

The UpdATe



What does Membership mean to you?

PATS membership is an incredible opportunity to support the profession that I am passionate about. Being a member gives me the opportunity to be a part of an organization that is making positive changes for the profession of Athletic Training in Pennsylvania, changes that will have a direct impact on my career and the future of Athletic Training. Since 1976 ATs have been working together in very meaningful ways to make the profession what it is today. As an active member I have an opportunity to continue that work. For me membership is the ultimate way to support Athletic Training in PA. As a member, there is an opportunity to have an active role in continuing that work for the next generation of ATs.

Working on the Member Engagement and Value committee, I am no stranger to speaking about PATS membership benefits. In my experience the benefits of active membership go far beyond any list we could generate. PATS Membership has afforded me the opportunity to learn, grow, and gain influence from ATs across the state of PA. The connections I have made so far on my membership journey are invaluable. Membership has provided equal opportunities for personal and professional growth.

Membership Engagement Chair: Mary Kathryn Schickel, MS, LAT, ATC

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Wait...we just got a newsletter...

Yes, yes you did. The UpdATe is working to keep up with the fast-paced environment of athletic training so you will be hearing from us more often. Feel free to reach out with content to quarterlynewspats@gmail.com

Scan here to contact your Senators to ask them to co-sponsor a bill to help modernize the Athletic Training State Practice Act in PA.

2023 – 2025 Legislative Session



OUR MISSION:

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

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THANK YOU TO OUR SPONSORS:



We know that heat-related illness is preventable and that instances can be significantly decreased or eliminated when best practices are followed. As you prepare for weather this pre-season, be sure to examine these resources that reflect best practices. We hope everyone has a successful pre-season and Fall!

The Korey Stringer Institute - resources include the use of rectal thermistors, cold water immersion step-by-step guide, equipment list, and much more. <https://ksi.uconn.edu/emergency-conditions/heat-illnesses/exertional-heat-stroke/heat-stroke-resources/>

Research and Grants Chair: Alison Gardiner Shires, PhD, ATC
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Building Blocks of Clinical Practice

Helping Athletic Trainers Build a Strong Foundation

Issue #10:
Treatment of Heat Illness

General Considerations

- Cold water immersion should be set up prior to any high risk event
- Follow a proper heat-acclimatization program to reduce the risk of exertional heat illness
- Monitor environmental conditions on a regular basis, promote and monitor proper hydration
- Should an emergent situation occur, be prepared to initiate emergency action plan
- Be sure to follow state regulations when communicating about your patient with heat related illness and administering treatment to them

Heat Exhaustion (Urgent Condition)

- Remove patient from heat to a cooler, shaded environment
- Remove excess clothing and equipment
- If available, obtain a core body temperature to rule out heat stroke
- Cool the patient with fans and/or ice towels
- Elevate the patient's legs
- Monitor vital signs
- Provide fluids for the patient to rehydrate
- If patient does not improve within five minutes, treat as exertional heat stroke
- Initiate emergency action plan as needed

Heat Stroke (Emergent Condition)

- If heat stroke is suspected, immediately remove the patient from activity to a cooler, shaded area
- Initiate emergency action plan
- If available, obtain and monitor core body temperature
- Immediate on-site cold water immersion is STRONGLY recommended if heat stroke is suspected
 - cold water immersion is the gold standard for heat stroke treatment
 - survival from exertional heat stroke depends on rapid cooling of the patient
 - individuals tend to cool an average of about 1°F every three minutes during cold water immersion
- Return to play following physician clearance

Exertional Sickness (Emergent Condition)

- Withdraw the athlete with sickle cell trait from exercise if he/she shows any signs and symptoms of exertional sickness
- Initiate emergency action plan
- Monitor vital signs
- Provide supplemental oxygen (15 L/min with a non-rebreather mask)
- If vital signs decline:
 - have AED accessible
 - if available, initiate an IV of normal saline
 - transport to hospital
 - call ahead for hospital to prepare for explosive rhabdomyolysis
- Return to play following physician clearance

Hyponatremia (Emergent Condition)

- If hyponatremia is suspected, do NOT provide fluids or IV normal hypotonic saline until blood sodium is evaluated
- Mild hyponatremia: blood sodium 130-135 mEq/L
 - restrict fluids and consume salty foods
 - continue this until diuresis and correction of blood sodium
- Severe hyponatremia: blood sodium < 130 mEq/L and deteriorating mental status
 - IV hypertonic saline (3% to 5%) until blood sodium reaches 128-130 mEq/L
 - serial measures of blood sodium
 - transport to hospital
- Return to play following physician clearance and a plan to prevent further episodes

Building Blocks of Clinical Practice

Helping Athletic Trainers Build a Strong Foundation

Issue #10:
Treatment of Heat Illness

Cooling Techniques to Manage Heat Illness

- ▶ Cold water immersion
- ▶ Rotating wet ice towels over the entire body
- ▶ Dousing with cold water (e.g., cold shower)
- ▶ Fanning patient

Step-by-Step Cold Water Immersion

- ▶ Ice should be added to the tub as soon as heat stroke is suspected
- ▶ Insert thermometer probe for measuring rectal temperature, if available
- ▶ Using as many people as possible, lift the patient into the tub
- ▶ Some patients may become aggressive and will need to be restrained in the tub
- ▶ Immerse as much of the body as possible
- ▶ Support the patient in the tub by looping a towel under his/her arms
- ▶ Cover the patient's head with a wet towel that is changed every 2-3 minutes
- ▶ Stir the water and monitor the patient's temperature continuously
- ▶ Remove patient when his/her rectal temperature is 102° F
- ▶ If core/rectal temperature is not available, cool for 15 minutes
- ▶ Continue to monitor patient's temperature during recovery as his/her temperature may continue to drop

References

1. Casa DJ. Preventing Sudden Death in Sport and Physical Activity. Jones & Bartlett Publishers; 2011.
2. Binkley HM, Beckett J, Casa DJ, Kleiner DM, Plummer PE. National Athletic Trainers' Association Position Statement: Exertional Heat Illnesses. *J Athl Train.* 2002;37(3):329-343.
3. Casa DJ, McDermott BP, Lee EC, Yeagris SW, Armstrong LE, Maresh CM. Cold water immersion: the gold standard for exertional heatstroke treatment. *Exerc Sport Sci Rev.* 2007;35(3):141-149.
4. Casa DJ, Guskiewicz KM, Anderson SA, et al. National Athletic Trainers' Association Position Statement: Preventing Sudden Death in Sports. *J Athl Train.* 2012;47(1):96-118.

NATA Research & Education Foundation
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NATA

1

Can your patients and staff differentiate between heat syncope, heat exhaustion and heat stroke? Understanding the difference between these terms and conditions is vital in making appropriate clinical decisions and will dictate treatment.

2

Do you have proper staffing to adequately prevent and care for heat illnesses? Athletic trainers are experts in recognizing and treating heat illness and should be the first line of defense.

Collaboration with local physicians and emergency response personnel is vital for proper care.

Does this collaboration include discussion regarding the best practice of lowering core body temperature prior to transport?

3

Have you identified those who are at a high risk of heat illness? Obtain medical history and pre-participation exams for all participants so medical staff is prepared to treat each patient.

Preparing for Heat Illness: Athletic Trainer Checklist

+ Is your emergency action plan current and properly distributed?

- Review and train those individuals who will be responsible for care in an exertional heat illness emergency
- Do you annually practice your EAP for heat stroke, including cold water immersion, checking to make sure your rectal thermometer has working batteries and reviewing how to perform rectal thermometry?
- Does education include coaches, administration and student athletes on signs, symptoms and care for suspected heat illness?

🌡️ Are you prepared to monitor and identify high-risk environmental conditions?

- Heat index should be measured and recorded regularly and actively should be modified based on wet-bulb globe temperature monitoring or heat index table.

ksa.usace.army.mil/prevention/wet-bulb-globe-temperature-monitoring

www.weather.gov/wmo/heatindex

💧 Do you have a hydration plan?

- Fluids should be readily available at all times.
- Participants should be informed on how to monitor their own hydration status.

www.usace.army.mil/prevention/wet-bulb-globe-temperature-monitoring

❄️ Do you have a cooling plan in place?

- Cold water immersion ice tub should be available to treat an athlete with suspected heat illness.
- A plan should be in place of how to measure and record core body temperature. Rectal temperature is best practice.
- Rectal temperature is the only method of obtaining an immediate and accurate measurement of core body temperature in an exercising individual.

Need further resources?

Heat Illness (NATA.org)
 Korey Stringer Institute (University of Connecticut)
 NATA National Research Executive Summary of Exertional Heat Illnesses Position Statement and Issues
 NATA Research on Heat and Hydration

Keely Arndt

Hello! My name is **Keely Arndt**. I am currently starting my senior year at East Stroudsburg University (ESU) in the undergraduate B.S. Athletic Training program. I am thrilled to be slated for a graduation date of May 2024. Although my college journey started during the midst of COVID-19, I didn't let that stop me. Joining the Athletic Training Student Club (ATSC) online was also far different than I anticipated as a senior in high school, but I am so glad I took the time to get involved early.

Now with classes consistently back in person, I have been able to allow my knowledge and commitment to success blossom further. Being able to join in person ATSC meetings and events, along with becoming a member of ESU's Iota Tau Alpha chapter, has been very refreshing. I am extremely grateful for the brilliant and invaluable professors at ESU for continuing to answer my never ending stream of questions about special tests, therapeutic exercise, or modalities, and beyond. They have assisted me in becoming even more involved in the world of athletic training and starting so many intriguing new opportunities. This spring, I applied for and accepted the position as the next student on the NATA's LGBTQ+ Advisory Committee, starting in 2024. With all of the concerning and harmful legislature popping up over the country for LGBTQ+ athletes and youth, advocacy and education is more important than ever. This position even gave me the opportunity to travel to Indianapolis, Indiana for the 2023 NATA Convention and Symposium. From lectures, the ATSS, and interactions with Hall of Fame inductees, I was able to add immensely to my athletic training and professional development tool kit. However, I couldn't have gotten to Indianapolis without winning one of the Chuck Kimmel First Time Attendee Awards through the NATA and assistance from ESU's ATSC.

In the past, I have spent my first three rotations in various high school settings, such as Bangor Area High School and Pleasant Valley High School. As an aspiring secondary school athletic trainer, these experiences were paramount to getting a sense of what my future job may look like. Last fall, I spent the fall semester at Blair Academy in Blairstown, NJ for my second rotation. At Blair Academy I got to work with some interesting sports such as squash and water polo. The connections, new people I met, and the on-job experience I cultivated at each site is one of my fondest memories as an athletic training student.

Looking forward, I am going to be interning at Lafayette College in Easton, PA. I cannot wait to continue to build and sharpen my skills in a college setting this semester. In my time away from school, I try to seek out more ways to advance my knowledge as well by volunteering at youth track meets and working as a rehabilitation tech. The people I have met and the knowledge I have gained by being an athletic training student at ESU is something I will hold dearly with me moving forward.



PATSDOH Concussion Group

The PATSDOH Concussion Grant Work Group saw the most ConcussionWise Presentations since the grant's inception in 2013. Our 15 ConcussionWise Instructors completed 131 ConcussionWise presentations to 2,464 participants. Thank you to all of our ConcussionWise Instructors for delivering concussion education this past year.

The Sport Safety International educational videos were revised in the fall of 2022 and have been a great resource for our instructors.

Thank you to our outstanding work group members which include: Devin Kielur, Lucas Bianco, Erica Beidler, Linda Mazzoli, and Shaniece Jackson. Thank you to our PATS EB Liaisons: Shelly Fetchen Dicesaro and Miranda Fisher.

The PATSDOH Concussion Grant Work Group will work together with the PADOH to develop a promotional campaign designed to increase awareness and accessibility to the PATS Concussion Toolbox app. The work group is currently seeking youth sport organizations to work with to provide concussion education to their participants.

PA AT Political Action Committee

We support PA legislators that support ATs and all of our patients.



DONATE TO THE PATPAC!
PLEASE and THANK YOU!

How to get involved:

The PATSDOH Concussion Grant Work Group is currently looking for new ConcussionWise Instructors for the 2023-2024 year. ConcussionWise Instructors will receive \$375 per presentation. ConcussionWise Instructors must complete a certification through Sport Safety International. ConcussionWise Instructors must be licensed athletic trainers in PA. Interested ATs could email concussiongrantpats@gmail.com for more information on how to become a ConcussionWise Instructor.

We are currently looking to have at least 1 ConcussionWise Instructor in each PIAA District. If you are an AT in District 1, District 5, District 7, District 9, District 11, or District 12 and are interested in learning more, please reach out for more information.

Northwest News:

Rep: Hannah Reichert, MS, LAT, ATC, CES, PES
NWrepPATS@gmail.com

-Barbara Kennard received a 30-year service award for her time at UPMC Sports Medicine.

-Wishing everyone a safe and successful fall sports season. Remember to take time for yourself to relax!

Here we go! Gearing up for pre-season in the College and University setting is a phenomenon like no other. Every year is a mix of expected hurdles and brand-new challenges. We strive diligently to prepare for every possible scenario that may put our scholar-athletes at risk for injury. Our staff began this preparation for the upcoming school year in June, combing through our policy and procedures a few weeks after graduation. In the past year, we've added policies to address mental health emergencies, transgender scholar-athlete participation, and air quality. Inventory of supplies was taken, bids submitted, and hesitant orders were placed. Money and time are always tight in our world.

As the summer progressed, we turned our attention to the influx of documents procured from our scholar-athletes. The documentation includes physicals, insurance attestations, signed acknowledgments of policy and risk, and lengthy health history. Every item was examined for possible red flags or areas of prevention. Finally, we rehearsed our emergency action plans, checked equipment to ensure they are at-the-ready should the need arise, and organized our entire healthcare team. Statement of Operating Procedures are updated and signed, ambulances are scheduled and relationships with healthcare specialists are renewed.

All this and still it always feels like I'm missing something.

College and University athletic trainers are facing a crisis. The workload and expectations increased while our numbers dwindle, all the while we grind on with preparations; a recipe for disaster. WE, the caregivers, spend so much of our energy ensuring the health and safety of our patients, as well as the health of our institutions, we forget to take care of ourselves.

Compassion fatigue and burnout are widespread in healthcare (Bhutani, 2012), and although incident rates have only recently been explored in athletic training, anecdotal evidence in the College and University setting is widespread.

While you're taking care to ensure your scholar-athletes are safe, keep an eye out for these symptoms in yourself: GI issues, headaches, muscle tension, insomnia, sadness, apathy, cynicism, oversensitivity, irritation, depression, anxiety, existential questioning, increased use of sick days, decreased productivity, job dissatisfaction, turnover, and choosing to leave the profession.

If you recognize these symptoms you can take steps to mitigate the effects of burnout and compassion fatigue. Some ideas include:

1. Give yourself permission to take care of yourself
2. Develop the Art of Self Management
3. Take time to organize your life and schedule time for yourself
4. Learn to say "No" and set Boundaries
5. Find your support system
 - a. Include a peer who will contribute to your self-esteem, listen well, and care
 - b. Accountability buddy who will give you permission to take care of yourself
6. Find your outlet
 - a. Exercise, Hobbies
 - b. Meditation

Further information can be found here
<http://www.compassionfatigue.org/pages/nextsteps.html>

College & University Chair: Wendy Wheeler,
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Comings and Goings

New Co-Chairs

Keith Varney, AT for Lebanon School District in Lebanon, PA and Rich Patterson, AT Program Director for PennWest University will co-chair the History and Archives Committee. Please forward any athletic training items, pictures, or articles to the committee, no matter how trivial you may feel they may be. Its very important to continue to document all the great things happening or have happened in our profession.

Update

Additionally, the Committee has tracked down the digitized version of our history. Some years ago our 6+, 6" binders, full of archived materials, were digitized and placed on microfiche. The microfiche was placed on a CD and given to, as we understand it, the PATS Presidents and H&A chair at the time. It was believed those copies were lost to time. Well, thanks to Tanya Miller, a copy has surfaced. H&A is in the process of identifying a company that can "read" the files and convert them to a platform that all PATS members can access. Stay tuned, good things are coming.

History & Archives

Co-Chairs: Richard M. Burkholder, LAT, ATC

Sandy Zettlemoyer, LAT, ATC

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Southcentral News

Rep: Alex "Sandy" Zettlemoyer, DAT, LAT, ATC, CES
SCrepPATS@gmail.com

Following decades assisting the athletes of Carlisle Area School District and those from visiting schools district, Richard "Burke" Burkholder has retired. He has helped countless athletes that have gone on to college careers at all levels and even those who have had successful professional sports careers. Burke has also mentored many athletic training students, several who have become AT professionals in their own right. Burke is a PATS HOF member as well as a PATS Founding Father. We hope you enjoy retirement with your wife, Nancy and you get to visit Rick and your grandchildren. Burke, the athletes and Athletic Trainers of PA Thank you!



When asked for insights into heat illness as a SSAT, no one on my committee has had to deal with a significant case of heat illness/heat stroke. I am hopeful that this speaks to us being prepared for significant emergencies, as we are every day. I understand that budgetary concerns may play a role in what equipment you have available at your school. CWI (cold water immersion) tubs can be found for between \$100-\$200 at your local Tractor Supply stores (search Rubbermaid stock tanks). There are even some foundations promoting awareness of heat related illnesses where you may even be able to apply and have your school receive a tub as a donation.

Wilson High School secured it's first CWI tub from the *Zach Martin Foundation*. Then we budgeted to purchase two more for each of our middle schools. If that amount is totally out of the question, reach out to a local funeral home or coroners office and see if they would be willing to donate a body bag. It's something that I keep in my med kit for emergency use off site. It would be relatively easy to perform the TACO method with your water jugs, ice and the body bag. Along with your CWI tubs, you should have a WBGT device and a rectal thermometer. All of these are essential items in your Athletic Training room.

I'd also suggest reading "Can My Child Play? The Questions We Should Have Asked" by Marty McNair. Marty lost his son, Jordan, who was a University of Maryland football player, 15 days after Jordan collapsed at practice while running sprints. Reading that book and meeting and speaking with Marty at an NATA convention, really ignited me to make sure we had everything we needed here at Wilson to help treat heat illness.

Secondary School Committee Chair: Kiernan Melograna LAT, ATC
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Berks County ATs Become "Koala-fied"

Twenty-five athletic trainers from Berks County, PA became certified in Youth Mental Health First Aid in July. Mental Health First Aid (MHFA) is 3-year certification through the National Council for Mental Wellness. The course prepares individuals to recognize early warning signs of mental health concerns, to initiate conversations about mental illness, to assist an individual experiencing a mental health challenge or a mental health crisis, and to encourage appropriate professional help and self-help. The course was delivered by Dr. Jennifer Ostrowski, Director of the DAT program at Moravian University (Bethlehem, PA). Learn more about MHFA and how to become certified here:

<https://www.mentalhealthfirstaid.org/>



Southeast News:

Rep: Kyle Harris, MS, LAT, ATC
SErepPATS@gmail.com

- The southeast region is mourning the loss of Phil Donley. Phil was a giant in the athletic training world, a faculty member and founder of the athletic training program at West Chester University. A celebration of life was held on August 4th. He will be greatly missed
- Southeast member and PATS president Dr. Nicky Cattano along with other PATS members played in PA Senator Patrick Stefano's annual golf outing. While the group didn't win they represented PATS and the SE well!
- On August 8th, 14 athletic trainers successfully defended their capstones and completed Temple University's Doctorate of Athletic Training (DAT) program. Congratulations to all and way to push the profession forward
- Congratulation to NATA president-elect and head athletic trainer at Widener University on his 34th (and final year) at Widener University!

Coach: "When do you think he can play?"



Northeast News

Rep: John Ostrowski, DAT, LAT, ATC, GTS
NErepPATS@gmail.com

I hope everyone had an enjoyable Summer, and are recharged and energized as we enter the Fall sports season, the start of a new Academic year, and what is generally an incredibly busy time for Athletic Trainers no matter what their setting might be!

I often find myself forgetting to enjoy the ride, and one of my personal goals as I enter preseason camp is to focus more on all the positives, and dwell less on the negatives (admittedly easier said than done!!). One way I'm trying to do this is to take more pictures, share more stories, and in general help spread the word of all the good Athletic Trainers do in their settings and communities at large. I ask all of you to help me in this endeavor by sharing with me the incredible stories that undoubtedly will unfold this Fall in the Northeast region!

Southwest News:

Rep: William Ankrom, MS, LAT, ATC
SWrepPATS@gmail.com

-Jess Muney, University of Pittsburgh ATS received an PFATS Ethnic Diversity Scholarship.

- Guy Sanchioli received a 30 year service award through UPMC Sports Medicine.

- The Southwest Region is mourning the loss of Excelsa Health Sports Medicine physician, Dr. James Masterson, who was a great advocate for ATs in the region and beyond.





The start of any school year holds energy, excitement, anxiety, and possibly fatigue for many athletic trainers around the Commonwealth.

It has been neat to see many self-advocating and promoting the great work going into pre-season health care, presentations, and class preparations.

We know that many across the state do not fully understand the depth and breadth of what we do - but we are making progress.

Legislators WANT to come visit at our workspaces to learn more about what we do, the people that we help, and the organizational cultures that we positively contribute to. Please consider hosting anyone to have them learn more.

This edition of the Newsletter has a slight twist in content to help highlight some of the amazing things that we do as well as how we can become better athletic trainers.

Tune into our social media channels, our PodCast, or reach out to any executive board or committee member. PATS is doing some exciting things and I hope that you are engaging in some form of it.

We will continue to push and elevate the profession. Thank you for ALL that you do. Together we make this profession greAT! Please don't hesitate to reach out if you want to talk or if you need anything. And please remember to take care of yourselves during this hectic time.

