

February 2014

President's Message



Yvette Ingram, PhD, LAT,
ATC

On the way home from EATA in Mashantucket, CT I was thinking about the message I wanted to relay through the February Presidential Alert and decided on talking about the state of the Society. First, let me thank all of those who volunteer to make this Society a *Great One!* Every time I am around members and Presidents of other state organizations at events like EATA, I am more and more proud of PA and all of the members of PATS in the Commonwealth who give a little or a lot of themselves to make the profession and state Society better.

In this letter you will find a few highlights of the activities members of the Society have been working on in the last few months, as well as some upcoming events. For a more complete list, please [use this link](#) to view the PowerPoint Presentation from the PATS Business Meeting on Saturday, January 11 at the EATA convention. There were roughly 50 people in attendance at this meeting, more than half were students. Thank you to the students who took the time to attend this meeting. I hope you learned a few things and gained some mentors.

Throughout the last 6 months, various members of PATS have been working on Question and Answer papers for the membership. The purpose of these papers are to compile a list of frequently asked questions and their answers in one place to which members can refer. All five of these papers can be currently found on our [website](#).

The first of these papers answer questions dealing with summer camps and the legal implications of working as an Athletic Trainer (AT) in this venue. The old way of doing things is no longer permissible and ATs must be up to date on the latest implementation of the law in order to avoid potential legal issues.

The second paper that can be found on this page is a legislative issues paper. This answers many questions ATs have about the law, the differences between certification and licensure and implications of practicing without a license are just a few of the issues discussed.

The third paper that has recently been penned deals with the PIAA Heat Acclimatization guidelines that were implemented this past fall. We hoped to provide a consistent message to many questions that ATs and Athletic Directors (ADs) had about the newly implemented guidelines. These guidelines will be reviewed in the next month or so by the PIAA Sports Medicine Advisory Committee. If or when there are changes made to the existing guidelines, PATS will provide you with an update.

The final paper that is posted is a joint statement that was recently written with members of the Pennsylvania Society of Physician Assistants. This paper was written to better clarify the roles of an Athletic Trainer and Physician Assistant on the athletic

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Contact Us

www.gopats.org

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PATS Cell Phone

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 certified athletic trainer as a recognized health care provider for the physically active in the Commonwealth through legislative and credentialing efforts.
- T** Transact business on behalf of the Society's membership in a prudent, effective, And collaborative manner.
- S** Serve the membership by providing a gateway to educational, research, scholarship, and networking opportunities.

THIS ISSUE

- Student Symposium Information
- New Bill for ATs
- PATS Survey Results
- Affordable Care Act
- NPI: What is the big deal?
- Regional Recap
- Committee Reports
- Calendar of Events

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[Click here](#) to find your region

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health care team and define legal terms that pertain to each profession. Please use these documents; we believe they should be very helpful to the membership. There is also be a fifth paper that answers questions pertaining to Secondary School Setting Athletic Trainers.

Financially, the Society is in the best shape it has been in history. We are currently funding three endowed scholarships, looking to add a fourth one in the near future, and focused on endowing the PATS Research grant. Our investments yielded a 6% return this calendar year and because we are financial sound we are able to re-invest this interest back into the accounts so that the accounts will continue to grow.

There are a number of reasons for our financial security. First, PATS membership has increased by approximately 7%. This increase in membership also means an increase in dues money disbursed from District 2. The second reason we are more financial secure is because of the great work that our committee chairs are doing to be fiscally responsible. These efforts have not gone unnoticed; in fact, the surplus in funds is in large part due to these efforts. Another reason for this financial security is the work being done by Linda Mazzoli and Kyle Harris, as well as the whole Corporate Sponsorship committee. This group of individuals has been working hard to make new connections and increase the strength of our existing relationships with outside companies. Finally, it is through efforts of the Executive Board that PATS has been able to acquire a substantial amount of grant money over the last few years. This grant money in large part has been used to fund our legislative efforts in Harrisburg. Therefore, membership dues can be both invested and spent on activities that can be utilized by the membership.

The District 2 Annual Quiz Bowl competition was held this year at EATA on Friday night. All three place winners this year were from Pennsylvania. Congratulations to Steven Davi from King's College, Kyle Tuohy from East Stroudsburg University, and to Allison Montgomery from Penn State University on their first, second, and third place wins respectively in this competition. As you can see, the younger generation is following in the footsteps of us "older folk" and upholding the tradition of excellence of PA. A special thanks to Lindsey McGuire, Aaron Hand, and Greg Janik for another fine event.

On the legislative front things are going well in the Commonwealth. There are a number of bills we are watching, supporting, or working to amend that could/would have an impact on the Athletic Training Profession within the Commonwealth. SB606 sponsored by Senators Rafferty and Dinniman is one of the bills we are supporting. This bill will require public schools to update their Automated External Defibrillator (AED) technology. Some schools purchased AEDs years ago and may not be doing the proper updating or maintenance of these units. If passed, this law would require the districts to support the updated technology. We are working with Representative Murt to amend a bill that would allow ATs under the direction of a physician to make return to competition decisions for athlete's engaged in Professional Wrestling activities within the Commonwealth. Finally, we are watching a number of pieces of legislation that deal with child abuse and mandatory reporting in the Commonwealth. This would definitely impact ATs working in the public and private schools. We will keep you posted on any new events.

I could spend pages writing about all that is going on within the Commonwealth. I have selected a few of the bigger tasks/activities that have recently occurred but

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you can find more information about other activities at the link above to the PATS Business Meeting presentation at EATA.

A few points that I wanted to leave you with- Athletic Training Month is quickly approaching. As you may have heard, the NATA theme this year for the month of March is "we've got your back." PATS too will be doing a number of events in March to support Athletic Trainers. First, please contact your regional representatives about details. Each representative is hosting a continuing education opportunity in their region. These events are designed to allow ATs in the area to get together and discuss like interests and concerns, provide you with continuing education opportunities, and to raise funds for the PAT Political Action Committee. These funds are used for members of PATS to attend legislative events within the Commonwealth. By attending these events, we are making friends in Harrisburg and not just going to them when we need something from them. We hope to see you at some of these events.

Finally, April 1, 2014 is set for our Annual Hike to Harrisburg event. This event is used to educate individuals in the state capitol about Athletic Trainers, our skill set, and the benefits of using ATs. If you are interested in working with us or attending this event please contact either me, Tanya Miller, or Paul LaDuke for details. Our contact information can be found on the PATS website. Those of you working in our educational programs, this is an excellent opportunity for you to bring a group of students. Legislators love meeting and talking to students as we all know, they are our future. I will reiterate that it is for all of the above reasons and many, many more, that I believe PATS is the best state Society and the leaders of our profession.

Respectfully submitted,

Yvette
Yvette Ingram PhD, LAT, ATC
President

Treasurer's Report Dave Marchetti, PATS Treasurer

	<u>Checking</u>	<u>Scholarship</u>	<u>Research</u>	<u>Regulatory</u>
Jan 30, 2013	64,097.71	121,217.11	45,795.81	27,874.74
Jan 30, 2014	73,060.34	141,750.88	58,003.90	31,375.04
Difference	8,962.63	20,533.77	12,208.09	3,500.30
<u>TOTAL</u>				
	January 30, 2013: \$258,985.37			
	January 30, 2014: \$304,190.16			
	Difference: \$45,204.79			

PATS ANNUAL MEETING AND CLINICAL SYMPOSIUM

Elizabeth Evarts

The 2014 PATS Annual Meeting & Clinical Symposium will be held June 11 - 14, 2014 in historic Gettysburg. The Wyndham Hotel will host our symposium and is conveniently located minutes from town and is surrounded by historic landmarks.

You won't want to miss our Welcome Reception this year; held Thursday evening after the Exhibitors Reception. The reception will include dinner and raffle to support our student scholarships. For more information about the reception, educational sessions and other events, visit our registration site that will be open this March!

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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.

STUDENT SECTION

Student Symposium Preliminary Information

March 28- March 29, 2014

Ellen Payne, Marywood University

The Marywood University's Athletic Training Program is proud to host this year's PATS Student Symposium on March 28 and March 29. This year's program will feature presentations from local physicians, a national concussion expert, and athletic trainers. There will be small group, hands-on workshops to select from as well. On Friday, registration will begin at 5:00pm with dinner and programming starting at 6:00pm. Saturday will offer all day events from approximately 7:30am until 5:00pm.

Additional information and registration materials will be distributed to program directors soon. In the meantime, hotel accommodations can be booked now at the Quality Inn Dunmore (570-348-6101, say PATS conference group rate) or the Sleep Inn Dunmore (570-961-1116, say PATS conference group)

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2014 EATA Quiz Bowl Held in Connecticut

Greg Janik



The Seventh Annual EATA Quiz Bowl competition for the NATA District 2 (D2) was held on Friday, January 10th at the MGM Grand at Foxwoods in Mashantucket, CT. There were a total of 19 colleges and universities competing to represent D2 in Indianapolis, Indiana at the NATA Quiz Bowl this June.

All three place winners for D2 this year were from Pennsylvania. Congratulations to Steven Davi from King's College, Kyle Tuohy from East Stroudsburg University, and to Allison Montgomery from Penn State University of their first, second, and third place wins respectively in this competition.

If you plan to be in Indianapolis for the NATA Annual Convention please consider attending the Quiz Bowl to cheer them on.

The Unsung Heros of Friday Night's Lights- A students prospective

Colt Coffman, Lock Haven University Athletic Training Student

We've all experienced it, the tension in the air as your team takes the field on Friday nights. Each week we fill the stands to watch the titans of our towns take on the warriors of another. We cheer with excitement with every touch down and

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blocked extra point; and we have all held our breath when a player isn't getting up after a play. It's in that moment when eyes fall on an often un-recognized member of the team. The Athletic Trainer (AT).

Athletic Trainers are licensed allied health care professionals that have been described as the most direct access to the health care system for athletes. With educational backgrounds in injury diagnosis and prevention, rehabilitation and therapeutic intervention, general medical conditions, emergency response, nutrition, and strength and conditioning they are far removed from the image of the "trainer" whose main responsibility was taping ankles and keeping track of water bottles.

While the allure of working under the Friday Night Lights is a highlight; it's by no means the beginning of the shift for an athletic trainer. Quite honestly, football isn't even the beginning for the AT.

In being responsible for all the varsity sports; by kickoff on Friday night your school's AT has probably already been on the sideline for a Monday night JV football game, JV and varsity soccer game on Tuesday, junior high football on Wednesday, and ninth grade football and soccer again on Thursday. This is all while periodically checking in on the cross country, tennis, and a golf team, as well. And those are just the games.

Days often begin with rehabilitation sessions for the injured in hopes of getting them back into the game, then the mad rush of what seems like every athlete in the school needing something taped, examined, covered, heated, or stretched before practice or games.

After the madness stops, its out to watch vigilantly over the teams in hopes they will not need an emergency response. Then, once the last event practice is over and the last athlete has gotten their treatments, they might be able to go home.

This routine goes on every week of every season. The work year for an Athletic Trainer begins in the squelching heat of August with two-a-days for fall preseason and will carry on until the final loss in the spring postseason. This often means a late start to summer, as well as an early end.

With the long hours, seasons, and immense volume of patients that are seen in a year by these clinicians it's fair to raise the question of why? Why on earth would you choose to do this for a living?

In my experience it's because they truly care. Large numbers of athletic trainers are the most down to earth, genuine, and sacrificing people you will ever meet. They'll tell you they're willing to put in the time because they want to see the athletes and team succeed.

In fact most ATs will be looking for what more they can do for their team. How can they get a player ready to return to the game quicker and safer? How can they keep those playing the game going longer and ensure they make it through the entire season? They will be working side by side with coaches to ensure the team stays in one piece throughout the season and the athletes take notice.

The athletes all embrace the integral role the athletic trainer plays on their team. Whether it's as the person who tapes their ankles because it's good luck and will help the win, the person who helped rehabilitate them after an ACL tear, or the person they just like having around to talk to on the sidelines. They know that their AT is an important member of the team and will be willing to help them if the need it.

So the next time your eyes turn to the member of the sideline crew running to the aid of an injured player, know that it's their Athletic Trainer. When you clap for that player making their way off the field with a little help make sure you throw in a couple extra for the person helping them, too - because they're just as important as any other member of team taking the field.

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EXECUTIVE BOARD ANNOUNCEMENTS

Winter Group 2013 Annual Report Yvette Ingram, PATS President

In order to keep you informed and to demonstrate the hard work that goes on behind the scenes, I have asked the Winter Group to write a brief report summarizing their activities on behalf of PATS for the 2013 year.

[In this document](#) you will find the legislation they assisted us with, the meetings they attended on our behalf, and the projects they guided us through this year. I hope you find it helpful and if you have any questions, please don't hesitate to ask either Tanya Miller or any Executive Board member. We are here to serve the membership.

New Bill Introduced Relating to ATs

NATA, in partnership with AMSSM, is pleased to announce that Reps. Tom Latham (R-IA) and Cedric Richmond (D-LA) introduced H.R. 3722, "To provide protections for certain sports medicine professionals who provide certain medical services in a secondary State." The bill was referred to the House Judiciary and Energy and Commerce Committees.

The bill is aimed specifically at health care professionals that work with sports teams that travel across state lines and would require that if a covered sports medicine professional provides covered medical services to an athlete, an athletic team, or a staff member of an athlete or athletic team in a secondary state, such services shall be deemed to have been provided in the primary state for the following purposes: (1) determining the medical professional liability insurance of that professional, and (2) determining the civil and criminal malpractice liability of that professional.

We encourage our members and friends to contact their members of Congress in support of the bill.

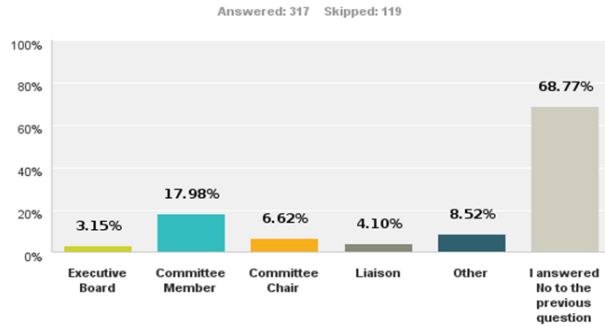
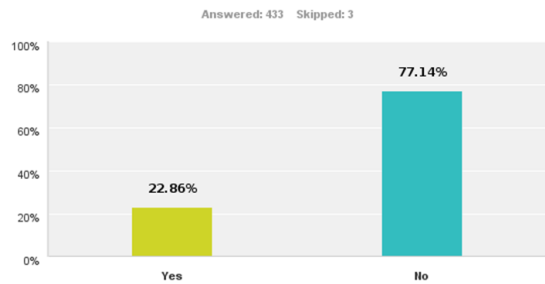
An In-depth Look at the PATS Survey Results Becky Mokris, Northwest Representative

First, I would like to commend all of our PATS members. We had a wonderful response to the PATS Survey with over 430 total respondents. It was great to see so many members with ideas and comments. These comments have been read and reviewed by the PATS Executive Board (EB) during the December face-to-face board meeting. Based on the comments and results of the survey the board has taken action to try to best serve the members. Below are the results of the survey with a discussion of how the board would like to address each survey question.

1. Question 1&2 were demographic questions to see what percentage of survey respondents were already involved in some way with PATS or were the respondents' non-volunteers. We were happy to see that there were more people that were not volunteering with PATS answering the survey questions. It allowed us to see the perspectives of members' ideas and beliefs that were not already associated with volunteering in some way for PATS.

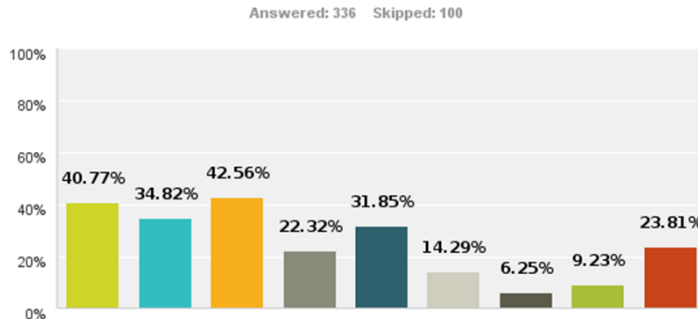
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Q1 Do you currently volunteer in any capacity with PATS?



2. The graph below depicts the members' responses of barriers to volunteerism. The EB wants to increase opportunities for members to become involved in the operations of PATS that include being on committees, helping with initiatives, and strategic planning. As a board, we thought it was important to identify the reasons why people might not want to volunteer.

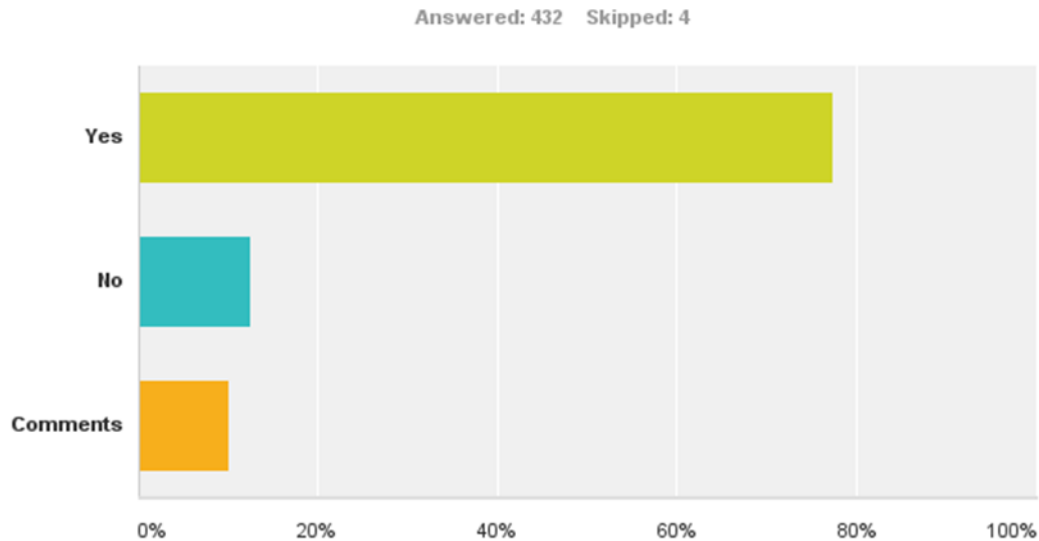
- As you can see from the percentages below, a large number of the membership feel there is too much time commitment (40.77%) or time away from family (34.82%). To help dispel any misunderstanding of the amount of time the EB or chairs of committees spend on PATS work, members of the EB and chairs of committees have written BIOs that explain their time commitment, what they do, how they do it, and how they feel it has affected their lives. Please check out gopat.org and click on Governance. Under the individuals' names are the links to the BIOs.
- The other large area identified as a barrier to volunteerism is a lack of knowledge of what to volunteer for or a lack of knowledge of volunteer opportunities. Some comments made through this question indicated that previous interest was shown by some members but there was a lack of communication on the part of the board or committee chairperson. **PLEASE – IF YOU ARE AT ALL INTERESTED IN VOLUNTEERING DO NOT HESITATE TO CONTACT A COMMITTEE CHAIR AND/OR A BOARD MEMBER.** We would be happy to steer you in the right direction for many different volunteer opportunities.



Too much time commitment	40.77% 137
I have a family and I think it might take too much time away from them	34.82% 117
I am unaware of any volunteer opportunities	42.56% 143
I do not know who to contact in order to become involved with PATS	22.32% 75
I am interested but haven't gotten around to it yet	31.85% 107
I don't feel as if I have anything I want to volunteer for	14.29% 48
I have no interest in being involved with PATS	6.25% 21
I don't feel I have anything to contribute to the organization	9.23% 31
* The 23.81% accounts for all those individuals that made comments to this question	

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3. The PATS by-laws state that any voting on by-law changes must be made in-person at the business meeting at the PATS annual meeting. The EB believes that it is extremely important to include as many members as possible in the voting process. Therefore, we wanted to know what the members thought about the potential for an online by-law voting system. Below are the results.

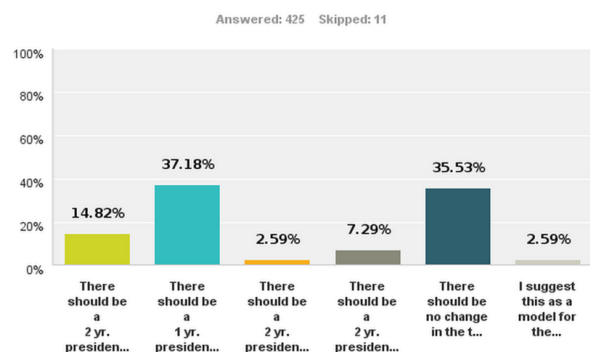


As you can see, an overwhelming amount of members voted they would like to see an online voting system. This statement is said with caution. Below are some comments made by members that show some pros and cons of online voting changes:

- **Afraid to do online voting because those that don't know the issues shouldn't vote anyway**
- **Want online voting because employer/circumstances do not allow them to go to the PATS meeting**
- **Want to do online voting but they feel the discussion should happen first and then vote**
- **We should be able to have discussion to hear various opinions no matter if we do online voting or not**
- **May increase voting (turnout) but will decrease the amount of explanations (for voters to hear)**

These comments are very encouraging because its clear there has been thoughtful consideration of this issue. The board looks forward to discussion of this issue at the June meeting. The creation of the online discussion forum last spring would be a perfect place to have discussions about the proposed changes.

4. As many of you are aware, in June, 2013, the PATS board proposed a by-law change to the term of the President. After much discussion and debating, the decision was made by the membership to not vote for the change in term. In the months after the meeting, members have reached out stating that they may be in favor of a change, just not the one proposed by the EB. Therefore, this survey question was geared toward finding out if there was any interest from the members in a new proposed term or if the majority of the membership was satisfied with the original vote.

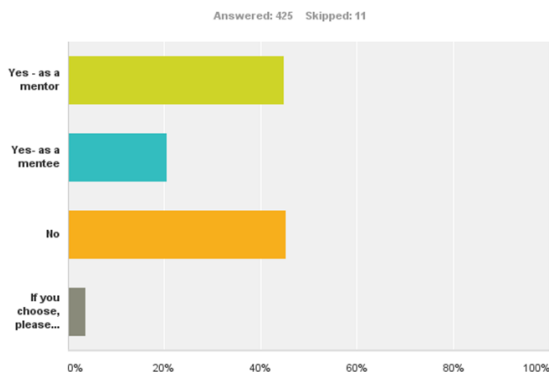


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There should be a 2 yr. president-elect – 2 yr. president -1yr. past-president model for the presidential commitment.	14.82% 63
There should be a 1 yr. president-elect – 2 yr. president – 1 yr. past-president model for the presidential term.	37.18% 158
There should be a 2 yr. president – 2 yr. past-president model for the presidential term.	2.59% 11
There should be a 2 yr. president-elect – 2 yr. –president model for the presidential term.	7.29% 31
There should be no change in the time commitment for the presidential term.	35.53% 151
* The 2.59% accounts for all those respondents that commented on this question	

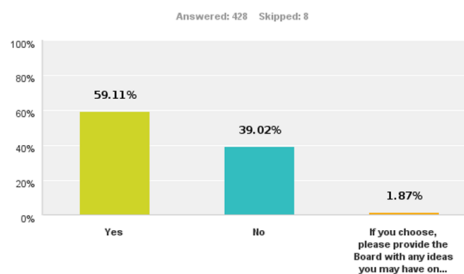
- As you can see from the percentages above, 35% of the respondents do not believe there should be a change in the current Presidential term. While the other respondents indicated that there are a variety of opinions concerning the length of the presidential term.
- Clearly, there is not a clear consensus regarding this question. However, one thing the EB examined that while approximately 35% of the members felt there should not be a change in the presidential term, a little over 60% of the members felt there should be a change.
- Therefore, in the EATA meeting, PATS President, Yvette Ingram, announced that we would open the discussion of the presidential terms again at the PATS meeting. At the meeting, members will be able to discuss options and we will take motions from the floor if anyone would like to try to vote on any presidential by-law changes.

5. The last two questions were intended to identify the level of interest in mentoring and leadership programming. This first graph identifies the level of interest in mentoring as a PATS initiative.



- As you can see from the graph there is not a lot of demand from the membership regarding mentorship programs from PATS. There is much more interest in those that wish to be mentors, than those as mentees.

- In contrast, the graph below indicates a large interest of leadership programs.



In response to the indication from the membership that a leadership program would be great the EB has begun working on a new leadership initiative. In the comments of this question, many members wanted to understand better leadership strategies for business, conflict management, and leadership geared toward the secondary school committee. Based upon these statements, the EB challenged the Convention Committee to increase programming geared toward leadership. A speaker that is a professor of conflict management and negotiation techniques has been secured for a workshop and the PATS Executive Director, Linda Mazzoli, is currently working on a leadership training program in conjunction with members of the EB. When more development is made on this programming, we will share the information with the members as soon as we can provide details to this program.

There is a lot of information contained in this report. If anyone has any questions, please do not hesitate to email the PATS President at president@gopats.org, or you can email me at northwest@gopats.org.

AWARDS AND RECOGNITIONS

Ernesto wins The Otho Davis Scholarship



Sarah Ernesto is a certified athletic trainer and will graduate with her Doctorate of Physical Therapy degree from Arcadia University in January 2014. Prior to pursuing her DPT degree at Arcadia, she graduated summa cum laude from Millersville University with a 3.99 GPA. At Millersville, she obtained two Bachelor of Science degrees in biology and athletic training through the Dual Degree Program with West Chester University. Additionally at Millersville, Sarah was a student-athlete playing on the softball team and was involved with University committees and student government. During her time at Arcadia, Sarah has been an anatomy teaching assistant, a graduate assistant softball coach for the Arcadia Knights, and the secretary of the Student Physical Therapy Association. Sarah has been working on a faculty-driven research project and will present the findings at the American Physical Therapy Association Combined Sections Meeting in Las Vegas, NV in February 2014. Sarah recently traveled to Jamaica for a week long pro-bono experience working with individuals that have had strokes.

The Otho Davis Scholarship Foundation was created to honor Otho Davis, former Head Athletic Trainer for the Philadelphia Eagles. The Foundation started as an Inaugural Dinner, celebrating Davis' lifetime achievements in his career. Candidates must be an undergraduate student studying sports medicine, sports marketing or physical training and must be in financial need.

Wilson School District latest Pennsylvania NATA Safe Sports School Award Winner John "DOC" Moyer

The Wilson School District in West Lawn, PA has become the latest NATA Safe Sports School Award Winner. Wilson School District Athletic Trainers John L. "DOC" Moyer Jr. and Kiernan Melograna received a certificate and banner from the NATA recognizing them as 1st Team Safe Sports School Award winners in early January. Wilson joins Penn Trafford High School and Athletic Trainer Larry Cooper and Plum Borough High School and Athletic Trainer Ryan Westerholt, as the only three high schools in PA to receive this honor.

The NATA launched the Safe Sports School Award program in March 2013 following the 4th Annual Youth Sports Safety Summit. In order to achieve Safe Sport School status, athletic programs must do the following:

- Create a positive athletic health care administrative system
- Provide or coordinate pre-participation physical examinations
- Promote safe and appropriate practice and competition facilities
- Plan for selection, fit function and proper maintenance of athletic equipment
- Provide a permanent, appropriately equipped area to evaluate and treat injured athletes
- Develop injury and illness prevention strategies, including protocols for environmental conditions
- Provide or facilitate injury intervention
- Create and rehearse venue-specific Emergency Action Plan
- Provide or facilitate psychosocial consultation and nutritional counseling/education
- Be sure athletes and parents are educated of the potential benefits and risks in sports as well as their responsibilities

The application for a Safe Sports School award outlines the specific actions that will lead an athletic program to the highest safety standards for its players. 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. 2nd Team is granted to schools that have completed only required elements.

The Pennsylvania Athletic Trainers Society Public Relations Committee has launched a program to reward high schools in PA that receive a Safe Sports School Award. PATS will reimburse four high schools from each of PATS six regions \$75.00 of the required \$150.00 Safe Sport School application fee on a first come first served basis. PATS feels the Safe Sports School initiative is a very worthwhile endeavor for every PA secondary school. The award allows secondary schools to make sure they are providing the safest environment possible for their athletes and highlights the importance of having an Athletic Trainer.

For more information on this program contact Paul LaDuke, PATS Public Relations Committee Chair publicrelations@gopats.org, or Becky Mokris, PATS Public Relations Committee Liaison northwest@gopats.org.

EATA Research Grant Request for Proposals

The EATA is pleased to announce that we will be accepting proposals for Research Grants up to \$10,000.00. Proposals will be accepted beginning January 15, 2014 through midnight March 15, 2014. The principal investigator must be a member of Eastern Athletic Trainers' Association. The application must be submitted electronically and date/time stamped no later than midnight March 15, 2014. For guidelines and application, please go on to www.goata.org and click "research" or contact:

Kenneth L. Cameron, PhD, MPH, ATC, CSCS
Grants Chair, EATA Research Committee
Director of Orthopaedic Research
John A. Feagin Jr. Sports Medicine Fellowship
Keller Army Hospital
900 Washington Road
West Point, New York 10996
kenneth.l.cameron.civ@mail.mil

New District 2 Programs for Members

The NATA District 2 Grant Program has been established to assist NATA Certified members in the purchase of needs (i.e. equipment, supplies, etc) for their athletic training facility at either the secondary school or collegiate setting. The recipient will be awarded up to a \$2500 grant that will be presented during the District 2 Business Meeting at the NATA Clinical Symposium and AT Expo.

The District Two Leadership Scholarship was established to recognize a deserving athletic training student with exceptional leadership skills and activities in the profession. As well as, provide outstanding service and involvement to his/her community. The recipient will be awarded a \$2500 scholarship that will be presented during the District 2 Business Meeting at the NATA Clinical Symposium and AT Expo.

NEWS AROUND THE COMMONWEALTH

PATS Reaches out to the PTA of Pennsylvania

In November of 2013, Amy Ruhf, a member of the Parent Teacher's Association Committee, wrote a three page article educating parents on communicable diseases. The article was published in the November/December 2013 edition of "PTA in Pennsylvania". Amy geared her article towards identifying and preventing these diseases. Some of the diseases discussed were Influenza, Common Cold, HSV-1 (Herpes Gladiatorum), Staphylococcus Aureus & CA-MRSA, Impetigo and Tinea Corporis (Ringworm).

The article starts by describing what a communicable disease is and continues into each of the listed above conditions. Each disease has listed signs and symptoms, incubation periods and common treatment plans. Amy finishes the article by referring parents to their child's licensed athletic trainer or an appropriate medical professional if they think their child may have contracted a communicable disease. The entire article may be read [here](#) on pages 15 through 17.

Amy has been contributing articles for the "PTA in Pennsylvania" quarterly for the past year. Amy and Scott Deitrich will be presenting at the PTA Symposium on April 4, 2014 on the Management of Juvenile Diabetes.

Outreach Program Raises Awareness

Sun Gazette, Lock Haven

Susquehanna Health's Sports Medicine Department hosted Keystone Central School District on Nov. 1 to help raise awareness of the full range of physical therapy and athletic training services Susquehanna Health provides to the school district.

"School nurses are the frontline for student healthcare," said Michael Ludwikowski, coordinator of outreach athletic training services for Susquehanna Health. "Recognizing this, athletic trainers have teamed up with the nurses to offer comprehensive services, not only after school at athletic events, but to all students suffering a broad range of injuries and

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ailments throughout the entire day. Injuries can affect students all day long and we need to facilitate bridging the gap between student care outside of school and during school hours.”

“School nurses must deal with many injuries throughout the day,” said Elizabeth Evarts, Susquehanna Health outreach certified athletic trainer. “After meeting with the sports medicine team, our school nurses now understand that the SH team can be just as valuable as asset to non-athletes as they are to the athletes. When any type of injury occurs in which there is a need for extended care, we can now work together to provide the best comprehensive care possible for out students.”

Keystone Central School District and Susquehanna Health Sports Medicine plan to coordinate future programming to help continue to address additional needs of students including juvenile diabetes and asthma. For more information call Susquehanna Health 1-800-321-2946

The Affordable Care Act (ACA)

Jason Vian; District 2 Representative for NATA COR Chairperson, PATS Committee on Revenue & Jeremy Verillo; Clinical & Emerging Practices Committee Chair

Never in recent memory has a piece of legislation been more talked about than the Affordable Care Act (ACA) also known as 'Obamacare'. The ACA was passed by the US congress in 2010. Regardless of what opinion people have on it, the implementation continues to go on and the Pennsylvania Athletic Trainers' Society (PATS) encourages everyone to gain a better understanding about the ACA and how it will affect them and their families.

The ACA directly affects healthcare professionals and consumers. The law is intended to increase the number of people with health insurance. In order to achieve this goal, health insurance exchanges have been set up so that people can purchase policies. Also, each state has been given the option to expand their Medicaid program to permit lower income individuals and families to qualify.

Health insurance policies offered within the health insurance exchanges will have a greater focus on prevention, which includes 10 essential health benefits. Those benefits include:

- Doctor visits
- Emergency Services
- Hospital Care
- Rehabilitative Services
- Mental Health and substance abuse services
- Prescription drugs
- Laboratory services
- Pediatric services
- Preventive and wellness services

In addition to these benefits, the ACA mandates greater protection for the policy holders. These protections include:

- Insurance companies are unable to drop coverage due to illness or large payouts to policy holders.
- Coverage cannot be denied due to pre-existing conditions.
- No annual or lifetime coverage limits.
- Coverage for more preventive care services.
- Extends coverage to children up to the age of 26 under their parent or guardian's policy.

Pennsylvania has opted to use the exchange set up by the federal government. Open enrollment for plans in the exchanges ends on March 31, 2014. PA has opted not to expand Medicaid program through federal funds, instead Gov. Corbett wants to use that federal money for eligible Pennsylvanians to help them buy their own health insurance through the exchange. The proposed program, called HealthyPA has not yet been approved.

All health care professionals need to understand that the ACA is going to affect many aspects of health care either directly or indirectly. Athletic Trainers (ATs) in PA need to be prepared to help those around them understand the challenges and opportunities resulting from the ACA. ATs should take this opportunity to obtain a National Provider Identifier (NPI) to ensure the federal government has accurate numbers on how many ATs there truly are in the state. PATS encourages all health care professionals to stay informed regarding the ACA in order to continue to improve upon the great quality of health care that is offered within Pennsylvania and across the United States.

For specific questions please contact Jason Vian at revenue@gopats.org.

NPI: what is the big deal?

Jason Vian

NPI stands for 'National Provider Identifier'. It was created to fulfill a requirement of the Health Insurance Portability and Accountability Act of 1996 (HIPAA). Any health care professional, regardless of setting, should have a NPI.

A recent article on NPI in the NATA news reported only 52% of all ATs have a NPI. If health care professionals are supposed to have a NPI, what does this statistic tell others about how we view ourselves as a profession? Athletic trainers need to present themselves as a unified group of professionals. Why is there such a poor percentage of ATs with NPIs? Many ATs believe they lack the time, money or reason to get a NPI. However, in reality it is not difficult and is important to the strength of the Athletic Training profession.

- Time: Applying for a NPI takes very little time in many cases, less than 5 minutes.
- Cost: Getting a NPI costs nothing!

Why: Show government officials and the health care provider community the true number of Athletic Trainers that stand ready and able to serve their communities.

If you are an Athletic Trainer, get a NPI. There is strength in numbers and we need to show our true numbers to everyone!

Get a NPI, all ATs should have one!

It is quick and easy, get start right here: www.nata.org/npi

ATHLETIC TRAINERS IN THE NEWS

Liver Transplant: A Personal Journey

Wesley Mallicone



As a licensed athletic trainer at Shippensburg University, my job is to prevent, recognize, manage and rehabilitate injuries that result from physical activity. Athletic trainers can help individuals avoid unnecessary medical treatment and disruption of normal daily life.

As a young boy, I was diagnosed with ulcerative colitis and then primary sclerosing cholangitis as a teenager. Primary sclerosing cholangitis is a progressive disease that leads to liver damage and, eventually, liver failure. There was nothing I could do to change my condition. Liver transplant is the only known cure, so in 2009 I was placed on the waiting list for transplant.

The entire story of Wesley's journey is available [here](#).

Programs Use Competition to Spur Weight Loss Goals

Western Pennsylvania Sports Medicine and the Greater Johnstown YMCA are looking to help people reach their new year's resolution. Most people made the resolution to lose weight. All of the Western Pennsylvania Sports Medicine locations are holding a weight loss challenge. Mariann McCowan is a licensed athletic trainer at the Westmont location. McCowan runs a wellness program modeled after The Biggest Loser. She's looking to have the best participation numbers this year, which will be the program's sixth year.

Lehigh Athletic Trainer Honored for Heroics at Boston Marathon Bombings

Jack Foley, athletic trainer at Lehigh University, was honored with the 2014 Most Courageous Athlete Award by the Philadelphia Sports Writers Association. Foley and about five dozen athletic trainers were among the first on the front helping people at the 2013 Boston Marathon bombings. He attributes his readiness to his upbringing and his training for his profession, in which he's been an athletic trainer at Lehigh for 27 years. Without hesitation, Jack Foley will return to Boston to work the 2014 Marathon.

REGIONAL RECAP

Southwest Region

Guy Sanchioli

Several annual southwest regional events will be upcoming as March approaches. Late in February, the Southwest region will host interviews for the 10th Annual AT River Run Scholarship. One junior and one senior student from the four Southwest regional curriculum programs are each eligible for a \$1,000 scholarship. The applications are being reviewed with the interviews to take place on Feb 25th. The winners will be announced on race-day, Sunday March 30th.

Runners for the River Run 5K/1 mile races will make their start on Sunday March 30th at 9am. NATA President Jim Thornton will be in attendance to address the crowd and take part in race day festivities. Race information and registration can be found on the PATS website under scholarships.

On Sunday March 9 the annual SW Regional meeting will be held at UPMC Sports Medicine. The meeting will feature Dr. Regis Turocy who will be presenting a lecture and lab on "The Fundamentals of Positional Release". More information will be sent out shortly.

On Saturday, March 22, UPMC will be hosting its bi-annual 'Current Issues in Athletic Training.' 7 CEUs are available. The registration brochure is available on the PATS website, or by calling 412-432-3770

Northcentral Region

Jason Erlandson

Susquehanna Health will be holding a CEU event/luncheon on Thursday March 13. Four CEUs will be available. An email will be sent out to the region and an announcement will be made on the PATS website. All proceeds will go to the PAT-PAC.

Southeast Region

Kathy Wright

My NATAM event will be the Southeast Region Athletic Training Symposium to be held at Ursinus College on Sunday, March 9 from 12:45 -5:00. Program details and registration information will be released soon.

Northwest Region

Becky Mokris

Although there is a deep freeze occurring in the Northwest Region, our members are certainly still active! Here is a list of upcoming Continuing Education offerings in our area:



The Allegheny Mountain Sports Medicine Foundation Spring Conference will be March 15 starting at 9 am. It will be worth 5 CEU's. The topic will be the shoulder. Speakers will talk of the anatomy and special test review. Bracing options for athletes Reabs injury assessment. The speakers consist of a PT, an ATC, Chiropractor, Physician and a Bracing Specialist.

For anyone interested, the Allegheny Mountain Sports Medicine Foundation meeting dates are listed below:

Wednesday, February 12, 2014	Clarion Hospital/DRMC Location TBD	9am	Dentist Speaker	Tooth Issues in Athletics
Saturday, March 15, 2014	Clarion Hospital Board Room Clarion PA	9am	Spring Conference	Shoulder

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UPMC Sports Medicine is conducting a seminar entitled “UPMC Current Issues in Athletic Training” held in Pittsburgh on March 22, 2014. The seminar is open to all athletic trainers, including college students. It's a great opportunity for athletic trainers from anywhere in the area to get started on their CEUs for the new reporting period. Please go to <http://www.upmc.com/Services/sports-medicine/services/Documents/current-issues-in-athletic-training-brochure.pdf> to review the brochure online.



Sharon Regional Health System in Sharon Pa is hosting a Kinesiotaping Seminar. K1 will be held on Feb 28th 2014, K2 on March 1, 2014. K3 and K4 will be held on April 4th and 5th 2014. Those in attending will be able to register to attend 1, 2, 3 or all classes. There are discounted prices for Students and Full Time Faculty available. To register go to www.KinesioTaping.com

For more information please contact:

Kari Goughler, MS, LAT, ATC
Farrell High School Athletic Trainer
(724)813-6922
Kgoughler@farrellareaschools.com or
Kari.goughler@srhs-pa.org

COMMITTEE REPORTS

Nominations and Elections

Mike Ludwikowski

PATS is currently accepting candidates for our upcoming election. The positions that are open for candidates are the following: President-elect (6 years), Secretary, South Central Rep, and North Eastern Rep. (each being 3 years). To nominate a regional rep, the nominator must live and/or work in that region. President elect and Secretary can be nominated by any licensed PATS Member in our commonwealth. Nominations will be accepted until the end of the February.

If you have any questions please contact Mike Ludwikowski, chair of the committee or any board member, we would be happy to answer them. Congratulations to the candidates and good luck.

Clinical and Emerging Practices

Jeremy Verrillo

The Clinical & Emerging Practices Committee. is currently working on increasing the awareness of the benefits of Athletic Training in Dance and Performance Arts. We are working to update the Dance Medicine Resource Guide with Pennsylvania athletic trainers. We will also look to publish a resource for ATs who may encounter a dancing or performing athlete. If you are interested in assisting with this endeavor please contact Jeremy at clinical@pats.org

Governmental Affairs

Tanya Miller

The GAC is currently working with the Public Relations Committee to piece together our annual Hike-To- Harrisburg which will be April 1, 2014 at our State Capitol. We will be using the NATA Month logo of “We’ve Got Your Back” to continue to maintain a political presence in Harrisburg by visiting with any new legislators and any legislators that have continued to promote Athletic Trainers in Pennsylvania. We continue to review any new and potential legislation coming out of Harrisburg and monitor any effect that it may have on Athletic Trainers working in Pennsylvania. Any question or comments can be sent to governmentalaffairs@gopats.org.

Free Communication

Aaron Hand

The free communication committee is currently accepting abstracts on original research and case studies from athletic training students who are interested in doing a 10 minute oral presentation at the PATS Student Symposium, which will be held March 28-29, 2014 at Marywood University. Deadline for the abstracts is February 17th, for more information go to the student symposium link on the PATS website.

The free communication committee is also accepting abstracts on original research and case studies from athletic training students who are interested in doing a poster presentation at this year's annual meeting and clinical symposium that is being held June 11-14, 2014 in Gettysburg. Deadline for the abstracts is April 1st, for more information go to the PATS Convention link on the PATS website.

Membership

Kayla Clabaugh

Membership Committee Report for January 2014:

Certified Regular = 1757 (1668)	Undergraduate Student = 549 (500)
Career Starter Certified = 166 (132)	Associate = 20 (26)
Certified Student = 83 (65)	Honorary = 4 (4)
Graduate Student = 8 (12)	Retired = 56 (56)

TOTALS: 3505 (2463) / Non-Members 862 (736)

CALENDAR OF EVENTS

Name	Date	Location	Contact
Lower Extremity Functional Exam Allan Grossman, DPM	2/24/14	102 N. Baltimore St Dillsburg, PA 7PM	ATCeducation@cprweb.com www.oip.com
Common Injuries in the Overhead Athlete Steven DeLuca, DO	2/24/14	102 N. Baltimore St Dillsburg, PA 7PM	ATCeducation@cprweb.com www.oip.com
Traumatic Shoulder Injuries: Diagnoses and Treatment Seth Baublitz, DO	2/26/2014	Heart of Lancaster Hospital 1500 Highlands Drive Littiz, PA 7PM	Heart of Lancaster Hospital
Overuse Injuries in the Adolescent Athlete Dr. Joel Horning	3/1/2014	Spooky Nook Sports Complex 2913 Spooky Nook Rd Manheim, PA 10 am - 1 pm	southcentral@gopats.org
UPMC 14 th Annual Current Issues in Athletic Training	3/22/2014	LHAS Auditorium 3459 Fifth Ave Pittsburg PA 8 am - 4:30 pm	Brochure
PATS Student Symposium	03/28-29/2014	Marywood University Scranton, PA	Ellen Payne payne@marywood.edu
Hike to Harrisburg	4/01/2014	Harrisburg, PA	Yvette at president@gopats.org



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- ✓ Ligament (ACL & PCL) Bracing Solutions
- ✓ Patient Direct Programs
- ✓ Range-of-Motion Improvement Rehab Programs
- ✓ Surgical Solutions
- ✓ Soft Bracing
- ✓ Spine Bracing



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