



## KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE

April 9, 2018, 10:00 am

### MEETING SUMMARY

#### Committee members in attendance:

Jennifer Koontz, MD (committee chair)  
Travis Francis, ATC  
Steven Gould, DC  
Jackie Hall  
Michael Longhofer, ATC  
Michael Machen, MD  
Michael Pelton, ATC  
Andrew Porter, DO  
Luis Salazar, MD  
Amber Sawyers, PA-C, ATC  
Gary Stevanus, ATC  
Phillip Vardiman, PhD, ATC  
Joann Wheeler, RN

#### KSHSAA staff in attendance:

David Cherry  
Bill Faflick  
Gary Musselman  
Brent Unruh

1. Welcome & general information
2. Committee update
  - a. Upcoming NFHS sports medicine summit
    - The NFHS is hosting a new meeting this month, the *National High School Sports Medicine Summit*. The goal of this meeting is to bring together state association personnel and state SMAC leaders to discuss various health/safety topics affecting state associations and their member schools. Jennifer Koontz, Brent Unruh and Bill Faflick will attend.
  - b. Bomgardner research update
    - The committee was provided an update on Dr. Bomgardner's research involving school personnel knowledge and awareness of proper return to learn strategies for students recovering from a concussion.
  - c. 6<sup>th</sup> grade participation guidelines
    - Dr. Salazar, Brent Unruh and Gary Musselman updated the committee on KSDE 6<sup>th</sup> grade participation guidelines and their potential changes to align their guidelines with current 7<sup>th</sup> and 8<sup>th</sup> grade KSHSAA guidelines.
  - d. Electronic versions of PPE
    - Dr. Koontz shared communications she had with a group of medical providers and their challenges of wanting to use their electronic medical records system to produce the completed KSHSAA PPE that the patient would turn in to their school. The KSHSAA interpretation is that schools may choose to accept these if the content matches the KSHSAA PPE. The committee recommended KSHSAA staff look into creating an interactive pdf online version of the PPE which would assist in making the form more legible.
    - Dr. Koontz shared that the 5<sup>th</sup> monograph of the sports PPE will be released sometime this summer. The committee will need to evaluate this new version when it is released and determine what changes are necessary to the current KSHSAA PPE.

- e. NFHS AED program
  - Brent shared with the committee the status of the NFHS Foundation initiative to provide one AED to every school in the country that reported not having any.
- f. Recent journal articles
  - The committee is continually encouraged to submit articles for the monthly KSHSAA Activities Journal.
- g. BOD proposal – football helmets & summer 7 v 7
- h. State site EAPs
- i. NFHS response to new blood test for concussions
- j. NFHS SMAC agenda
  - Brent noted the NFHS has released an updated version of their recommended lightning guidelines. The committee recommended to add the new language in the NFHS statement to the KSHSAA guidelines.

### 3. Emergency action plan school resources

- Brent will work with the information created by committee members to get it formatted in a user friendly format. The committee recommended adding one more category to this document – management of major bleeding and shock. Once the information is formatted it will be distributed to the committee for review and input. Once approved the information will be published online as a “*Coach’s Guide to Emergency Medical Situations*”. The information will be made available online in standard 8.5” x 11” format and a smaller page format which schools can print and create guides for coaches to keep with them in various formats (laminated cards, spiral bound notebooks, etc.). The KSHSAA will also look into the possibility of producing hard copies in a spiral bound flip chart format to be sent to member schools. This information will also be referenced in summer administrator seminars and coach rules meetings.

### 4. Concussion guidelines update

- The committee made recommendations on updates to the current KSHSAA concussion guidelines document based on the most recent *Consensus statement on concussion in sport – the 5<sup>th</sup> international conference on concussion in sport held in Berlin, October 2016*. Brent will create a draft of the document with the recommended changes and send out to the committee for their review.
- The committee also recommended a link be placed on the KSHSAA website to the current consensus statement.

### 5. Heat acclimatization rules proposal update

- a. Fall regional meeting feedback
  - The committee reviewed and discussed the rules proposal and regional meeting feedback. The proposal will up for vote at the April Board of Directors meeting.
- b. Spirit & Marching Band guidelines
  - The committee reviewed the guidelines for Spirit and Marching Band that were approved by the Executive Board. These guidelines will be included in the KSHSAA Music Manual and will be published on the KSHSAA website.

### 6. Sample heat policy

- The committee reviewed a draft of an updated excessive heat/humidity activity modification recommended policy. It was recommended to add a statement, “The full spectrum of heat illness conditions can take place in any zone depending on an individual’s reaction to exercise in excessive heat/humidity”. The new version gives more detailed guidance in what activity modifications should take place depending on the heat index level. The current KSHSAA sample policy will be updated to this new version.

**7. Concussion reporting system**

- Discussion was held on the implementation of an online concussion reporting system. The goal is to have state specific data on the incidence of concussions in KSHSAA sponsored high school sports and activities. This data can then assist in future policy decisions regarding participant safety. Brent has contacted the Michigan and Missouri state associations to get feedback on how their reporting systems work and shared that information with the group. The committee identified some key data points to be included in the collection process. KSHSAA staff will work on the implementation of a reporting system with a goal of implementation for the 2018-19 school year pending final approval by the Executive Board.

**8. Officials emergency information card**

- The committee reviewed mock-ups of potential cards that could be used by officials to provide their emergency medical information. This information would then be available to school event management personnel in the event of a medical emergency. These cards could be in the form of a luggage tag or other hard copy format. Another idea proposed is to have this information stored online and available for the official to print and distribute in the manner they prefer. KSHSAA staff will continue to evaluate the most effective means of making this information available for officials to provide to school personnel.

**9. Softball face protection coach survey**

- The committee reviewed feedback from the Kansas softball coach's survey administered earlier this school year on player face protection equipment.

**10. Skin infection management resources**

- Discussion took place regarding skin infections in sports other than wrestling and whether or not there is a need to provide a medical release form (similar to wrestling) that could be used for other sports.
- Dr. Machen had some questions regarding the NFHS statements on management of Shingles/Zoster virus. Brent will follow-up with the NFHS for clarification.

**11. Drug Free Sport information**

- Brent shared with the committee some of the educational resources offered by this company.

**12. 2018-19 rules meetings health/safety focus**

- Suggestions from the committee on an area of health/safety emphasis for the 2018-19 online rules meetings include proper recovery and sleep, and overall mental/emotional health of the student-athlete.

**13. Recognize outgoing committee members**

- The following committee members were recognized for their outstanding service on the KSHSAA Sports Medicine Advisory Committee, as their terms of service are complete:

Dr. Andrew Porter, Wichita  
Amber Sawyers, PA-C, ATC, Salina  
Joann Wheeler, RN, Maize