2021 ALATA Annual Clinical Symposia and Members' Meeting

May 27-30, 2021

Educational Program

Thursday May 27th

1:30-2:00 **Welcome from the ALATA President** *Main Ballroom*

Kyle Southall

2:00-3:00 **Wound Management: Concepts and Techniques** *Main Ballroom*

Domain: II, III

Skill Level: Essential

CEU: 1 Category EBP

Speaker: *Kirby Kelley MA, LAT, ATC, OTC*

At the end of this session, attendees will be able to:

1. Identify optimal conditions for wound closure and the methods to decrease wound morbidity.
2. Demonstrate the ability to differentiate lacerations and implement the best practice in management.
3. Appraise best practices for wound care management in post-operative patients.
4. Design methods of educating Athletic Training students on proper wound care management within mentoring sessions or classic curriculum.

3:00-5:00 **Fear and Anxiety Following Covid-19** *Main Ballroom*

CEU: 2 Category A

Speaker: *Bhrett McCabe PhD*

At the end of this session, attendees will be able to:

1. Recognize the signs and symptoms of the mental health burden among practitioners associated with the Covid-19 pandemic.
2. Implement effective self-care strategies to cope with stress personally.
3. Generate mental health awareness initiatives for their respective programs based on learnings from the pandemic challenges.

5:00-6:00 **Hip Dissection with Commentary** *Main Ballroom*

CEU: 1 Category A

Speaker: *Michael Ryan MD*

At the end of this session, attendees will be able to:

1. Apply hip anatomy knowledge to clinical diagnosis.
2. Interpret anatomical structures to correlate with ultrasound guided injections.
3. Differentiate pathology based on which tissues elicit signs and symptoms.

Friday May 28th

7:15-8:15 **Breakfast and a CEU**

Breakout I – Secondary Schools *Main Ballroom*

CEU: 1 Category A

Speaker: *Dave Bush MS, LAT, ATC*

At the end of this session, attendees will be able to:

1. Interpret and understand the available data from Athletic Training Locations and Services (ATLAS).
2. Justify the need for resources and Athletic Training services by using data from ATLAS.
3. Generate a school-specific application for the Safe Sports School Award (SSSA).

Breakout II- Collegiate *TBD*

CEU: 1 Category A

Speaker: *Alyson Gramley M.Ed, LAT, ATC*

At the end of this session, attendees will be able to:

1. Evaluate current cardiac screening programs utilized by collegiate and professional Athletic Trainers.
2. Evaluate various tools utilized by Athletic Trainers in concussion screening, management, and reporting.
3. Interpret concussion reporting timeline.

Breakout III- Clinical *TBD*

CEU: 1 Category A

Speaker: *Kirby Kelley MA, LAT, ATC, OTC*

At the end of this session, attendees will be able to:

1. Identify the clinical Athletic Trainer's roles.
2. Apply training and experience to job description in the clinical setting.
3. Explain benefits of resident-trained Athletic Trainers.

Breakout IV- Industrial *TBD*

CEU: 1 Category A

Speaker: *Alicia Jay MAT, LAT, ATC, CESSII*

At the end of this session, attendees will be able to:

1. Identify the types of first aid regulated by Occupational Safety and Health Administration (OSHA).
2. Differentiate between a recordable and non-recordable injury.
3. Compare the current state practice act with the previous practice act and distinguish differences for industrial Athletic Trainers.

8:30-10:00 **Anabolic Androgenic Steroid Use in Adolescent Student-Athletes:** *Main Ballroom*

The Pressure to Perform

Domain: I, II, V

Skill Level: Essential

CEU: 1.5 Category EBP

Speaker: *Tavis Piattoly MS, RS, LDN*

At the end of this session, attendees will be able to:

1. Identify the signs and symptoms of anabolic androgenic steroid use.
2. Identify dietary supplements that are third-party tested and free of banned substances.
3. Describe how to educate athletes on the signs, symptoms, and potential side effects of anabolic androgenic steroid and dietary supplement use.
4. Identify dietary supplements that are supported by the scientific evidence compared to those being marketed without evidence.

10:00-11:00 **Female Athletic Injuries** *Main Ballroom*

CEU: 1 Category A

Speaker: *Joanne Baird MD*

At the end of this session, attendees will be able to:

1. Describe differences in specific injuries that female athletes sustain compared to their male counterparts and identify potential reasons for those differences.
2. Explain methods to potentially prevent female athletic injuries.
3. Describe the clinical significance and importance of relative energy deficiency in sport (RED-S).

11:00-11:30 **Legislative Q&A with Governmental Affairs Committee Chair** *Main Ballroom*

Chris King LAT, ATC

11:30-12:30 **Versatility of Omega-3 for Athletic Performance and Brain Health** *Main Ballroom*

CEU: 1 Category A

Speaker: *Tavis Piattoly MS, RDN, LDN*

At the end of this session, attendees will be able to:

1. Identify the benefits and research on omega-3 for body composition, inflammation, treating concussions, and tissue recovery.
2. Describe the Omega-3 dosing guidelines for health, performance, body composition and concussion management.
3. Differentiate the forms of fish oil for absorption and bioavailability.

Saturday May 29th

7:15-8:15 **Athletic Training in the Military Setting** *Main Ballroom*

CEU: 1 Category A

Speaker: *Justin Moody PhD, LAT, ATC and Matthew Gardiner M.Ed., LAT, ATC*

At the end of this session, attendees will be able to:

1. Describe the roles and responsibilities of the Athletic Trainer in a Military setting and compare to other Athletic Training settings.
2. Outline the duties of the Athletic Trainer in the different phases of Basic Combat Training (BCT)
3. Discuss and describe common injuries in the Military setting including stress fractures, tendinopathies, concussions, and foot pathologies.

8:30-9:30 **Covid and Athletics: A Year in Review** *Main Ballroom*

CEU: 1 Category A

Speaker: *James Robinson MD*

At the end of this session, attendees will be able to:

1. Identify Covid-19 testing strategies to allow for return-to-play.
2. Discuss management of positive athletes and contact tracing.
3. Evaluate vaccines and their effect on the pandemic.

9:30-10:30 **Tactical to Practical Pre-Hospital Care: Management of Mass-Hemorrhage** *Main Ballroom*

Domain: II, III

Skill Level: Essential

CEU: 1 Category EBP

Speaker: *Ray Castle PhD, LAT, AT, NREMT*

At the end of this session, attendees will be able to:

1. Recognize the pathophysiology of mass hemorrhage injuries of the extremities, with a focus on interventional outcomes using various types of commercial vs. improvised tourniquets.
2. Critically analyze and discuss current evidence-based studies involving positive clinical outcomes in using various types of tourniquets in modern military trauma.
3. Distinguish the types of limitations of various commercially available tourniquets utilized in both tactical and civilian pre-hospital trauma situations.
4. Critically analyze and discuss evidence-based decision-making criteria in the application of tourniquets for various limb trauma situations.
5. Use and apply knowledge of tourniquets to various pre-hospital trauma situations encountered by Athletic Trainers.

10:30-11:30 **Allergic to Exercise: An Overview of Exercise-Induced Urticaria & Anaphylaxis** *Main Ballroom*

CEU: 1 Category A

Speaker: *Matt Gilbert MD*

At the end of this session, attendees will be able to:

1. Recognize and diagnose an athlete who experiences exercise-induced urticaria.
2. Categorize different risk factors that may predispose an athlete to various urticarial reactions.
3. Formulate a treatment and prevention plan for athletes who experience exercise-induced urticaria.

11:30-12:30 **Performance Enhancing Drugs** *Main Ballroom*

CEU: 1 Category A

Speaker: *Rudy Harrison MD*

At the end of this session, attendees will be able to:

1. Differentiate between the different classes of performance enhancing drugs.
2. Identify adverse effects associated with performance enhancing drug use.
3. Identify the governing bodies and monitoring process associated with performance enhancing drugs.

Sunday May 30th

7:15-8:15 **Emotional Intelligence- Winning the Room** *Main Ballroom*

Domain: V

Skill Level: Advanced

CEU: 1 Category EBP

Speaker: *Kyle Southall PhD(c), LAT, ATC, PES, CSCS*

At the end of this session, attendees will be able to:

1. Identify basic principles of emotional intelligence in a one-on-one setting.
2. Identify basic principles of emotional intelligence in a group setting.
3. Identify basic enneagram of personality traits and articulate how emotional intelligence principles can affect individual (s) response to a psychological stimulus.
4. Select and employ emotional intelligence principles to meet the objective(s) and desired outcome(s) of an interaction with another individual.

8:30-9:30 **2020 CAATE Standards and Future of AT Education** *Main Ballroom*

CEU: 1 Category A

Speaker: *Lizzie Elder PhD, LAT, ATC and Jeri Zemke PhD, LAT, ATC*

At the end of this session, attendees will be able to:

1. Implement Quality Improvement methods in clinical practice.
2. Discuss best practices for supervising clinical education and developing young clinicians.
3. Utilize needs assessment to develop an individual learning plan.

9:30-11:30 **Improving Efficiency and Outcomes in Pre-Hospital Care** *Main Ballroom*

CEU: 2 Category A

Speaker: Ray Castle PhD, LAT, AT, NREMT and Ronnie Harper LAT, AT, NREMT

At the end of this session, attendees will be able to:

1. Describe and examine the essential components of the emergency action plan (EAP) utilized in various Athletic Training practice settings.
2. Explain and differentiate the four-step process for implementing a pre-hospital emergency care training program to improve skill competence and patient care outcomes.
3. Identify the various intrinsic and extrinsic barriers and opportunities for successful implementation of an effective training program.

4. Utilize a systematic process for measuring and evaluating the efficacy of the pre-hospital emergency care training program.

5. Construct and design effective and realistic emergency situations utilizing a standardized case report in various Athletic Training settings.

11:30-1:00 **Elbow Dissection with Commentary** *Main Ballroom*

CEU: 1.5 Category A

Speaker: *Lyle Cain MD*

At the end of this session, attendees will be able to:

1. Explain the anatomical structure of the elbow.
2. Identify which structures stress is placed on during different biomechanical positions.
3. Correlate location of symptoms with anatomical structures and landmarks