



KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE

April 10, 2017, 10:00 am

MEETING SUMMARY

Committee members in attendance:

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

KSHSAA staff in attendance:

Brent Unruh
Gary Musselman

1. Welcome & general information

- a. October 2016 meeting summary
- b. NFHS Spring 2017 SMAC agenda

2. Committee update

- a. PPE language update
 - Language has been added to the KSHSAA PPE allowing the release of PPE student health information to certified athletic trainers contracted by schools for their services but employed by outside healthcare organizations.
- b. Pitch count rule/data collection update
- c. School medical contacts
- d. CTE statement – NFHS / Mayo study feedback
- e. SCA screening
- f. NFHS Essentials Summit document release
- g. Opioid awareness statement
 - Joann Wheeler shared with the committee that the NATA is in the process of putting together a position statement on this issue. The NFHS may also be considering putting a statement together. The committee felt it would be best to wait and see over the next year what these two organizations produce before moving forward with a KSHSAA statement.
- h. 5th edition, PPE monograph
 - A new edition is currently in the works. Once released, the committee will review to determine if changes are recommended to our current PPE.

3. PED statement review

- The committee reviewed the draft written by Dr. Payne. After discussion on some wording changes, the committee voted to recommend to the KSHSAA Executive Board adoption of the statement to be posted publicly on the KSHSAA website and in appropriate publications.
Motion: Kendall Payne
Second: Michael Pelton
Unanimous approval

4. Heat acclimatization proposal update

- a. Coach survey information
- b. Wheat State League proposal

- Mr. Musselman and Brent updated the committee on the status of the football heat acclimatization proposal. The practice guidelines of the proposal were recommended by the SMAC at the October 2016 meeting. The KSHSAA Board of Directors will vote on the rule proposal on April 28, 2017.

5. Return to learn – Richard Bomgardner, Wichita State University

- Dr. Bomgardner was invited to share his ongoing survey results regarding school personnel awareness of return to learn issues after a concussion. His goal is to eventually create a template schools can use to develop return to learn classroom guidelines teachers can follow when working with students recovering from a concussion.

6. Cross Country medical care

- Francine Martin, KSHSAA Assistant Executive Director, shared some of the medical challenges encountered at the 2016 state cross country championships. Most of the challenges were heat/exertional related due to an unseasonably warm day for late October. The SMAC recommends the KSHSAA develop a state site environmental conditions policy which would incorporate KSHSAA guidelines and best practices for preventing and managing heat illness. The SMAC also recommends identifying criteria for removal from a race which would be shared with coaches prior to the race. Brent will work with KSHSAA staff to develop this information.

7. Heat modification guidelines

- The KSHSAA health and safety survey distributed in the fall of 2016 indicated over 80% of high schools do not have a specific activity modification policy during periods of extreme heat/humidity. Many schools indicate their policy is the KSHSAA guidelines. The SMAC believes if the KSHSAA guidelines are going to be solely relied upon by member schools, more detail needs to be provided in our information. Dr. Koontz, Gary Stevanus and Travis Francis will work on updating the current KSHSAA information.

8. Emergency Action Planning/AED Information

- a. CSSS meeting update
- b. EAP template

- Michael Pelton shared information he collected from other state association websites regarding resources they provided for emergency medical issues. Michael also provided a sample EAP template for the committee to review. The committee recommends making this template available on our website for schools to use to create their own EAPs. The committee would also like to work on creating more detailed supplements to the EAP regarding sudden cardiac arrest/AED access, head/spine injuries and environmental stress emergencies. Dr. Koontz and Michael Pelton will work on this supplemental information.

- c. AED program
 - Brent shared the information he has received from the ThinkSafe company who would like to work with the KSHSAA in promoting AEDs in the schools. The committee supports the KSHSAA in moving forward with this company.
- d. CPR/AED coach certification
- e. State site emergency information/EAP
 - Brent shared the questionnaire KSHSAA staff are beginning to use with state site personnel in collecting emergency medical information prior to state events. The committee recommends incorporating this information into a simple EAP for that site which can be shared with contracted medical personnel covering the event.
- f. Guiding document

9. KSCP concussion release physician sign-off

- Dr. Koontz is working on updating the KSCP return to play form to include the option for a second physician sign-off after the graduated return to play protocol is completed. The requirement of this second signoff would be at the discretion of the school.

10. Items from the Floor/For the Good of the Order

11. Recognize outgoing members

- The following committee members' terms are expiring and were recognized for their service:
Matthew Bohm, MD
Travis Francis, ATC
Shawn Landers, ATC
Diana Oborny, EMT
Kendall Payne, DC
Jeffrey Randall, MD

Meeting Adjourn, next meeting: Monday, October 9, 2017