



KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE

April 20, 2015

MINUTES

Committee members in attendance:

Mark Stovak, MD (committee chair)
Matthew Bohm, MD
Travis Francis, ATC
Jennifer Koontz, MD
Shawn Landers, ATC
Diana Oborny, EMT
Kendall Payne, DC
Michael Pelton, ATC
Amber Sawyers, PA-C, ATC
Gary Stevanus, ATC
Joann Wheeler, RN

1. Welcome & General Information

2. Committee Update – Previous Items

PPE

The committee recommended changing language in the blood pressure recording section to include the message to providers to reference the gender-height-age chart. It was also recommended to cite the source of the chart and list the pedia BP mobile app as another chart source.

General correspondence

Brent shared email correspondence received by the KSHSAA from James Longabaugh, D.O., a team physician for Sabetha High School. His concern was general sideline coverage in high school sports as it relates to concussion recognition and management. His concern is that students who are being removed from play with a suspected head injury are too often being reinserted into games and there is nobody on the sideline other than the coaching staff to monitor the situation. He believes in a lot of these situations, too often the student is telling the coach they are ok to go back in and coaches are taking the student's word.

NATA/AMSSM Meeting

Brent provided a brief report to the committee on this meeting. This meeting was geared towards state association personnel and state association sports medicine advisory committee members. The primary focus of this meeting was to promote the implementation of current best practices in all states in the prevention of sudden death in high school athletics. The primary focus is in the areas of heat safety, emergency action planning, head/neck injury, exertional sickling, sudden cardiac arrest/AED access and appropriate medical coverage. There are plans for similar meetings to take place the next two years, with the long-term goal of this type of meeting taking place annually.

Anyone Can Save a Life program

The committee received a brief summary of this program from KSHSAA staff. The NFHS will be distributing this program to all state associations to be distributed to all member high schools. This distribution is being funded by the NFHS Foundation. The plan is for this program to be available for distribution during summer 2015. Dr. Koontz proposed the idea of working with the Kansas Medical Society to better promote awareness of this program to the schools and physicians working with the schools. Dr. Koontz is currently on the KMS board and will look into this possibility.

3. Current KSHSAA Coaching Education Initiatives

Heat illness prevention education and concussion and head injury education requirements

The committee discussed concerns at events in which a coach may be the only person present with concussion recognition training. The concern is that a coach may be too occupied during an event to properly recognize the signs and symptoms of a potential concussion.

ACTION: Dr. Koontz moved; Dr. Stovak seconded to recommend to the Executive Board to add to this new policy that the KSHSAA recommend school administrators responsible for event coverage complete a concussion education program annually. The motion carried unanimously.

4. Heat/Hydration Document Review

The current KSHSAA Heat Illness & Hydration online resource was reviewed by the committee. The following recommendations were made:

- Add language regarding the need to be aware of sickle cell trait positive athletes. Include language to refer to the PPE to know who these students are.
- Add language regarding the dangers of supplements and energy drinks as they relate to participating in the heat.
- Add information on hyponatremia (use NFHS info).
- Add section on the necessity of cooling first and transporting second and working with local EMS to establish this protocol. Include information on cooling modalities (ice tubs, ice towels, etc.)
- Provide warning information on un-air conditioned gyms and artificial turf vs. natural grass.

Brent will work to add these components to the document and send back to the committee for review. The goal is to have the new information approved by the committee and available on the website by July 1.

5. Heat Acclimatization

As requested by the committee during the October 2014 meeting, Brent provided current heat acclimatization policies from several other Midwest states with similar late summer climates. Extensive discussion was held on the comparison of current recommended best practices in heat acclimatization and the KSHSAA current policies in this area. While differences exist between the two, it was also noted progress continues to be made in this area, specifically with the proposed Cross Country and Soccer pre-season individual practice requirements. The committee discussed the possibility of trying to gain feedback from the membership as to how a potential calendar shift of moving the start of fall practices into SCW 6 would affect schools. A shift into SCW 6 would afford more fall sports the opportunity to provide 14 days of individual practices before their first contest, thereby providing a more gradual heat acclimatization opportunity for student-athletes. While no action was taken by the committee, this topic will continue to be monitored by both the committee and KSHSAA staff.

6. Football Practice Contact Limitation Plan

Mark Lentz, KSHSAA Football Administrator, provided an update to the committee on the proposed football practice contact limitation plan. Dr. Stovak, Michael Pelton and Gary Stevanus provided their perspectives from the KSHSAA Football Focus Group meeting they attended in February.

7. Lightning Guidelines

The committee was asked to review proposed changes to the current KSHSAA lightning guidelines in comparison to the updated and recently released NFHS guidelines. The committee recommended publication of the proposed changes for the 2015-16 school year.

8. Spine Boarding/Equipment Removal Update

There will be a NATA Inter-Association Spine Task Force statement coming out in the summer of 2015. The KSHSAA SMAC will continue to monitor this topic and help guide the Association if any relevant information needs to be distributed to the member schools on this issue.

9. Supplements/Energy Drink Education

The KSHSAA would like to begin creating educational content for the member schools on the warnings of nutritional supplement and energy drink consumption. A locker room poster promoting good nutrition and discouraging supplement use was proposed. Brent will begin working to come up with some ideas. Some potential resources suggested to look into for ideas were the Center for Drug Free Sport and the NCAA. Possible partnerships in an educational campaign were also suggested.

10. Baseball Arm Care

Jeremy Holaday, KSHSAA Baseball Administrator, reported to the committee on challenges encountered with Kansas baseball coaches concerned about pitchers trying out without any formal arm conditioning. There also continues to be nationwide discussion on whether pitch limits need to be implemented at the high school level. Jeremy will be attending a meeting in June hosted by the NFHS on these issues. This will likely be a future topic for this committee to address in terms of resources the KSHSAA may want to provide to schools in terms of proper arm care and throwing progressions.

11. NFHS SMAC Agenda

Brent will provide an update to the committee on any relevant items from the NFHS SMAC meeting April 25-27.

12. Fall 2015 Meeting – Monday, October 26, 2015