



KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE

September 30, 2024, 9:30 a.m.

Meeting Summary

Committee members in attendance:

Wally Walstrom, DO, Committee Chairperson
Weston Bucher, LAT, ATC
Tara Harmon-Moore, BSN, RN, BA (School Nurse rep)
Brian Harvey, DO
Emily Heronemus, DO
Jessica Koch (Coach rep)
Tim Lackey, DC
Ryan LaSota, MD
Jason Menard, CMAA (School admin rep)
Mark Padfield, LAT, ATC
Abbey Rupe, MD
Madison Silva, LAT, ATC
Caitlin Truhe, LAT, ATC
Anne Weese, PhD

KSHSAA Staff in attendance:

Bill Faflick, KSHSAA Executive Director
Brent Unruh, KSHSAA Liaison to SMAC

Committee update

Brent provided updates to the committee on several items of relevance since the group last met including an update on catastrophic cases nationwide. The committee also reviewed the current Association position on daith piercing and still support the Association in not allowing medical exceptions for this practice if it violates a NFHS rule.

Organization reports

- KS Athletic Trainers Society (KATS): Caitlin Truhe reported that approximately 70 coaches took part in the CPR/AED certification training offered by KATS that took place at KSHSAA Coaching School.
- KS Interscholastic Athletic Administrators Association (KIAAA): Jason Menard updated the group on current leadership at the KIAAA and upcoming fall and spring conferences.
- KS School Nurses Organization (KSNO): Tara Harmon-Moore reported on continuing legislative challenges with what nurses can and cannot do in the treatment of diabetic students. She also reported that all school districts should have a Narcan administration policy in place.

Concussion items

The committee was asked to provide feedback on the new Return to Play and Return to Learn forms available on the website. It was suggested to add language indicating a student should no longer need academic modifications once they have been released into step 4 of the return to play progression. The committee also supports sharing these new forms with various medical groups in Kansas including the Kansas Medical Society, Kansas Academy of Family Physicians, and the Kansas Chapter American Academy of Pediatrics.

The committee reviewed 2023-24 concussion reporting data.

Pre-Participation Physical Exam

The committee spent time discussing the rule requiring the PPE to be administered on or after May 1 preceding the school year for which it is intended to cover. Dr. Robert Schloegel from Pediatric Care Specialists in Overland Park joined the meeting remotely to share the challenges this date requirement causes for his office. The group discussed options including moving this date to earlier in the year and/or providing



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an additional provider sign-off opportunity for exams that were given prior to the May 1 date. The committee requested to bring this item back to the spring meeting for further consideration.

The committee was asked to provide perspective on healthcare provider family members signing PPEs and medical releases for students. While this is a legal act, it is not recommended if other provider options exist.

There continue to be concerns that important medical information from the PPE is not being disseminated and disclosed to athletic trainers and coaches in a timely manner. It is the consensus of this group that any relevant health information shared with athletic trainers and coaches is not a HIPAA violation as these personnel need to know the information in their role. The Association will begin putting together a set of written guidelines for appropriate PPE management.

Rural athletic trainer access

Luke Kumberg with Pratt Regional Medical Center joined the meeting remotely for discussion on offering athletic training services in their community and other rural areas. He shared the challenges they are running into in recruiting athletic trainers to their area for high school and small college services. The committee shared several recommendations with Luke and will provide any support possible in making athletic training services more accessible across Kansas.

Coach Beyond update

Traci Nigg joined the meeting remotely to share updates on the current survey being administered in Kansas to better measure the needs of coach training in the state. The survey will be available through October 6. Once survey data is compiled and analyzed, trainers will need to be identified and trained in offering Coach Beyond training sessions. These sessions may begin in the Wichita area before expanding across the state.

Overtraining and burnout

The committee was asked to provide perspective and feedback on overtraining and burnout in adolescent student-athletes as Association staff reports this seems to be a growing issue in schools. The group noted the challenges of club sport demands and parent expectations as additional pressures to the demands of the school sport/activity. The committee is in full support of efforts to better educate schools on this issue and discussed different ideas on what types of educational resources could be provided. A sub-group of the committee will begin identifying and developing specific initiatives and resources that can be used by schools.

Environmental safety items

The committee discussed challenges in some school districts who do not want their medical personnel performing core body temperature checks on students when heat stroke is a concern. The group noted using a rectal thermometer to obtain a person's core body temperature is the accepted standard of care for healthcare professionals when managing suspected heat stroke. The committee believes the published KSHSAA heat information appropriately addresses this issue.

Association staff requested feedback from the group on the current KSHSAA recommended heat policy utilizing the WBGT level to make activity modification decisions. The committee noted there still seems to be some confusion in schools about applying this policy to competitions as well as practice. The committee will re-evaluate the policy in the spring and determine if any updates are needed going into the 2025-26 school year.



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Cardiac emergency response plans update

The committee was updated on new legislation that will require schools to submit cardiac emergency response plans to the KDHE starting in July 2025. The KDHE is currently putting together standards for schools to follow when developing their cardiac emergency response plans. Once the KDHE standards are finalized, the committee will be asked to review the standards in comparison to current KSHSAA recommendations and determine if any KSHSAA updates are needed.

The next scheduled committee meeting is Monday, April 7, 2025.