

# Preseason Sports Medicine Sideline Management Course

**Date:** Saturday, July 20, 2024, from 8am-12pm

**Provided by:** University of Iowa Sports Medicine, Department of Orthopedics and Rehabilitation, University of Iowa Roy J. and Lucille A. Carver College of Medicine



**Location:** Sessions I-IV of the program are a virtual live/synchronous event open to all who register. Session V is a hands-on instruction session and will be provided to UI faculty and staff only and held at the UI Sports Medicine Center, 2701 Prairie Meadow Drive, Iowa City, Iowa. Free parking will be available in the patient lot immediately adjacent to the building.

**Intended Audience:** physicians, athletic trainers, physical therapists, and other health care specialists providing sideline care to athletes. **Physicians not affiliated with the University of Iowa are welcome to register but will not receive CME credits.**

**Purpose:** The virtual program is designed to present the health care team with current knowledge about diagnosis and management of a variety of injuries and emergencies commonly incurred during the fall sport of high school football.

**Format:** The first 2 hours of instruction are live virtual didactic sessions. The final 1-hour session is for UI faculty and staff and will provide hands on skill instruction and practice involving spinal motion restriction, athletic equipment removal, patient transport, spine board techniques, BLS (CPR and use of AED) and breathing emergencies.

**Registration Fee:** This event is free and there is no registration fee.



## **Pre-Season Sports Medicine Sideline Management Course**

### **Program and Educational Objectives:**

#### **I. Sideline Management – An Introduction to Health Care Outside the Hospital Setting** (Drs. Kyle Duchman & Timothy Thomsen – 20 minutes)

1. Participants will explain the jurisdiction of sideline health care professionals and Emergency Medical Services (EMS).
2. Participants will be able to define the components of an Emergency Action Plan (EAP).
3. Participants will be able to describe mandatory elements to discuss during the pre-game medical huddle.

#### **II. Non-Musculoskeletal Injuries and Emergencies** (Dr. Timothy Thomsen – 45 minutes)

1. Participants will be able to describe concerning signs and symptoms that require formal evaluation at a medical facility.
2. Participants will recall same-day return to sport guidelines when assessing an athlete for concussion.
3. Participants will describe the spectrum of heat illness and acute management of heat stroke.

#### **III. Musculoskeletal Injuries and Emergencies** (Drs. Kyle Duchman and Robert Westermann – 40 minutes)

1. Participants will be able to describe what on-field scenarios require spine boarding.
2. Participants will be able to recognize signs and symptoms consistent with acute compartment syndrome.
3. Participants will be able to demonstrate skills that allow for assessment of return to play following musculoskeletal injury.

#### **IV. The Role of Ultrasound in Diagnosing and Treating Soft Tissue Injuries** (Drs. Mederic Hall and Ryan Kruse – 20 minutes)

1. Participants will describe the indications and limitations of diagnostic ultrasound for evaluation of acute musculoskeletal trauma.
2. Participants will describe the use of ultrasound for guiding return to play decisions.
3. Participants will understand indications for biologic interventions for acute musculoskeletal injury.

#### **V. Hands on Training** (Kammy Powell, ATC and Drs. Timothy Thomsen, Mederic Hall, and Kyle Duchman – 60 minutes)

1. Participants will use an automated external defibrillator (AED).
2. Participants will demonstrate safe and efficient removal of protective equipment including helmet and shoulder pads.
3. Participants will demonstrate correct spine boarding technique

## Continuing Education Credit



In support of improving patient care, the University of Iowa Roy J. and Lucille A. Carver College of Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



**Athletic Trainer:** The University of Iowa Roy J. and Lucille A. Carver College of Medicine (JA#: 0000310) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers (ATs). This program is eligible for a maximum of 3.0 Category A hours/CEUs. ATs should claim only those hours actually spent in the educational program.

**Physician:** The University of Iowa Roy J. and Lucille A. Carver College of Medicine designates this live activity for a maximum of 3.0 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Other Provider:** A certificate of participation will be available after successful completion of the course. (It is the responsibility of licensees to determine if this continuing education activity meets the requirements of their professional licensure board.)

### Registration

Please use the following link or QR code to register. A Qualtrics survey will your collect name, address, preferred phone number, certification number, e-mail address, and place of employment. An email will be sent to you with a link for the virtual program prior to the day of the course.

**Registration link:** [https://uiowa.qualtrics.com/jfe/form/SV\\_6V8kxF2FnsmjKxE](https://uiowa.qualtrics.com/jfe/form/SV_6V8kxF2FnsmjKxE)



## **Policies**

**Cancelation and Refunds:** This program is free of charge, there is no cancelation/refund policy for this event.

**DISCLOSURE POLICY:** University of Iowa Roy J. and Lucille A. Carver College of Medicine adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CE activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. All relevant financial relationships have been mitigated prior to the commencement of the activity.

### **Non-Discriminatory Policy**

The University of Iowa prohibits discrimination in employment, educational programs, and activities on the basis of race, creed, color, religion, national origin, age, sex, pregnancy, disability, genetic information, status as a U.S. veteran, service in the U.S. military, sexual orientation, gender identity, associational preferences, or any other classification that deprives the person of consideration as an individual. The university also affirms its commitment to providing equal opportunities and equal access to university facilities. For additional information on nondiscrimination policies, contact the Director, Office of Equal Opportunity and Diversity, the University of Iowa, 202 Jessup Hall, Iowa City, IA, 52242-1316, 319-335-0705 (voice), 319-335-0697 (TDD), [diversity@uiowa.edu](mailto:diversity@uiowa.edu).

*Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires an accommodation in order to participate in this program, please contact the program faculty in advance at (319) 467-8255.*

### **For further information about this educational event, please contact:**

Course Medical Director: Kyle Duchman, MD at [kyle-duchman@uiowa.edu](mailto:kyle-duchman@uiowa.edu)

Or

Matt Doyle, MS, LAT, ATC at [matthew-doyle@uiowa.edu](mailto:matthew-doyle@uiowa.edu) or 319-467-8255

**Grievance or complaints:** Participants may file a complaint by e-mail or telephone with Matt Doyle at [matthew-doyle@uiowa.edu](mailto:matthew-doyle@uiowa.edu) or 319-467-8255.

## **Program Agenda**

**An Introduction to Health Care Outside the Hospital Setting:** The Team Behind the Team, Providing Medical Care Outside the Hospital Setting, Outdoor Event Coverage Details, What's in Your Sideline Bag

**Non-Musculoskeletal Injuries and Emergencies:** Airway, Sudden Cardiac Death, Head and Facial Trauma, Blunt Abdominal Trauma, Heat Illness, Medical Emergencies

**Musculoskeletal Injuries and Emergencies:** Spinal Cord Injury, Fractures, Joint Dislocations, Acute Compartment Syndrome, Return to Play Considerations

**Role of Ultrasound in Diagnosing and Treating Acute Musculoskeletal Injury:** Sideline/Athletic Training Room Ultrasound, Ultrasound for Diagnosis and Treatment of Thigh Muscle Injuries

**Hands-On Training (for UI Department of Orthopedics and Rehabilitation faculty and staff only):** Sudden Cardiac Death, Spinal Cord Injury, Equipment Removal, Log-roll and Lift and Slide Techniques.

### **Program Faculty and Planning Committee\*:**

Matt Doyle\*, MS, LAT, ATC

Kyle Duchman\*, MD

Mike Shaffer, PT, MS, ATC, OCS

Mederic Hall, MD

Ryan Kruse, MD

Kammy Powell, MS, LAT, ATC

Tim Thomsen, MD

Robby Westermann, MD

