

BEST PRACTICES 2.0

Management of the Secondary School Athlete

January 22, 2020

NYU WINTHROP HOSPITAL
RESEARCH AND ACADEMIC CENTER
Mineola, New York



Management of the Secondary School Athlete

OVERVIEW

The course educational focus will afford Healthcare Providers and School Administrators with the knowledge to overcome various challenges in caring for the secondary school student athlete. This course will focus on identifying common ways to reduce risk factors at the secondary school level, and to create a continuity of care between athletic administrators and secondary school healthcare providers in the care of our youth athletes. This course will also afford one's ability to be able to evaluate their organization and recommend changes to the medical care provided to secondary school aged athletes and lastly, attendees will analyze and apply the potential issues raised in this course to evaluate their current procedures and adapt these best practice standards. The methods used to afford this information will be through lecture and panel discussion formats and workshop/breakout groups as well. The duration of this event will last about 8 hours total, including lunch and break times. Potential attendees will be physicians, athletic trainers, school nurses and school administrators to include the school board members, superintendents, athletic directors and school coaching staff.

COMPETENCIES

This symposium will address the following ACGME/ABMS competencies:

- Medical knowledge
- Patient care
- Practice-based learning and improvement
- Systems-based practice

TARGET AUDIENCE

Physicians, Superintendents, Athletic Directors, Athletic Trainers, School Nurses, Coaches, Teachers and Faculty.

LEARNING OBJECTIVES

At the end of this course, participants should be able to:

- Afford Healthcare Providers and School Administrators with the knowledge to overcome various challenges in caring for the secondary school student athlete.
- Identify common ways to reduce risk factors at the secondary school level.
- Create a continuity of care between athletic administrators and secondary school healthcare providers in the care of our youth athletes.
- Attendees will be able to evaluate their organization and recommend changes to the medical care they provide to secondary school aged athletes.
- Attendees will analyze and apply the potential issues raised in this course to evaluate their current procedures and adapt these best practice standards.

We would like to thank:

- Section VIII Athletics for collaborating with NYU Winthrop Hospital on this program.
- New York State Insurance Reciprocal for providing Continuing Teacher and Leader Education credits for School Administrators, Educators, and Athletic Directors.

CME ACCREDITATION

NYU Winthrop Hospital is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians through 3/31/2023. Provider #: 0006392.

AMA Credit Designation

NYU Winthrop Hospital designates this live activity for a maximum of 7.25 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Certified Athletic Trainers

NYU Winthrop University Hospital (#P8787) is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of 6.25 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.



Nursing Accreditation

NYU Winthrop Hospital is an Approved Provider of continuing nursing education by the Northeast Multistate Division, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Provider Number: #NY009-2020 – 10/9/20. 7.25 contact hours will be awarded. Accredited status does not imply endorsement by NEMSD, NYU Winthrop Hospital or ANCC of any commercial products or services.

NYSIR Accreditation

The Continuing Teacher and Leader Education is for School Administrators, Educators and Athletic Directors. Professional Certificate Holders Will Receive 5.00 Hours of CTLE Credit.

FACULTY DISCLOSURE

It is the policy of NYU Winthrop Hospital to adhere to ACCME and ANCC accreditation requirements, policies and Standards for Commercial Support in order to ensure content validity, fair balance, independence, objectivity and scientific rigor in all its sponsored programs. All faculty, planners and authors of educational content, who participate in sponsored programs, must disclose to the audience any potential, apparent or real conflicts of interest related to their contribution to the activity, as well as any discussions of off-label or investigational uses of any commercial products or devices not yet approved in the United States. All faculty disclosures will be made at the time of the activity.

Agenda

8:00am **Registration, Exhibits and Breakfast**

MORNING WORKSHOP BREAKOUT SESSIONS			
	Athletic Trainers	Athletic Directors, Administrators and Chief Medical Directors	Nurses
8:30	Best Practices of Appropriate Medical Care in Secondary Schools	Policies and Procedures for Supporting Mental Health Challenges in Secondary Schools	2020 Concussion Update for Secondary School Nurses
8:45	Larry Cooper, MS, LAT, ATC	Amy Molloy, MSW, MEd	Arlene Longo, RN, BSN, NCSN
9:00			The Athletic Training Profession Anthony J. Marra, MS, ATC
9:15		Motivating a High Level Athlete After Injury Chris Algieri, MS, CISSN	
9:30	Staying Current with State Guidelines for Athletic Trainers		Challenges Nurses May Face with Their Student-Athletes
9:45	Julia Drattell, MEd, ATC, CES		Ronald V. Marino, DO, MPH
10:00	Q & A Arturo R. Flores, MS, ATC Moderator	Q & A Todd Nelson, MEd Moderator	Q & A Danielle Singson, BSN, RN ONC, WCC Moderator

10:30	Welcome & Opening Words Robert R. Dillon, EdD
10:45	Risk Management: Helping Secondary School Administrators Plan in Dealing with Mental Health J. Brett Carruthers, CSP, RSSP
11:15	Keynote Address John Nitti
11:45	Break, Exhibits and Luncheon

**EFFECTIVE CONCEPTS OF THE ATHLETIC HEALTHCARE TEAM:
AN APPROACH TO BEHAVIORAL HEALTH**

Emergency Action Plan for Mental Health in Secondary Schools

Larry Cooper, MS, LAT, ATC

12:00pm

12:10

Developmental and Emotional Milestones in the Adolescent

Mara F. Sproul, RN, MPA, CRRN, RN-BC

12:20

New Mental Health Education Requirements Update

Elizabeth Barchi, MD

12:30

Influencing Healthy Decision Making

Denise Kiernan, MSED, CAA

12:40

Managing Adolescent Behavioral Concerns on a Sports Team

Thomas Diana, III

12:50

Barriers to Overcome in Mental Health: When to Get Parents Involved

Kusum Sinha, EdD

1:00

Panel Discussion

Robert J. Zayas, PhD

Moderator

2:00

Adjourn - Closing Remarks

Robert R. Dillon, EdD

Stephen Wirth, PT

EVIDENCE BASED APPROACH WORKSHOP FOR THE HEALTH CARE PROVIDER

2020 Updates on the Use of Biologics in Orthopedics

Ioannis Zouzias, MD

2:15

2:45

The Science of Sports Nutrition

David J. Byrnes, MS, ATC

3:15

Healthcare Provider Burnout

Carole M. Filangieri, PhD

3:45

Q & A

Mark Grossman, MD

Moderator

4:00

Adjourn

Faculty

KEYNOTE SPEAKER

John Nitti

Former Professional NFL Athlete
Vice President of Sales
and Marketing
The LandTek Group
Amityville, NY

NYU WINTHROP SPEAKERS

Carole M. Filangieri, PhD

Licensed Psychologist
NYU Winthrop Hospital
Mineola, NY

Mark Grossman, MD

Chief of Sports Medicine
NYU Winthrop Hospital
Mineola, NY

Ronald V. Marino, DO, MPH

Associate Chairman, Director of
General Pediatrics
NYU Winthrop Hospital
Mineola, NY

Anthony J. Marra, MS, ATC

Staff Athletic Trainer
NYU Winthrop Hospital
Mineola, NY

Ioannis Zouzius, MD

Orthopedic Surgery
NYU Winthrop Hospital
Mineola, NY

GUEST SPEAKERS

Christopher Algieri, MS, CISSN

Performance Nutritionist
Specialist
Former World Boxing Champion
Boca Raton, Florida

Elizabeth Barchi, MD

Family Medicine / Sports Medicine
NYU Langone Hospital
New York, NY

David J. Byrnes, MS, ATC

Market/Development Associate
Gatorade
Connecticut/New York Regions

J. Brett Carruthers, CSP, RSSP

Vice President, Risk Management
Director of Risk Management -
New York Schools
Insurance Reciprocal
Wright Risk Management
Company, LLC.
Niagara Falls, NY

Larry Cooper, MS, LAT, ATC

Athletic Trainer
NATA District 2 Secretary
Harrison City, PA

Thomas Diana, III

Head Varsity Basketball Coach
Uniondale High School
Uniondale, NY

Julia D. Drattell, MEd, ATC, CES

Program Coordinator
Athletic Trainer
NYU Langone Health
Concussion Center
New York, NY

Arturo R. Flores, MS, ATC

Athletic Trainer
NYSATA President Elect
New York University
New York, NY

Denise Kiernan, MEd, CAA

Director of Physical Education
and Athletics
North Salem CSD
North Salem, NY

Arlene Longo, RN, BSN, NCSN

Registered Nurse
Locust Valley School District
Locust Valley, NY

Amy Molloy, MSW, MEd

Licensed Social Worker
Project Director
School Mental Health Resource
and Training Center
Albany, NY

Todd W. Nelson, MSED

Assistant Director
NYSPHSAA
Letham, NY

Kusum Sinha, EdD

Superintendent
Garden City School District
Garden City, NY

Mara F. Sproul, RN, MPA, CRRN, RN-BC

Registered Nurse
Program Manager
NYU Langone Health
Concussion Center
New York, NY

Robert J. Zayas, PhD

Executive Director
NYSPHSAA
Letham, NY

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Mineola, NY

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SPACE IS LIMITED. REGISTER EARLY.

REGISTRATION FEES

A \$75 registration fee includes educational materials, meals and CME-CE credit certificate.

CONFIRMATION

All registrants will receive a confirmation email.

CANCELLATION

Cancellation by NYU Winthrop Hospital: It is the policy of NYU Winthrop Hospital that in the unlikely event we must cancel a scheduled activity, all registered learners are immediately notified via email, with full refund offered where applicable. Wherever possible, our registration page of the website will be updated to reflect the activity cancellation. If we cancel less than 48 hours in advance of scheduled start time, we will also telephone all registered learners regarding the cancellation and refund.

Cancellation by Learner: Requests for refund or transfer of registration must be received by email 72 hours prior to the course to Keyana.Golds@nyulangone.org. No refund or transfer of registration will be made thereafter. It is the policy of NYU Winthrop Hospital that if you the learner must cancel or withdraw before an activity for which you have previously registered, a handling fee of \$25 will be deducted for cancellation.

COMPLAINT RESOLUTION POLICY

It is the policy of NYU Winthrop Hospital that complaints received about continuing education or related matters are investigated and resolved within 72 hours (if received during business hours) or within 7 days (if received outside of business hours).

LOCATION

NYU Winthrop Research and Academic Center
Main Level
101 Mineola Boulevard
Mineola, New York 11501

ACCOMMODATIONS

We do not have a discounted room block for this meeting. If you require a hotel, we suggest that you contact the Garden City Hotel by calling 1-800-547-0400.

SPECIAL NEEDS

The NYU Winthrop Research and Academic Center is accessible to individuals with disabilities or special needs. Participants with special needs should contact the Office of CME at 516-663-8459 or e-mail at Peter.Sandre@nyulangone.org for assistance.

If you experience technical problems with the online system, wish to register a group, or require other special arrangements; please contact Keyana Golds at 516-663-9685 or email at Keyana.Golds@nyulangone.org for assistance.

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