



## **Summer 2019 AzATA Symposium**

**Mental Health Certificate Track: 15.5 CEUs (including 2.5 EBP CEUs pending)**

**Best Practices Track: 15 CEUs (including 2.5 EBP CEUs pending)**

**Joint Sessions**

**Registration**

## **Friday July 12th, 2019**

**Mental Health Certificate Track: 5.0 Cat A CEUs**

**Best Practices Track: 5.0 Cat A CEUs**

**2p-230p: Registration (30 min)**

**230p-330p: Joint General Session:**

The Positive Impacts of an Athletic Trainer in Physician Practice (1.0 Cat A CEU)

Aaron Walker, MBA, MA, LAT

- Participants will be able to describe the athletic trainer's role in physician practice
- Understand the financial impact an AT has on a physician practice
- Understand the value of the AT in the physician practice setting and how an AT can make it more efficient
- Apply what they have learned about ATs in physician practice to their current role to ensure they are practicing at the top of their scope

**330p-345p: Joint Break (15 min)**

**4p-8p: Mental Health Certificate Track (first 4 hours of 8-hour course)**

Mental Health First Aid (4.0 Cat A CEUs)

Scot Raab, PhD, AT, LAT, CCD

Glenn Edgerton, EdD, LAT, ATC

- Define mental health and mental health problems
- Describe the impact of mental health on individuals, friends, families, and communities
- Differentiate and identify depression, anxiety, psychosis, substance use disorders, and eating disorders
- List the first aid steps (ALGEE) for mental health crises
- Identify steps to stomp out stigma associated with mental health disorders

*\*\*Attendees for this 8-hour course will receive a certificate in Mental Health First Aid. This course helps you assist someone experiencing a mental health or substance use-related crisis. Must attend both 4-hour sessions.*

**345p-815p: Best Practices Track**

**345p-445p: Fueling Today's Athlete (1.0 Cat A CEU)**

Jay Sutcliffe, PhD, RD

- Implement practical principles related to: meeting the calorie and fluid needs of athletes
- Distinguish the macro and micro nutrient needs and sources
- Implement strategies for meal timing
- Develop meal plans for athletes when they travel
- Apply principles for special dietary considerations



**445p-545p:** The Secondary School Value Model – Creating Change in your Practice (1.0 Cat A CEU)

- Contrast between Value and Worth.
- Investigate organizational strengths and weaknesses and apply Value documents to strengthen identified weaknesses.
- Construct organization based Value documents based on organizational data.

**545p-615p: Break (30 min)**

**615p-715p:** Football Protective Equipment Overview (1.0 Cat A CEU)

Carlos Loaiza, Equipment Manager, Certified

- Review current equipment models and technology
- Discuss how to best communicate with parents and staff about ratings and standards

**715p-815p:** Bleeding Control Basics (B-Con) (1.0 Cat A CEU)

Wendy Otten BSN, RN, CEN

Merideth Gradowski BSN, RN, CPEN

- Identify symptoms of life-threatening bleeding
- Evaluate when use of tourniquet is appropriate for hemorrhage control
- Evaluate when use of gauze/wound packing is appropriate for hemorrhage control
- Describe equipment needs for life-threatening bleeding
- Demonstrate correct application of tourniquet and wound packing

*\*\*Attendees for this 1-hour course will receive a certificate in Bleeding Control Basics. The course was developed to address the needs of the immediate responder to control life-threatening bleeding until help arrives.*



**Saturday July 13th, 2019**

**Mental Health Certificate Track: 7.0 Cat A CEUs**

**Best Practices Track: 6.5 Cat A CEUs**

**8a-830a: Registration (30 min)**

**830a-9a: Joint: Vendors and Business Meeting (30 min)**

**9a-1p: Mental Health Certificate Track (second 4 hours of 8-hour course)**

Mental Health First Aid (4.0 Cat A CEUs)

Scot Raab, PhD, AT, LAT, CCD

Glenn Edgerton, EdD, LAT, ATC

- Define mental health and mental health problems
- Describe the impact of mental health on individuals, friends, families, and communities
- Differentiate and identify depression, anxiety, psychosis, substance use disorders, and eating disorders
- List the first aid steps (ALGEE) for mental health crises
- Identify steps to stomp out stigma associated with mental health disorders

*\*\*Attendees for this 8-hour course will receive a certificate in Mental Health First Aid. This course helps you assist someone experiencing a mental health or substance use-related crisis. Must attend both 4-hour sessions.*

**9a-1245p: Best Practices Track**

**9a-1030a: Best Practices of Appropriate Medical Care in Secondary Schools (1.5 Cat A CEUs)**

Bart Peterson, MSS, AT

- Describe how to develop an evidence based medical delivery system for any organization which sponsors athletics and sports for the secondary school age athlete.

**1030a-1045a: Break**

**1045a-1145a: The Anatomy of Dental Trauma (1.0 Cat A CEUs)**

Dale Hallberg, DDS

- Develop a basic understanding of dental and oral anatomy to help understand and diagnose oral injury
- Understand potential modes of injury to help diagnose, treat and prevent injury
- Develop a sense for determining an injury's urgency for further treatment
- Identify removal from play criteria
- Discuss prevention of injuries
- Describe the correlation between oral trauma and possible concussion
- Develop an understanding of what injuries can and should be treated immediately vs. which ones are "the damage is done" and can wait for later

**1145a-1245p: Physician Direction – They Really Don't Need the Directions, We Do! (1.0 Cat A CEUs)**

Bart Peterson, MSS, AT



- Identify the need for Physician Direction in their practice.
- Contrast between the Team Physician and a Directing Physician
- Identify essential components of Physician Direction.
- Begin the process of collaboration with their directing physician, school, and clinical administration in developing appropriate documents.

**1245p-2p: Joint: Lunch**

**2p-515p: Joint General Session**

**2:00p-3:00p:** Naturopathic Medicines Role in Sports Medicine (1.0 Cat A CEUs)

Dr. Kristen Bishop-NMD

- Define naturopathic medicine
- Describe how ND's are educated
- Describe the ND scope of practice in AZ
- Describe the core philosophies of ND, as well as the role an ND can play on the team of providers caring for athletes

**3:00p-4:00p:** Creating and Implementing a Mental Health Emergency Action Plan (1.0 Cat A CEUs)

Bart Peterson, MSS, AT

- Develop and create a plan for referral and treatment students with psychological concern.
- Collaborate with school administration and athletic department leadership in developing a plan and document to share with school personnel to effectively address student-athlete psychological concerns.
- Develop and ongoing relationship with secondary school entities to assist in the referral, care and disposition of psychological issues in student-athletes.

**4p-415p: Joint Break**

**415p-515p:** Resume and Physician Direction Work Session (1.0 Cat A CEUs)

Casey McKay, DAT, LAT, ATC, ITAT

Suzie Squires MS, AT, ATC

- Define terms/parts of an employment resume
- List important tips in writing an effective cover letter
- Develop an employment resume
- Compose a cover letter
- Define physician direction per Arizona rules and statutes
- Create a physician direction form
- Discuss various physician direction templates and common examples used among Arizona ATs
- Discuss how to communicate physician direction to various stakeholders



**Sunday July 14th, 2019**

**Joint General Session:**

**1.0 Cat A CEUs**

**2.5 EBP CEUs (EBP Pending)**

**8a-830a: Registration (30 min)**

**9a-10a:** Transitioning to a non-traditional setting: What I've learned from my journey into the industrial setting (1.0 Cat A CEU)

Anthony Andreadis, MS, ATC, NASM-CES

- Learn how to recognize ATs role in industrial setting
- Demonstrates understanding of the legal constraints of practicing in a non-trad setting
- Develop the tools for a business/growth mindset
- Examine understanding of industrial population's needs to inform best practices

**10a-1245p: \*EBP\* Session (2.5 EBP CEUs Pending) (includes 15 min break)**

**10a-11a:** Lecture: Using Positional Release for the Treatment of Upper Extremity Pain and Dysfunction (1.0 EBP CEUs Pending)

Barton E. Anderson, DHSc, AT, ATC

- Describe the theoretical basis for hypertonic and hypotonic muscle adaptations
- Discuss different pain generating theories as related to somatic dysfunction
- Demonstrate common PRT techniques for the upper extremity, thoracic, and cervical spine

**11a-1115a: Break**

**1115a-1245p:** Lab: Using Positional Release for the Treatment of Upper Extremity Pain and Dysfunction (1.5 EBP CEUs Pending)

Barton E. Anderson, DHSc, AT, ATC

- Describe the theoretical basis for hypertonic and hypotonic muscle adaptations
- Discuss different pain generating theories as related to somatic dysfunction
- Demonstrate common PRT techniques for the upper extremity, thoracic, and cervical spine



*The AzATA is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. A total of 12 Category A CEU's and 3.5 EBP Category CEU's (pending BOC approval) will be provided for those attending the entire duration of the meeting. According to the education levels described by the PDC Committee of the NATA, the following continuing education course is considered to be Essential Level.*