

# **KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE**

## **MEETING SUMMARY**

### **February 3, 2014**

The inaugural meeting of the KSHSAA Sports Medicine Advisory Committee took place at the KSHSAA office on February 3, 2014. Committee members in attendance:

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

Gary Musselman, David Cherry, and Brent Unruh represented the Activities Association. This meeting primarily served as an opportunity for the committee to become better oriented with the KSHSAA and obtain some background information on some medical issues the committee will be dealing with in the future. Below is a summary of major items discussed:

#### **Pre-Participation Physical Exam review**

- David gave the committee a background on the KSHSAA PPE and how it has changed over the past 15-20 years. The committee was then presented with a proposed language change to the PPE rule, which more clearly defines the providers eligible to sign-off on the PPE. Specifically, the new language proposes APRNs become eligible to sign-off in a manner similar to PAs. The committee discussed the licensing of mid-level providers and how it can differ between states. It was suggested by the committee to consider requiring the supervising physician of a PA or APRN to be licensed in Kansas. This suggestion is being considered by KSHSAA legal counsel. If the language is approved by the Executive Board, the amended rule will be voted upon by the Board of Directors on May 2.
- The committee began evaluation of the patient history section of the PPE in comparison to the 4<sup>th</sup> monograph which has been endorsed by several medical organizations. It was determined the committee would submit any recommended patient history section changes to Brent. The committee can review suggested changes and make recommendations at the next meeting. One option to consider suggested by Dr. Stovak is to replace the full set of history questions with the questions on the 4<sup>th</sup> monograph.

#### **Concussion**

- The committee discussed the current concussion management guidelines provided by the KSHSAA. Dr. Koontz suggested adding information on cognitive rest and return to learn information to the current materials. Brent will create an initial draft adding this information and distribute it to the committee for their feedback and recommendations. It was also suggested to add the Kansas Sports Concussion Partnership as an additional reference on the guidelines document.
- Dr. Stovak and Dr. Koontz gave the committee a description of the Kansas Sports Concussion Partnership.
- Some background information was provided to the committee on the following:
  - USA Football and the Heads up Football program
  - Contact limits in football – sample plans from other states. At this time there is no plan to implement a policy in Kansas. This subject will remain under evaluation at both the national and state levels.
  - Soft headgear & helmet add-on products
  - NFHS online concussion course. Currently this course is not a KSHSAA coaching requirement. This topic will continue to be considered by the KSHSAA.

#### **Heat acclimatization**

- The committee did not have a lot of time to discuss this topic. The KSHSAA will continue to consider whether a formal heat acclimatization policy would be a better approach or to continue providing guidelines for schools to consider when developing their own plan. Sample policies from other state associations were shared with the group. This will be a topic the KSHSAA continues to seek direction from the committee.

**Miscellaneous:**

- Committee members are encouraged to submit sports medicine articles for the Activities Journal. Anyone interested should contact Brent.
- The next meeting will take place at the KSHSAA office on October 27, 2014. The committee will continue to meet regularly in the fall and spring going forward.