure to share that the AT Staff and School District are making patient safety standards a priority.

During the first week of March, three local athletic trainers coordinated the Athletic Training Food Drive. The efforts were coordinated by Dr. Keith Gorse, Francis Feld and Rob Blanc. The final amount that was gathered for the Athletic Training Food Drive was \$3,504.08 from Athletic Trainers in the Western Pennsylvania area in support of the Greater Pittsburgh Area Food Bank. Thank you to all who contributed or donated to this great program!

Stay safe, stay healthy and I hope to see you all soon.



Tell us something Good!

-Did you successfully defend your dissertation? Get married or have a kiddo? MacGyver the greatest new AT invention? Just survived a middle school junior varsity track invitational? Well we want to hear about it. Our membership does so many amazing things that we would like you to share your good news. Submissions can be made on the PATS website www.gopats.org and clicking the '**Submit News**' button.



Treasurers Report

Miranda Fisher, MS, LAT, ATC

	3/21/2021	3/1/2020	Difference
Checking (Main- Wells Fargo)	\$128,132.99	\$95,946.41	\$32,186.58
Scholarship- Wells Fargo	\$206,998.75	\$198,230.74	\$8,768.01
Research- Wells Fargo	\$103,947.64	\$102,374.42	\$1,573.22
Total	\$439,079.38	\$396,551.57	\$42,527.81

Disbursements

	<u>2020-2021</u>	<u>2019-2020</u>	<u>Difference</u>
March- June	7,618.80	5,571.00	\$2,047.80
July – Sept	\$ 7,646.40	\$ 1,291.80	\$6,354.60
Oct-Nov	\$ 64,493.20	\$ 14,653.20	\$49,840.00
Dec		\$ 46,999.20	(\$46,999.20)
Jan-Feb		\$ 23,927.40	(\$23,927.40)
TOTAL	\$ 79,758.40	\$ 92,442.60	(\$12,684.20)