



## **KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE**

**October 27, 2014**

### **MINUTES**

The fall 2014 KSHSAA Sports Medicine Advisory Committee meeting was held in Topeka at the KSHSAA office on October 27<sup>th</sup>. Committee members in attendance:

Mark Stovak, MD (Wichita)  
Matthew Bohm, MD (Topeka)  
Travis Francis, ATC (Wichita)  
Jennifer Koontz, MD (Newton)  
Shawn Landers, ATC (Hays)  
Diana Oborny, EMT (Lacygne-Prairie View HS)  
Kendall Payne, DC (Overland Park)  
Michael Pelton, ATC (Dodge City HS)  
Jeffrey Randall, MD (Lawrence)  
Amber Sawyers, PA-C, ATC (Salina)  
Gary Stevanus, ATC (Baldwin HS)  
Joann Wheeler, RN (Maize South MS)

#### **General committee information**

Committee member terms were assigned as either a three or four year term of service. Any new committee member terms will be three years in length.

#### **Committee Update – Previous Items**

The committee briefly reviewed items from the February 2014 meeting:

- Concussion guidelines additions – per committee recommendation, language was added to include information on cognitive rest and returning to the classroom.
- Update on PPE approved providers – APRNs are now permitted to independently sign-off on the KSHSAA PPE.
- Soft headgear position statement – the KSHSAA released a statement regarding soft headgear in non-helmeted sports. The association will only be issuing waivers for this equipment if the physician's order states the student is cleared with or without the device.

#### **Pre-participation Physical Exam**

The committee was asked by the KSHSAA to compare the current PPE to the Fourth Edition PPE Monograph (developed jointly by the Am. Academy of Pediatrics, Am. Academy of Family Physicians, Am. College of Sports Medicine, Am. Medical Society for Sports Medicine, Am. Orthopedic Society for Sports Medicine, and the Am. Osteopathic Academy for Sports Medicine) and make any recommendations for changes. After discussion, a motion was made by Dr. Stovak and seconded by Diana Oborny to recommend to the Executive Board to update the KSHSAA PPE to the Fourth Edition PPE Monograph with some additional items to remain from the current KSHSAA PPE. The motion passed unanimously. The committee requested to be able to review the proposed PPE before it goes to the Executive Board. Brent will work with KSHSAA publications staff to layout an initial draft for the group to review.

Additionally, the committee requested feedback from KSHSAA legal counsel as to whether or not there are any student health privacy concerns by including the physician clearance portion of the PPE with the physical exam information.

### **Heat acclimatization guidelines**

The committee reviewed the summary from the KSHSAA regarding the evaluation of current KSHSAA fall sports pre-season rules and how they compare to the 2009 consensus statement, *Preseason Heat-Acclimatization Guidelines for Secondary School Athletics*. The committee feels that if national guidelines are present, the KSHSAA should try to incorporate them insofar as is possible and reasonable. The committee also acknowledged there may need to be some flexibility in a potential heat acclimatization plan due to different factors among schools. Dr. Stovak shared the USD 259 heat policy which defines what type of activity can take place based on the current temperature and humidity.

Dr. Stovak requested the committee be able to see some heat policies from other states. Brent will work to collect this information for the committee.

### **Football practice contact limits**

The committee reviewed the *Recommendations and Guidelines for Minimizing Head Impact Exposure and Concussion Risk in Football* document from the NFHS. The common situation in Kansas of a student participating in more than one football game a week was discussed in terms of how that should impact their contact exposure time in practice during the week compared to students playing in one game. The concept of how schools would monitor any potential practice contact time limits was also discussed.

At this time the committee will wait for feedback and direction from the KSHSAA as to what type of role is requested of them on this matter.

### **Lightning guidelines update**

Brent shared with the committee that the current NFHS lightning guidelines will be changing. Once the changes are released, the committee would like to review our current guidelines.

### **Spine boarding guidelines update**

Dr. Stovak requested feedback from the group as to how sports spine boarding situations are being handled in their parts of the state in light of new EMS guidelines on this topic. After discussion, the group decided they would like to develop a position statement on this matter that schools and their medical personnel could reference with their local EMS crews as a general resource. Travis Francis volunteered to create an initial draft for the committee.

### **October NFHS SMAC meeting summary & High School RIO**

Brent provided a brief summary of the NFHS sports medicine meeting held in October. He also gave a brief overview of the high school RIO injury surveillance study data.

### **KSHSAA Activities Journal articles**

Activities Journal sports medicine potential article topics:

- ACL injury prevention & proper warm-up
- Personal protective equipment and concussion protection
- Hydration
- Supplements
- Proper weight management

### **Future topics/initiatives**

The committee spent some time at the end of the meeting discussing future topics they felt would be relevant for this group to address. One item discussed was supplement use in schools. The group believes more could be done through the KSHSAA to educate our schools and students on the dangers of supplement use. Another item discussed was AED access/Emergency planning/Coach CPR/AED training.

The next committee meeting is scheduled for Monday, April 20, 2015.