

November 2016

President's Message



Guy Sanchioli,
MS, LAT, ATC, PES

*Harley King said: "All things old become new again..."
Amazing how true that is, and why history is so important.*

Two years ago, at the St. Louis NATA Symposium, the first person I saw that I knew was Burkie. He was paging through a book and when we greeted each other he said that he had just gotten it, and was excited to start reading it. It was a history book about early athletic training entitled *'Dropping the Bucket and Sponge'* by: Matt Webber. He peaked my interest so when I got home I picked it up, read it, and I'm looking forward to the second volume. I urge everyone to read it if you haven't already. When thinking about where athletic training is going in the future it is worthwhile to look to the past. The book demonstrates that in addition to being Health Care Professionals,

Athletic Trainers are, and have always been innovators! I'm dating myself, but if you remember 'MacGyver' that's who we are.

ATs cut their teeth in track and baseball, and as early football and hockey developed ATs were there to address safety concerns in both sports where concussions (and deaths) were a problem. Athletic Trainers were there, in WWI and WWII creating conditioning programs for fighter pilots and ground forces. When ATs didn't have the proper supplies they needed they created them. ATs didn't have a formal system of education so they created a curriculum that was specific to the needs of patients they were treating and to the professionals they were serving. They saw the importance of publicity, networking with peers and continuing education so they created an organization to meet their needs. Does any of this sound familiar??

PATS continues to work toward creating the environment for athletic trainers to succeed. We have worked with several high schools to retain their athletic trainers. We've made multiple visits to Harrisburg to further our relationship with the Depts. of Health and Education. We are reaching out to physicians and nurses to offer concussion education. We are working closely with Emergency Medicine and Pre-Hospital Care Groups on spine-boarding procedures. We have supported new legislation to keep student athletes safe and create more opportunities for ATs to engage and educate the public. We are making every effort to examine reimbursement and how this will positively and negatively impact different work settings.

To make PATS function better for the membership, we need to hear from you! What do the members feel is important for our profession? What ideas are important to you? Is there a direction that needs to be focused on in the future? The lines of communication need to be open between the members and the Executive Board. Talk to your County Delegates, Regional Representatives, or any Ex Board member and let us know your thoughts.

Thank you for taking the time to read the Quarterly News and enjoy reading about the great things that are happening in Pennsylvania.

Guy Sanchioli, MS, LAT, ATC, PES

Contact Us

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

- HOF Nominations
- Mandated Reporter Training (Act 31)
- Student Spotlight: Adam Larsen
- Upcoming awards and nominations
- NEW: Leadership Spotlights
- PATS Presence in Harrisburg
- High School Sports Medicine
- Regional Recaps

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Treasurer's Report

Jamie Mansell, PATS Treasurer

	Oct. 16, 2016	Oct. 14, 2015	Difference
Total Checking	\$329,053.35	\$297,003.87	\$32,049.48
Total Scholarship	\$169,974.62	\$165,627.14	\$4,347.48
Total Research	\$91,040.95	\$85,784.84	\$5,256.11
TOTAL	\$329,053.35	\$297,003.87	\$32,049.48

IMPORTANT ANNOUNCEMENTS

REMINDER: all licenses are due for renewal before December 31. You will not be able to work starting January 1 without a renewal.

Registration is now open for the 2017 EATA Convention in Philadelphia. Registration and more information can be found at goeata.org

HOF Nominations Now Being Accepted

Nominations are now being accepted for the PATS Hall of Fame. Please see the criteria and nomination procedures found on the [PATS website](#) if you would like to nominate someone for the 2017 Class.

Mandated Reporter (ACT 31) Training Credit Hours

You should have recently received your reminder to renew your License. It is important to remember that ACT 31 credits (for all Licensed Athletic Trainers) will need to be completed before you are able to renew your license this year.

1. ACT 31 credits are mandatory for all ATs whether you hold a license under the State Board of Medicine or the State Board of Osteopathic Medicine. This law applies to all work settings in PA.
2. This law requires either: **2 hours** of child abuse education training within every two year reporting period for renewal or **3 hours** for any first-time license applicant. This means that the hours must be completed during the two years prior to any December license renewal.
3. If your place of work provides an educational session, it is important to confirm that their course is on the approved provider list. The course must be on the APPROVED PROVIDER list. Approved courses can be found [here](#).
4. If you are a full time employee of a secondary school you will also be included under ACT 126. These hours will be accepted during any 2 year reporting period that they are given. ACT 126 (Department of Education) credits are NOT automatically accepted by the State Board of Medicine (to satisfy the ACT 31 (Department of Human Services) requirement. Because of the timely manner of renewing your license, it is best that you take an additional course that meets the Act 31 requirement. Approved courses can be found in bullet point 3.

**It can take up to 10 days from the completion of your course to post with the Board. Please have your course completed in a timely manner before renewing your license.

Frequently asked questions regarding ACT 31 can be found [here](#).

STUDENT SPOTLIGHT: Adam Larsen

Year: Senior

College or University: Marywood University

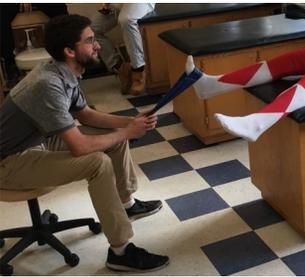
Current and Previous Clinical Rotations: Lackawanna College, Marywood University, Dunmore High School, Scranton Preparatory School

Certifications: First Aid/CPR/AED



Why did you want to pursue a career in athletic training?

I first came in contact with the Athletic Training profession when I was a senior in high school. I sustained an injury and had to be in the athletic training suite each day for treatment. During this time I gained exposure and insight into the profession for the first time and fell in love with the wide scope of practice and the ability to positively affect an athlete after sustaining an injury. Though I declared as an art major, I decided to take an introductory athletic training course during my freshman year of college and I really enjoyed the hands-on nature of the profession. I found the idea of improving people's lives and athletic ability intriguing and felt that making a positive impact was a rewarding experience. Now as a senior about to enter the work force in a few months as a certified athletic trainer, I really feel like I can make a difference in the profession. I feel that athletic training is an expanding profession, but in some places has remained stagnant with little to no growth over the past 10 years. In the town of Scranton, where Marywood is located, Athletic Trainers average a salary of around \$25,000. This limitation leads to local certified athletic trainers feeling their job potential and career outlook is limited. Many friends and adults in the local area have told me to not become an Athletic Trainer because there are better opportunities out there. I feel as though I can make a difference by doing the best I can do regardless of my salary and hope that I can lead to a change in the mindset in this area in helping others realize the true value of athletic trainers. Because, if I set out to be great, money will come with mastery. Athletic Training is such an awesome career path because there are so many domains with numerous ways to help people in all walks of life.



Where do you hope to see athletic training in 10 years?

I hope to see Athletic Training continue to grow on local the global levels in the next 10 years. I feel as though Athletic Training is not being as valued as it should be especially in my local area. I hope to see every high school be required to have an Athletic Trainer and begin to understand the value of having a certified athletic trainer with the ultimate hope of increasing salary. It is my hope that certified

professionals will see an increase in pay as they work as medical professionals and not an extension of coaching staff which I feel is common in athletics job settings.

What are your career goals?

My career goals are to work at a high school or small college after graduating in May. After gaining valuable experience and insight it is my goal to become financially stable and in collaboration with sister professions and other certified athletic trainers I hope to one day open a standalone Athletic Training practice. My additional long term goals including obtaining a terminal degree and ultimately to teach future Athletic Trainers down the line.



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*"It is my opinion, and that of others at the institution that Adam will likely be an emerging face in the athletic training field and an advocate for change and progress for the profession in the near future and for years to come."
-- Jason Edsall, PhD, LAT, ATC, CSCS; Program Director at Marywood University*

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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 assured your information will not be released. It will be used for PATS/ NATA membership communication only.

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

In patient care, I feel as though there is a missing link. Patients, following surgery or serious injury, are sent to a Physical Therapist. After their allotted 7-10 visits, they are solely put in the care of their facilities Athletic Trainer. I feel as though having sports rehabilitation specialist Athletic Trainers in standalone Athletic Training practices would not only help patients receive better, more personalized care, It would also allow Athletic Trainers be seen as healthcare professionals and help Athletic Trainers workloads and stress levels. I hope to bring this idea to the field of Athletic Training.

Being a leader and advocate for student athlete health services can be rewarding and challenging, how would you describe your leadership style?

I feel that educating patients/athletes and being a strong healthcare team member are some of the most important qualities of a leader. I try to be a listener while leading and feel that as a leader you need to be aware that a team is only as strong as its weakest member. So, while leading, I try to get everyone on the same page, everyone working as one unit. I also love to motivate and use competitiveness to initiate change and create success.

What are your interests outside of athletic training?

I am a cross country runner. I also enjoy reading and writing poetry for publication in my spare time. I also enjoy being around sports, whether it is playing or watching.

Athletic Trainer Reinstated After Budget Cuts

George Roberts, PATS President-Elect

In July, the Red Bank Valley School District School Board (New Bethlehem, PA) voted 6-2 to eliminate their Athletic Trainer position. According to the Board, this decision was made in an effort to address a \$1.5 million dollar budget deficient. A parent group organized to help change the Board's decision. They sought the advice of both PATS and Jim Thornton, former President of the NATA.

President Guy Sanchioli sent a letter of concern to the Principal of Red Bank Valley High School shortly after that July meeting as did President Thornton. The parent group requested time during the August 8th regular Board meeting to speak during the community concern portion of the meeting. As President Elect of PATS, I also attended the meeting but was not permitted to speak. However, I did present to the Board my own letter of concern which was given to each Board member.

I am happy to announce that after the parent presentation and much discussion, the Board reversed its decision and voted to rescind their original vote. They then voted 6-2 to reinstate the Athletic Trainer position and immediately begin a search to fill that vacancy.

This was a great decision for the student athletes and parents of the District and a win for the profession of Athletic Trainer. A most important point for PATS was a statement by one of the Board members during the deliberations. He stated that he had contacted the PSBA (Pennsylvania School Board Association). The representative of PSBA informed him that they **HIGHLY RECOMMEND** that any school district that sponsors interscholastic athletics should either employ or have available a Licensed Athletic Trainer.

Although not official, I believe this is an important endorsement from the PSBA. I intend to encourage the Executive Board to promote further cooperation with this group.

The Pennsylvania Athletic Trainers' Society (PATS) was well-represented at the 4th Annual Central PA Sports Medicine Symposium

Ashley Care, Public Relations Committee Chair

On August 3rd, Penn State Hershey Bone and Joint Institute and CPRS Physical Therapy held the 4th Annual Central PA Sports Medicine Symposium at the beautiful Hershey Lodge in Hershey, PA. Over 220 attendees enjoyed debates, evidence based presentations, breakout sessions, lunch and networking with the area's best medical professionals.



The Pennsylvania Athletic Trainers Society (PATS) was well-represented at the 4th Annual Central PA Sports Medicine Symposium held by Penn State Hershey Bone and Joint Institute and CPRS Physical Therapy on August 3rd in Hershey, PA. The Penn State Hershey Bone and Joint Institute and CPRS Physical Therapy continue to offer the region's most engaging and affordable CEU event for healthcare professionals. The planning for this event begins in late fall with Dr. Robert Gallo, Lynn Brumbach, Jeff Shields and Jess Cecco deciding on topics, recruiting speakers, applying for evidence based practice (EBP) credits, selecting lecture sites and menus and creating a schedule for the seminar. Many of the topics are selected after reviewing all the evaluation forms from the prior year trying to match many of the requests.

Topics of this year's symposium included, but were not limited to management of acute type III AC joint separations, low back pain in adolescent athletes, functional movement screens, hand and wrist injuries, ice and NSAIDS, autism and behavioral disorders, running shoes, and the female athlete. Dr. Robert Harbaugh, director of the Penn State Neuroscience Institute and chair of Penn State Hershey Neurosurgery presented on Concussion and CTE. He serves on the NFL'S Head, Neck, and Spine Committee and is the leader of the "Subcommittee for the Development and Management of Prospective Database for NFL Players". In addition, the event hosted many other medical professionals including but not limited to Dr. Robert Gallo, Dr. Matthew Silvis, Dr. Pete Seidenberg, Dr. Michael Darowish, Dr. Jessica Butts, Dr. Cayce Onks, Michael Lehr, Dr. Gregory Billy, Mark Brown, Dr. Dhawan, Dr. Scott Lynch and Dr. Shawn Phillips.



This year, PATS proudly sponsored free WiFi for all attendees of the symposium at the Hershey Lodge. Wes Mallicone, PATS South Central Representative, organized a PATS display table in the exhibitor's hall during the seminar. His efforts emphasized networking with the more than 200 athletic trainers in attendance as he distributed PATS lip balm, lanyards, pens and the ever-popular PATS sunglasses. PATS was also recognized in the symposium handbook with a full page color ad. In addition, the PATS logo was displayed on all of the speakers Power Point presentations. Wes and PATS were recognized during the introductions for the symposium. Many thanks to Wes and PATS for the outstanding show of support.

The early reviews of the 4th Annual Central PA Sports Medicine Symposium are extremely positive and the goal is to continue to raise the bar and provide the very best in continuing education to the area's professionals.

Wyoming Valley West High School Recognizes the Teachers Role with Concussion Recovery

Ashley Care, Public Relations Committee Chair

During the Wyoming Valley West High School teacher in-service held on Friday, September 23rd nearly 100 administrators, teachers and staff learned about concussions and how they can assist students in recovering from their mild traumatic brain injuries. Fred Kuscavage, Wyoming Valley West's Head Athletic Trainer and a ConcussionWise™ Instructor led the presentation. Greg Janik, King's College Professor and Athletic Trainer and a member of the Pennsylvania's Traumatic Brain Injury (TBI) Advisory Board also helped to deliver the message.

Wyoming Valley West Principal David Novrocki reached out to Kuscavage to organize a concussion presentation so all teachers would have the same basic understanding about concussions. Novrocki recognized the importance of having a knowledge of concussions with more students reporting them and requiring accommodations in the classroom. The ConcussionWise™ program was used to educate the group which is the identical program used to annually train coaches on concussions.

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Janik stated that “Wyoming Valley West’s advocacy in the subject area of brain injury for teachers is innovative and ahead of the times as current concussion based policies and protocols are generally required for students participating in sports and less frequently involves the teachers.” Further Janik said “the TBI Advisory Board was recently asked to research best practices and procedures for schools in regards to brain injuries that are non-sports related such as motor vehicle accident or falls. The idea is that not all concussions occur in sporting events or competitions. Therefore school districts would benefit from having policies and resources that provide a concussion overview, education, training, to school staff and personnel (e.g. teachers, nurses, administration) to aid with appropriate screenings and management for head injuries so that each student is provided necessary services both medically and academically.”



Principal David Novrocki (L) and Fred Kuscavage (R) prior to teacher in-service

The ConcussionWise™ program is part of a family of online concussion education courses. These programs have been peer-reviewed and are consistent with the latest science and practical applications regarding the prevention and management of concussion. All of the ConcussionWise™ Pennsylvania online programs can be found here <http://www.concussionwise.com/pennsylvania>

Currently, via a grant through the PA Department of Health, concussion educational programs can be presented for free in communities around Pennsylvania. The Pennsylvania Athletic Trainers’ Society (PATS) can utilize their trained ConcussionWise™ Instructors (CWI) from across the Commonwealth to increase the concussion knowledge, particularly in programs serving young children. The program utilizes the Pennsylvania Safety in Youth Sports Act (PA’s concussion law) approved ConcussionWise™ Pennsylvania training program. The live program generally lasts about 60 minutes and can be presented to any size audience. All participants of the ConcussionWise™ Pennsylvania training will be able to receive a certificate of completion and be placed on the ConcussionWise™ registry. To set up a local concussion education in your community please contact PATS at secretary@gopats.org

The Berks County Athletic Trainers attend “Dynamic Threat Training for Athletic Trainers”

Ashley Care, PATS Public Relations Committee Chair



On June 18th, the Berks County Scholastic Athletic Training Association (BCSATA), in accordance with local medical professionals and emergency response teams, presented “Dynamic Threat Training for Athletic Trainers”. The course aimed to educate athletic trainers on situational catastrophic events such as intruders, shootings, bombs, and hostage scenarios. Jody Heckman, PHRN from Tac-Med, LLC and a full-time supervisor for Muhlenberg Ambulance, and Dr. Duane Siberski, D.O, a specialist in Emergency Medicine with Reading Health System, lectured on when to treat, what to treat, and how to treat during these hazardous events. Athletic trainers engaged in hands-on labs that included proper usage of tourniquets, hemostatics, and chest seals.

PATS, Inc. Award Nominations and Applications

The PATS, Inc. Honors and Awards Committee is now accepting nominations for several PATS Awards for the June 2017 Annual Meeting and Symposium.

Award categories include Service, Distinguished Merit, and Honorary Team Physician. A full description of the criteria for each award is listed on the PATS website along with nomination forms. Please submit your nomination by the due date of **December 1, 2016**.

Additionally, the committee is accepting applications for five separate **PATS Student Scholarships**. Each scholarship carries a value of \$2000 and will be officially presented in June at the PATS Annual Meeting and Symposium. All application materials and instructions are available via the PATS website with a due date of **April 1, 2017**.

Questions may be directed to Mark Keppler or John Post, Co-Chairs of the Honors and Awards Committee honorsandawards@gopats.org.

The Newest PATS Spotlights

The Public Relations, Young Professionals and Quarterly News Committees are excited to announce our newest campaign to promote our PATS team members and leaders. This campaign is an excellent way to meet fellow members and leaders beyond the basic professional biographies. Each edition of the Quarterly News will feature new spotlight candidates. We hope you enjoy being able to meet our leaders in a new way!



Guy Sanchioli, MS, LAT, ATC, PES PATS President

Place of Employment

Carrick High School through the University of Pittsburgh Medical Center (UPMC)

How did you first become involved with PATS?

My Curriculum Director in college stressed the importance of being involved in professional organizations. I started as a member of the “PATS Clinical Committee.” Being involved was what I saw as the best way to help the profession. To be part of the solution you have to get involved.

Why did you decide to run for the president position?

I hadn’t thought of running for President until I was asked if I would consider being nominated. When a colleague showed confidence in my abilities and provided the opportunity to advance myself professionally, I had to consider it. I’ve been fortunate in this regard. It is the confidence that people who I respect have shown in me that has motivated me to move forward.

What goals do you have for yourself and for PATS during your presidency?

The Presidents that have preceded me have created tremendous momentum for PATS. Our Society is a leader nationally, the decisions of the Executive Board, and the projects we’re undertaking are moving our profession in a positive direction. My main goal is not to slow that momentum.

I would like to see PATS explore every opportunity to connect with new professional groups to educate them on who and what athletic trainers are. When people understand the uniqueness of our skill set, and our interaction with active people, ATs will only become more valued as health care professionals.

Any advice for those members interested in becoming involved?

Stop being interested and just get involved. It is rewarding to work with other people who are passionate about their profession. Start small and become a member of a committee. You won’t regret it.



Richard Bertie, MS, LAT, ATC, PES Chair of the Young Professionals Committee

Place of Employment

Saint Francis University

What goals do you have for yourself and PATS?

One of my main goals as well as the YPC is to create a mentorship program in which young professionals have someone to communicate with when they are placed in a tough situation. For instance, young professionals working in the secondary school setting are sometimes the only AT the school has. I can imagine that there are some situations that young professional has never gone through before and our goal is be able to have someone offer advice on how to deal with different situations.

What makes you most excited about being a leader?

The ability to share and implement some of our committee’s ideas to the rest of the commonwealth and especially young professionals.

What do you foresee for PATS in the next 2 years?

The next 2 years will be an exciting and productive timeline for PATS. Under the guidance of current President, Guy Sanchioli, I firmly believe PATS will continue to take strides of excellence in the world of Athletic Training. PATS has

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continually been one of the best organizations in the country and I am eager to put forth my best efforts to continue that. I foresee that PATS will continue to be one of the frontrunners amongst state organizations in regards to current topics in Athletic Training.

Who is your mentor and how did he or she influence you as a professional?

I have had a lot of mentors over the years that I certainly have a lot of gratitude toward but the one name that remains constant is Yvette Ingram. Yvette has certainly helped me get to where I am today and there are so many qualities that I have today that I didn't have prior to meeting her. There have been many times where I am stumped on a question or situation and have called her for help and she has been nothing but helpful in every situation.

What do you do outside of work to be sure you have a solid balance in your professional career?

I try to stay pretty active outside of work whether it is playing golf, basketball, or working out. I always try to plan a couple of trips to the beach over the summer to get away from the profession for a little bit.



**Becky Mokris, D.Ed, LAT, ATC
PATS Northwest Representative**

How did you first become involved with PATS as a leader?

I became involved with PATS as the Newsletter Chair in 2007. I am now on my second term as the Northwest Regional Rep.

Any advice for those members/students/other young professionals interested in becoming involved?

Keep networking with your peers, professors, and PATS leaders by attending conferences. Volunteer, be involved, and ask questions!

Why did you decide to run for a leadership position?

I have seen first-hand other leaders of PATS and the passion and dedication they had to the profession. That was my reason for first becoming involved in PATS. After I was in a position as the Newsletter Chair, I continued to attend PATS symposium where I met other ATs that were dedicated to advancing the profession of AT and I knew I wanted to be involved in an organization that inspired others to work tirelessly on the advancement of our profession.

What goals do you have for yourself and PATS?

I would like to serve PATS by increasing awareness of the members in my region what work PATS is doing on behalf of them. I want to be an active member that contributes to PATS to advance the profession and help to make decisions that guide PATS into a direction that will benefit the members.

Who is your mentor and how did he or she influence you as a professional?

One of my mentors was a former professor in my undergraduate days. He taught me the value of making decisions based on best practice (evidence-related) and the role of the athletic trainer plays in the entire team dynamic, how to gain respect for your peers and the athletes, and how to act as a professional.

What have you learned or improved on while being a leader in PATS?

I have learned to listen. I have also learned a lot about grassroots movements, motivation and leadership. It has been a really exception learning experience because the people involved with PATS are some of the best leaders I have ever met. I try to soak up all the information since my first year and I have been able to apply those experiences to many different facets of my life, both personally and professionally.

What is an essential skill you feel all leaders should have?

I feel all leaders need to develop an organizational global view of how decisions impact a multitude of areas, not just a small little piece of that puzzle. I think a leader would ask themselves what other pieces of the puzzle will fit, or not fit, as a result of the placement of that one puzzle piece.

IF YOU KNOW A CURRENT OR PAST PATS LEADER THAT YOU WOULD LIKE TO NOMINATE FOR THIS SPOTLIGHT, PLEASE CONTACT ASHLEY CARE AT PUBLICRELATIONS@GOPATS.ORG FOR MORE INFORMATION

PATS Maintains a Positive Presence in Harrisburg

John Moyer, PATS Past President

The Pennsylvania Athletic Trainers' Society (PATS) continues to make regular visits to Harrisburg to attend meetings with legislators and attend health care related functions occurring in the Capitol area. Through the efforts of PATS Lobbyist, The Winter Group, and PATS Governmental Affairs Committee Chair, Tanya Miller, the Society is kept abreast of current health care trends that would be pertinent to the PATS Strategic Plan. Once these trends have been identified, PATS Executive Board members and past Executive Board members travel to Harrisburg for face to face meetings with legislators and various bureaus that relate to health care. These efforts have resulted in developing strong legislative allies as well as beneficial contacts in the Pennsylvania Department of Health (DOH) and the Pennsylvania Department of Education (DOE).

PATS Governmental Affairs Chair, Tanya Miller attends bi-monthly Pennsylvania State Board of Medicine (SBOM) meetings in order to report back to the PATS Executive Board issues that may be discussed during those meetings that could affect our Society. Tanya's reports from the SBOM meetings allow the PATS Executive Board to keep our membership up to date on the latest occurrences in health care through our Presidential Alerts and social media outlets. Tanya also has an excellent handle on legislative health care initiatives that PATS should provide support for through a letter or a face to face meeting. Recently, PATS sent a letter of support for HB 2057 which would facilitate mental health screening for youth within the Commonwealth.

On August 4th, PATS President, Guy Sanchioli, PATS Past President, John Moyer and former PATS Treasurer, Dave Marchetti, representing the PATS DOH Grant Committee, traveled to the PA DOH for a meeting with Michael Yakum and Bryle Zickler who have become the new DOH administrators for our DOH Grant for Concussion Education. Michael and Bryle were introduced to the PATS as a whole as well as discussing initiatives PATS has for the implementation of concussion education programs throughout the Commonwealth with funding provided by our DOH Grant. Michael and Bryle were very impressed with PATS and look forward to our positive interaction in the future.

On August 5th, former PATS President, Greg Janik, attended the Traumatic Brain Injury (TBI) Advisory Board meeting in Harrisburg. Greg is a member of the TBI Advisory Board and is also a member of the PATS DOH Grant Committee. At the meeting, Greg provided information to all of the PA Departments and healthcare organizations on the TBI Advisory Board about the highlights from year two of the PATS DOH Grant for Concussion Education. Greg discussed PATS ConcussionWise Instructors available to provide live concussion education presentations as well as the various ConcussionWise online education programs available to physicians, physician assistants and school nurses. Greg provided all TBI Advisory Board members with a copy of the July 2016 NATA News article, "Bringing Concussion Education to the Masses", which discusses PATS relationships with the PA DOH and other organizations working together to increase concussion awareness and management in the Commonwealth. As a result of Greg's presentation, the PA DOH Bureau of Family Health inquired about PATS assisting in the development of a model policy / best practices for secondary schools regarding concussion management and care for the general student population. The result was a very productive conference call with the Bureau of Family Health, PATS Executive Board members and Greg, regarding concussion education programs provided in a collaborative approach between our organizations in the near future.

PATS President, Guy Sanchioli, traveled to Harrisburg on August 18th to meet with state Representative Stanley Saylor, House Education Committee Chair, Nichole Duffy, and Jonathan Berger, Executive Director of the House Education Committee. Guy accompanied by Angie Armbrust and Peg Callahan from The Winter Group, discussed the possibilities of having AT's hired full time by secondary schools being added to the definition of Professional Employee in the PA Public School Code. Representative Saylor stated that the time is not right for any additions that would require increased financial burdens on secondary schools until there is pension reform in Pennsylvania. Jonathan Berger recommended that PATS reach out to the PA School Boards Association and the Pennsylvania State Education Association for further discussion on this issue.

On September 20th, PATS President, Guy Sanchioli, PATS Past President, John Moyer, and former PATS President, Yvette Ingram, along with Angie Armbrust from the Winter Group, attended a meeting in Harrisburg with Angela Fitterer, PA DOE Director of Government Relations, to discuss PATS initiatives that are supported by the PA DOE. Yvette discussed the DOE supported Rehabilitation Aide program, (CIP 51.2604), being taught in seven Vocational-Technical Schools around the Commonwealth which includes Athletic Training. As the PATS Liaison to this group, Yvette explained the need for more of these programs which would promote a potential increase in the employment of

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Athletic Trainers as educators in the Commonwealth, as well as introducing high school students to the Athletic Training profession. John discussed PATS Interaction with the DOH Bureau of Family Health towards creating a protocol for return to school following concussion for the general student population which would include the DOE sponsored Brain-Steps program. Angela stated that there is a DOE conference in November and would look into the possibilities of adding the Rehabilitation Aide program in Vo-Tech schools to the agenda. Angela also asked to be updated on the return to school following concussion for the general student population program.

PATS continues to tirelessly pursue every opportunity to educate legislators and healthcare organizations about the role of the Licensed Athletic Trainer. By maintaining a positive presence in Harrisburg, PATS has already created valuable relationships with many legislators and other healthcare organizations that will result in collaborative initiatives that will benefit the physically active in the Commonwealth.

‘Vacation’: not quite what it was cracked up to be Mercedes Himmons, PAT Quarterly News Committee

Marty Myers was covering the girls’ state playoff basketball game at Freedom High School in Bethlehem to report on the game for the paper. He does not remember who was playing, but he is thankful that he is here to tell the story. Myers went into cardiac arrest at the game and his life was saved by two athletic trainers on-site. Dana Bennett and Maureen Burke were there with basketball coach, Joe Stellato, with CPR and the AED to save Marty’s life. Myers now has a defibrillator in his chest and has returned to work after cardiac rehab, physical, and speech therapy. For the full story, click [here](#).

Rehabilitation Aid/ Sports Medicine Programs in the High School Setting

Four athletic trainers from across the state spent the past four years collaboratively designing and implementing a sports medicine curriculum for PA high school students. In May 2015, the Pennsylvania Department of Education’s Bureau of Career and Technical Education formally approved the creation of a new career and technical education pathway for students wanting to explore AT, PT, OT and other rehabilitative related careers. On November 3, 2016 Athletic Trainers/Instructors, Garry Himes from York County School of Technology, Jennifer Reed from State College High School, Beth Craig from Carlisle High School and Hannah Seyfert from Lebanon County CTC presented at the Integrate Learning Conference in State College PA. Their presentation showcased best practices in learning, encouraged administrators to initiate rehabilitative aid/sports medicine programs at their schools, and informed them of the strong support network in place for new instructors hired to teach in these programs.

The group presented a curriculum of competencies approved by their respective schools Occupational Advisory Committees and aligned with the new [NATA Secondary Schools Sports Medicine Course Outline](#) as well as resource materials, lab photos and startup costs. Supporting material such as the [NATA Secondary School Case Study Workbook](#) serves as a powerful tool for authentic learning. Turnout for the conference included members of the PA Department of Education, high school administrators and instructors from all corners of the state. The presentation was well received and as program interest and development grows, there will be searches for qualified educators, with AT’s expected to be the primary make up of statewide instructors. Dr. Yvette Ingram, Professor and AT at Lock Haven University has advised and supported this effort by serving as the PATS Career and Technical Education liaison. With the support of not only Dr. Ingram, but the entire PATS Executive Board, this program is flourishing and is projected to be offered in as many as 16 high schools and technical schools across the state by the 2018-2019 school year. If there is a school in your area that may be interested in starting a program like this, please reach out to the above named instructors for advice and/or assistance with the program.

Collectively this group has created a statewide Professional Learning Community (PLC) that meets biannually and rotates meeting locations to visit a variety of programs. The next PLC meeting is scheduled for 4/21/17 at West Montgomery Career and Technology Center in Limerick, PA. For more information on the upcoming meeting, please contact ghimes@ytech.edu or jlr42@scasd.org

REGIONAL RECAP

North Central Region

Bill Frye, LAT,ATC

As the fall season is beginning to wind down I would like to update you on a few things. First I would like to congratulate Steven Hicks for being elected and taking over my term as the Bradford County Delegate. Steve works for Guthrie Health in Sayre. He is also the Athletic Trainer for Athens High School. Steve also leads a Post Concussion Support Group at Guthrie that has been impacting many lives. The group just started its 7th year so I would also like to thank him for his outreach to the community.

I am currently in the process of organizing a Regional meeting at Susquehanna Health Systems around the end of March or early April. I will keep everyone updated on the process as we move forward and once a date has been finalized. I am looking to offer 3-4 CEU's during that meeting. I would like to thank Meredith Boucher for all the help in this process.

Good luck with the beginnings of Winter and remember this year is a license renewal year.

Southcentral Region

Wes Mallicone, MS, LAT, ATC

Greetings from the Southcentral Region! I hope that this newsletter finds everyone healthy. Please continue to keep me informed of what you are doing to promote athletic training so I can include it in an upcoming newsletter. If I can be of any assistance do not hesitate to contact me.

Looking forward, you should have already marked your calendar with the following events. This is an opportunity for each one of us to gain valuable knowledge while earning our required continuing education units.

EATA Annual Symposium, Friday, January 6, 2017 - Monday, January 11, 2017 in Philadelphia, PA

PATS Annual Symposium, Thursday, June 8, 2017 - Saturday, June 10, 2017 Sheraton Erie Bayfront/Erie Convention Center in Erie, PA

NATA Annual Symposium, Monday, June 26, 2017 - Thursday, June 29, 2017 in Houston, TX

We have a wealth of talent and experience within our Southcentral Region. It is imperative that each of you consider nominating worthy candidates for the following annual Honors and Awards: Hall of Fame, Distinguished Merit, Service Award, Team Physician Award and our numerous student scholarships. I encourage each of you to utilize our PATS website for more details and deadlines regarding the application process. We should attempt to have our Southcentral Region represented in these categories each year. I encourage you to contact me if I can be of any assistance at southcentral@gopats.org

NATA SAFE SPORTS SCHOOL AWARD

There is still an opportunity to receive the \$150.00 application fee courtesy of The Pennsylvania Athletic Trainers' Society for the NATA Safe Sports School Award. Please consider this great opportunity and apply today! Applications will be accepted until December 31, 2016.

The NATA Safe Sports School Award was created to recognize secondary schools around the country that provide safe environments for student athletes. The initiative reinforces the importance of providing the best level of care, injury prevention and treatment. The application for an NATA Safe Sports School award outlines the specific actions that will lead an athletics program to the highest safety standards provided for student athletes.

A school may earn a 1st or 2nd Team award; 1st is awarded to schools that act on all of the recommended and required elements and a 2nd Team is granted to schools that have completed only the required elements.

All secondary schools in the Commonwealth may apply for an NATA Safe Sports School Award. The application **must be signed by the school's principal or athletic director** and **athletic trainer or team physician**. Secondary schools that qualify for either award will receive a banner and artwork to promote their achievement and will be listed on the NATA's webpage as an NATA Safe Sports School.

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If you are interested in this program please contact me at southcentral@gopats.org **PRIOR** to submitting a completed application to the NATA at <http://www.nata.org/safe-sports-school-award>

Please provide the following information in your correspondence:

Subject Line: Safe Sports School Award
Name of Athletic Trainer
NATA Membership Number
NPI Number
Name of Secondary School
Address of Secondary School

Once I have received your correspondence I will send an email notifying you if you have been awarded the application fee of \$150.00 for the NATA Safe Sports School Award.

I encourage you to promote your profession of athletic training at your place of employment and within your local community. Please inform me of what you are doing to promote athletic training so I can include it in an upcoming newsletter. If I can be of any assistance do not hesitate to contact me at southcentral@gopats.org

Northeast Region

Rennie Sacco, MED, LAT, ROT

Hello to all in the Northeast Region! The Fall season is almost done and Winter sports are in full go mode. Here is a snapshot of activities these past few months.

St Luke's and PIAA District 11 Partner to address injuries to Officials

[Click here](#) to read the complete article printed in the Morning Call on September 23, 2016

Lafayette College Sports Medicine hosts S.M.A.R.T. Workshop

Lafayette College and Coordinated Health presented an all-day Sideline Management Assessment Response Techniques (S.M.A.R.T.) Workshop for area athletic trainers, team physicians and EMS providers on Friday, Aug. 5, 2016 in Fisher Stadium and Bourger Varsity Football House on Lafayette's campus.



[Click here](#) for the complete article and pictures on the Lafayette College website.

In closing, if you have any future news, please feel free to contact me or reach out at any time with any questions or concerns you may have. I can be reached at northeast@gopats.org or 610-698-6237. Enjoy the Holidays and let's hope the Groundhog doesn't see its shadow! Have a great Winter.

Southeast Region

Nicky Cattano, PhD, LAT, ATC

Happy Fall Everyone! I hope that everyone's fall seasons are wrapping up nicely and that we are ready for the winter. Just a reminder, please consider submitting to present at the upcoming PATS Annual Symposium. The deadline is December 1st and call for proposals is on the PATS website.

Thank you to everyone who voted across the state of PA. We are very happy that Neil Curtis was recently elected to the BOC Board of Director (PA also was in the top 10 states for voting members)!



The athletic trainers at Ursinus College were featured in a news write up entitled "You Bend Um, We Mend Um" that was published in the Ursinus school paper and distributed across social media sites, including Athletic Training Today. Great coverage of some outstanding clinicians in our region.

<https://ursinusgrizzly.com/2016/09/13/you-bend-um-we-mend-um-the-life-of-an-athletic-trainer/>

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Dawn Gulick was had an amazing experience working as a member of the medical staff at the Rio Games 2016 for the Paralympics. Such a great opportunity to get involved. See some of the outstanding medical staff pictured here.



Nahmir Hack (Temple University) received the Tanya Dargusch Leadership in Community Service Scholarship

Mike Goldenberg spoke to West Chester University athletic training students about leadership, group dynamics, and getting involved!



Please feel free to reach out to me anytime with any news, questions, or comments about PATS at southeast@gopats.org .

Northwest Region

Becky Mokris, D.Ed., LAT, ATC, CES

Greetings from the Northwest region of Pennsylvania! It is beginning to get chilly up here and while we don't have snow yet, my daughter was quoted by saying, 'boy mom it sure smells like there is snow in the air!' I hope everyone had a wonderful fall so far as you start to get ready for the winter sports and the holiday season!

To all of those in my region affected by the APSCUF strike, you were in our thoughts and I can only imagine the toll it took on your to stand up for your beliefs!

Best Wishes,
Becky Mokris, D.Ed., LAT, ATC, CES
PATS Northwest Representative

IUP will be hosing the Sports Medicine Update on December 11th, SAVE THE DATE!



2016 Sports Medicine Update

PLEASE SAVE THE DATE
Sunday, December 11th 2016

Time: 7:45 AM – 4:00 PM

Location: The Kovalchick Convention and Athletic Complex

Any questions please contact us at:

724-357-6918
Trenney@iup.edu

We would also like to update our files, so please take a moment and send us your current contact information and that of others that you believe may benefit from such a program.



COMBAT LIFESAVER – THE ROLE OF THE AT IN MASS CASUALTY SITUATIONS

On Sept 20, 2017, the PATS Northwest Region sponsored a combat lifesaver course for PATS members to attend for free in conjunction with the Allegheny Mountain Sports Medicine Foundation. The combat lifesaver training speaker was Stevan Waleff. Stevan has been the Certified Athletic Trainer at Reynolds Jr-Sr High School for the past 21 years. He has served as their Athletic Director for the past 16 years. This topic became of special interest to Steve this past year after his experience with ALICE training. The ALICE Program encourages multiple levels of response to school shootings from fleeing to a secondary safe site to actively fighting an assailant. Steve is also a guest instructor with Lethal Encounter Defense Training based in Saegertown PA for Army CLS course. This was a successful session that all ATs should be familiar with in the event they are involved in a mass casualty trauma.



What is a Combat Lifesaver?

A non-medical soldier who provides life saving measures as a secondary mission...The Combat Lifesaver (or CLS) may also assist the Combat Medic in providing care and preparing casualties for evacuation when the Combat Lifesaver has no combat duties to perform.

Why would an ATC need or want skills taught in a course like this?

Dealing with non-typical traumatic injuries in athletics (amputations, severe arterial bleeding, tension pneumothorax, etc.).

Dealing with mass casualty trauma settings like school shootings, school bombings, or motor vehicle accidents.

So what statistics has the medical community learned that have directed the development of this course?

In combat injuries by percentage are...60% extremity blood loss/hemorrhage; 33% tension pneumothorax; 6% airway obstruction.

In combat 90% of the deaths occur on the battlefield and 10% occur during care in a medical setting.

The CLS program reduced battlefield deaths from 15-18% annually since its inception.

Southwest Regional Shelly DiCesaro, PhD, LAT, ATC

I hope this newsletter finds you well, hard to believe that we are wrapping up the fall season or preparing for the holidays already! Before we know it the summer will again be upon us. Speaking of summer, be sure to pencil in the annual PATS meeting in Erie, June 8-10th and consider submitting a proposal to present. Proposals are due December 5th and information can be found under the convention tab at the PATS website.

Another first in the SW regional meetings took place this October with a debate night! *The Great Debate: NATA Guidelines of Equipment Removal* was presented in a debate format by Dr. Ron Roth and Joe Gatti, MS, LAT, ATC. This opportunity was brought to us by a collaboration between the University of Pittsburgh and Duquesne Universities athletic training programs. I would like to thank both of the programs for allowing PATS to be a part of the evening as well as Kathleen Nachazel of UPMC for helping to secure the CE credits for attendees.

In keeping with the theme of educational meetings, the district meeting is a mere 2 months away and (almost) in our backyard! Philadelphia will play host to EATA this year from January 6th through the 9th, registration and housing are open and more information can be found [here](#). I hope to see many familiar and new faces there!

I would also like to take this time to remind our SW members of our county delegates. The County delegate's primary role is to increase communications between the PATS board and the membership. They are extensions of the Regional Representative and the Board of Directors and may be reaching out to the members of their county from time to time as well as are a resource for county specific matters. The following are delegates for our region with their respective county: **South West Region**– **Mark Pohlot** (Fayette), **Bill Ankrom** (Greene), **Ricky Wheeler** (Westmoreland), **Beth Costea** (Somerset), **Keith Gorse** (Allegheny), **Nakia Sanders** (Washington). Additional information can be found at <http://www.gopats.org/governance/county-delegates.htm>.

COMMITTEE REPORTS

Continuing Education

Jason Scibek

As the end of 2016 and the mid-point of the CEU reporting cycle draws near, now is a great time to take note of where you stand with your continuing education. The BOC has released a Professional Development Needs Assessment tool that enables athletic trainers to consider their current knowledge, skill & ability levels, identify gaps in learning associated with new practice environments, and also assess professional growth opportunities.

(<http://bocatc.org/component/assessment/?view=category&id=40&Itemid=498>).

Be sure to keep track of the PATS calendar of events and the BOC Approved Provider page to help you meet your continuing education and professional development needs. If you have question about attending or hosting continuing education courses here in Pennsylvania be sure to reach out to the PATS Continuing Education Committee.

Young Professionals

Rick Bertie

First, I would like to introduce several new members to the PATS Young Professionals Committee (YPC). These individuals embody several qualities that ensure current and future success of the PATS YPC. The new committee members are: Jessica Johns, Saint Francis University; Donnie Russell, Juniata College; Rachel Gutzan, Montoursville High School; Joanna Baltz, Pennsylvania Institute of Technology; and Gina Linn, Penn Trafford High School. Together, these individuals have been working vigorously to design and implement ideas for the future of the PATS YPC.

In addition to the mission and vision of PATS, the YPC has developed several goals and projects to begin within the following months. These goals and projects include but are not limited to:

- Mentorship program
- Young Professionals webpage
- PATS Student Symposium Breakout Session
- PATS Convention Breakout Session and Social Event
- NATA StarTRACKS Leadership Development Program

If you are interested in joining the PATS YPC, we are currently still looking to fill some positions. Applications could be acquired by emailing the young professionals committee at youngpros@gopats.org. As a committee, we would like to welcome any questions or requests that young professionals may have that they would like to be answered.

Quarterly News

Heather Kinney

The Quarterly News committee is always looking for new ideas and suggestions to help improve our newsletter. If you are interested in being a member of our committee or have an idea of articles that you would like to see in future editions, please email Heather at quarterlynews@gopats.org. We always appreciate feedback!

CALENDAR OF EVENTS

Event	Date/ Time	Location	Contact
2017 EATA Convention	January 6-9, 2017	Loews Philadelphia Hotel Philadelphia, PA	More information found here
2017 PATS Student Symposium	March 25-26, 2017	East Stroudsburg University	jstavit1@po-box.esu.edu
2017 PATS Convention	June 8-10, 2017	Sheraton Erie Bayfront and Erie Convention Center	More information found here