



# 2017 Collaborative Solutions for Safety in Sport National Meeting:

## A National Approach to Health & Safety Best Practices & Policy Change

March 28, 2017



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UCSF Sports Medicine

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UCSF Benioff Childrens Hospital

**Past President**  
American Medical Society for Sports Medicine (AMSSM)  
(2011-2012)

**Team Physician**  
University of California-Berkeley  
Berkeley High School

**Sports Medicine Advisory Committee**  
California Interscholastic Federation (CIF)  
National Federation of High School Associations (NFHS)

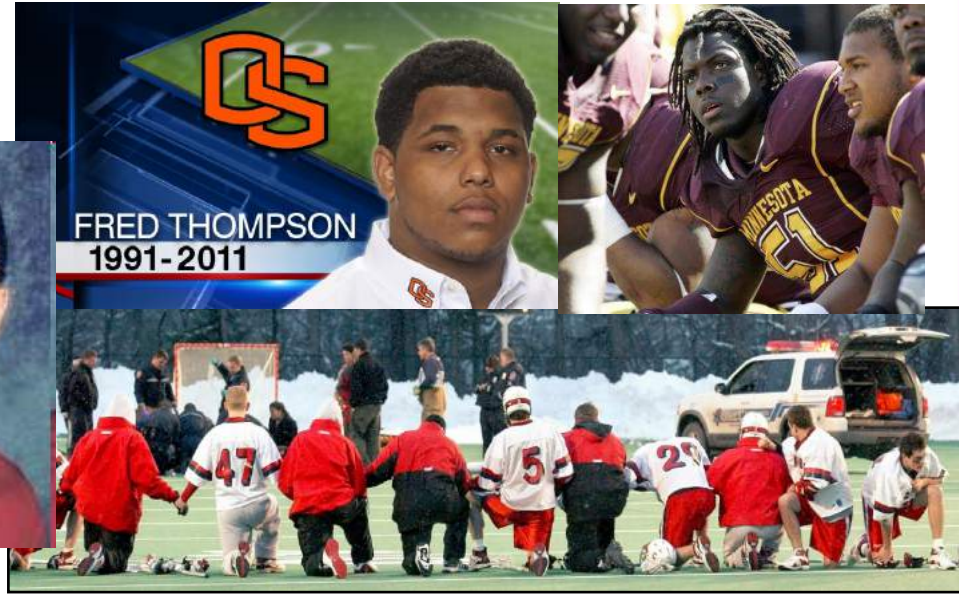
# A Message from Jonathan Drezner MD

- Professor,  
Department of  
Family Medicine
- Director, Center for  
Sports Cardiology
- Past President,  
AMSSM (2012-13)
- Team Physician,  
Seattle Seahawks  
and UW Huskies





# What is needed to effectively impact change?





# Quick Stats

- 75% of all fatalities that occur during sports are cardiovascular related
- 1 out of 70 high schools will have an SCA each year, with half of the victims being students or student-athletes





# Sudden cardiac arrest and death in competitive athletes in the United States: a 2-year prospective study



NCCSIR Division of Cardiac Injury in Sport  
University of Washington  
Seattle, WA



**SPORTS MEDICINE CENTER  
FOR YOUNG ATHLETES**

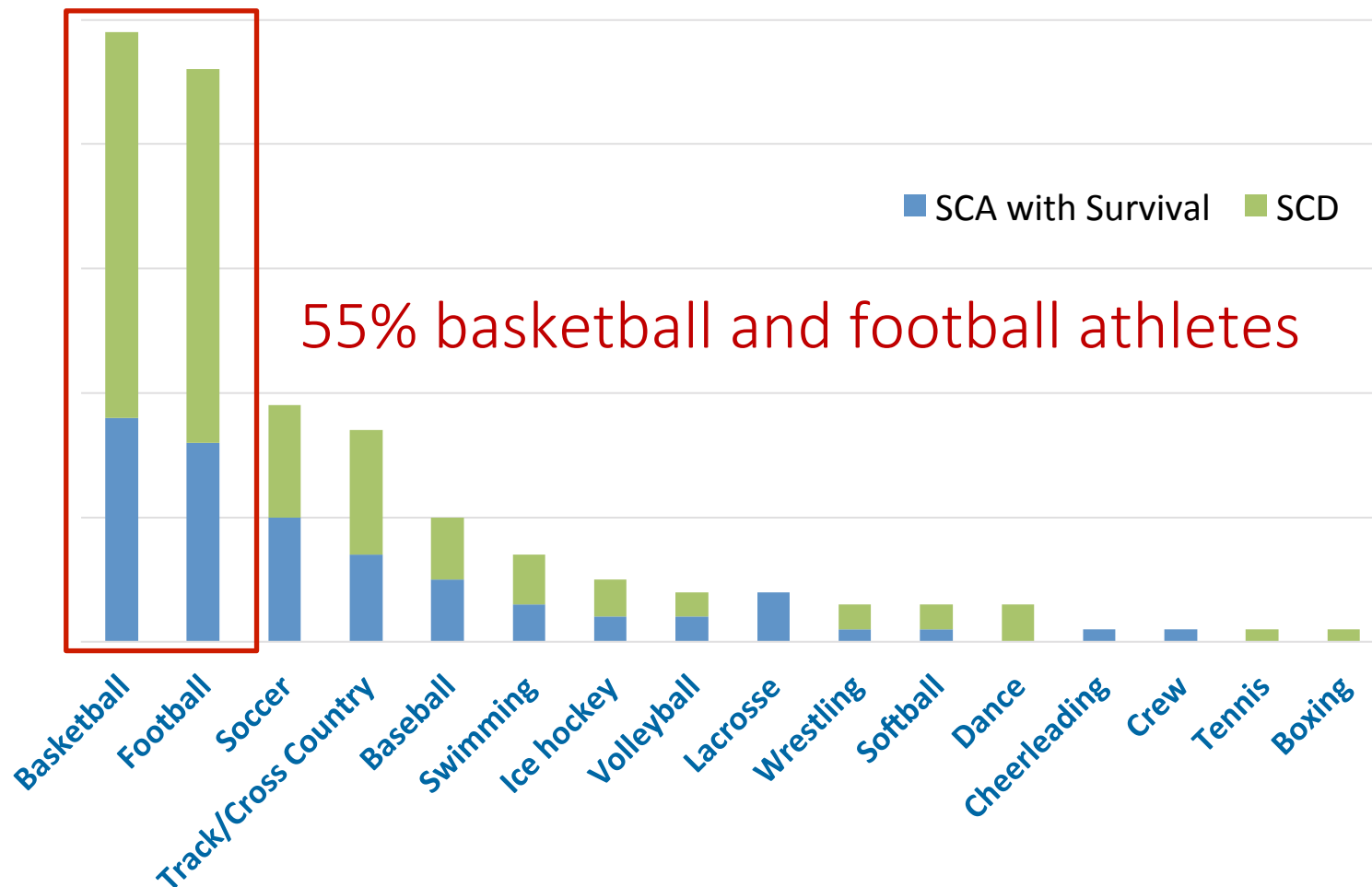
**UCSF Medical Center**  
Sports Medicine

**UCSF School of Medicine**



# SCA/D in Competitive Athletes

174 cases July 1, 2014 – June 30, 2016 in the U.S.





# Survival

## N=174 cases SCA/D

Overall	40.8%
During exercise	45.7%
Middle school	37.5%
High school	49.0%
College	39.1%

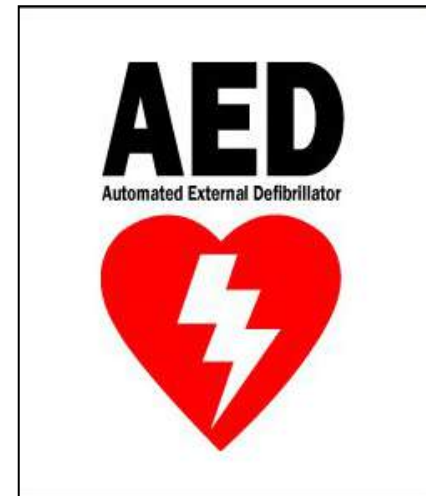
**60% of athletes with SCA still die**



# AEDs in Schools and Sport

- Provide a means of early defibrillation and the potential for effective secondary prevention of SCD

- Athletes
- Students
- Staff
- Spectators
- Coaches
- Officials
- Visitors







# It's NOT just about AEDs... EMERGENCY PREPAREDNESS



**Defibrillation**

**Sudden Cardiac Arrest and Defibrillation**

**What Is an Automated External Defibrillator (AED)?**

**Signs of SCA**

**How It Works**

**Life-Saving Steps:**

1. Check for pulse and get the AED.
2. Start CPR.
3. Attach the pads.
4. Follow the voice prompts.
5. Press the shock button.

**Act Fast!**

**Importance of CPR**

**AEDs Are Safe**

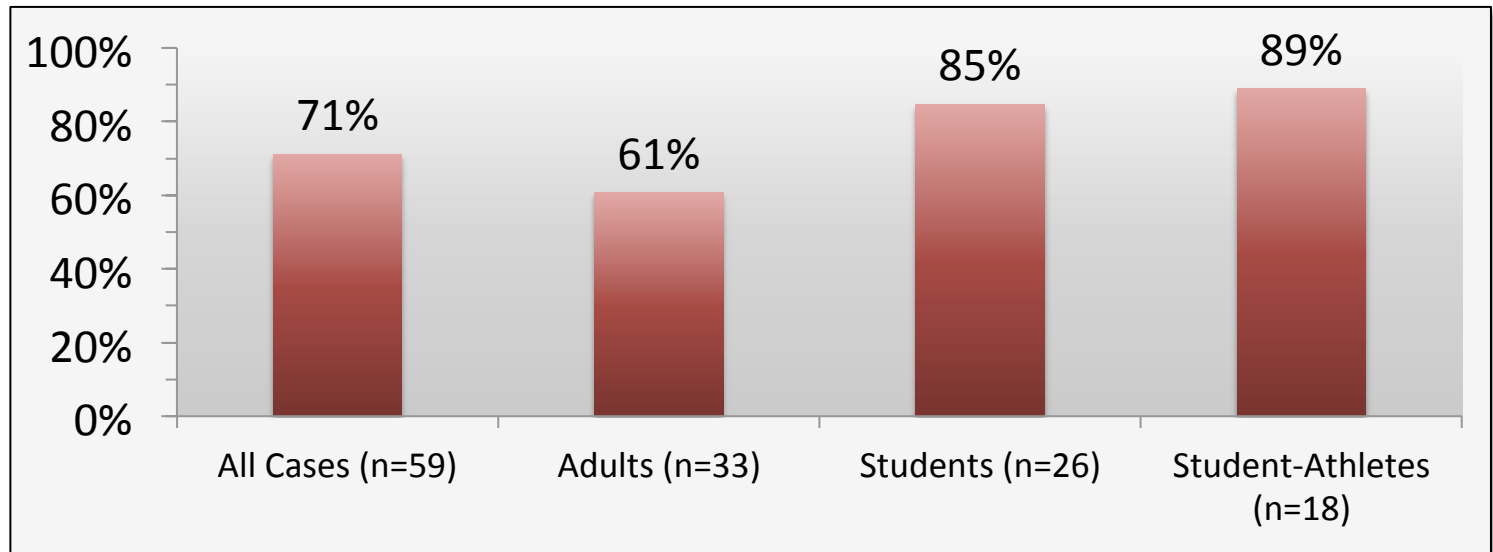
**CALL 911**

- Written Emergency Action Plan for SCA
- All staff awareness
- Emergency communication
- Trained responders in CPR/AED
- Access to early defibrillation (<3 min collapse to shock)
- Practice and review of the EAP at least annually
- Integration of AED into local EMS system



# Survival Following SCA

2,149 High Schools followed for 2 years; N=59 Cases of SCA



SCA in athletes during sport is largely a **survivable event** through prompt treatment and access to an AED

Drezner et al, *BJSM* 2014



# Be a HERO!

## U High's Bates-Diop recovering from 'cardiac event'

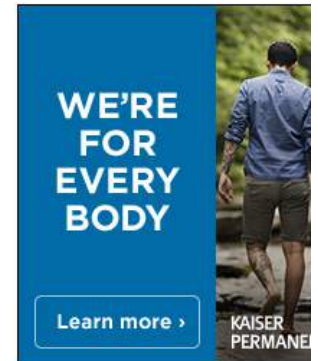
Randy Kindred rkindred@pantagraph.com Feb 11, 2017 0



NORMAL — University High School sophomore basketball player Kai Bates-Diop was recovering in a Peoria hospital Friday after collapsing during practice Thursday from what his family described as “a cardiac event.”

Bates-Diop’s parents, Richard and Wilma Bates, issued a statement Friday night thanking the U High athletic training staff for its “appropriate and fast response,” which they said enabled their son to receive “immediate attention.”

“He is receiving the best care possible, and is recovering nicely,” they added. “We appreciate all the well wishes and prayers from friends and family — and so many others. Kai is a remarkable



### Latest Local



Pantagraph All-Area I team

## February 11, 2017



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**UCSF Medical Center Sports Medicine**

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# Be a HERO!

MacArthur student brought back to life on football field



February 6, 2017

# California SB 658 – The AED Law



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# What is needed to effectively impact change?



# But you don't have to do it alone...



# But you don't have to do it alone...




**AMERICAN  
MEDICAL  
SOCIETY FOR  
SPORTS  
MEDICINE**

**Leading Sports Medicine into the Future**

ADVANCING EMERGENCY CARE 

American College of Physicians  
Leading Internal Medicine, Improving Lives



**SPORTS MEDICINE CENTER  
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# What is a Sports Medicine Physician?

- Primary Care Sports Medicine Specialist
- Primary Care Sports Medicine Physician
- Primary Care Team Physician
- Sports Medicine Specialist

- Undergraduate Education (4 yrs)
- Medical School (4 yrs of allopathic or osteopathic)
- Residency training (3-4 yrs) in a Primary Care Specialty
- Sports Medicine Fellowship training (1-2 yrs)





# What is a Sports Medicine Physician?

- Residency training in a Primary Care Specialty
  - Family Medicine
  - Pediatrics
  - Internal Medicine
  - Physical Medicine & Rehabilitation
  - Emergency Medicine
  
- Board certification in the specialty above, and then Certificate of Added Qualifications (CAQ) in Sports Medicine



# What is a Sports Medicine Physician?



- Cindy J. Chang, **M.D.**, CAQSM, FACSM, FAAFP
- MD = Medicinae Doctor (Doctor of Medicine)
- DO = Doctor of Osteopathy
- Dr. Cindy J. Chang, Sports Medicine  
???



# DR. DAVID GEIER



Dr. Carmen Johanning



DrJarodCarter.com

Dr. Patrick Cohn



# What kind of Doctor treats sports injuries and athletes?

- “Doctor” or “Dr.” can be a:
  - chiropractor (DC)
  - physical therapist (DPT)
  - podiatrist (DPM)
  - dentist (DDS or DDM)
  - optometrist (OD)
  - acupuncturist (LAC)
  - psychologist or neuropsychologist (Ph.D., Psy.D.)
  - nutritionist (Sc.D.)
  - professor (Ph.D.)
  
- educator (Ed.D)
- public health administrator (DPH)





# DR. DAVID GEIER



Dr. Carmen Johanning



DrJarodCarter.com

Dr. Patrick Cohn

# What is a Sports Medicine Physician?



- Cindy J. Chang, **M.D.**, CAQSM, FACSM, FAAFP
- MD = Medicinae Doctor (Doctor of Medicine)
- DO = Doctor of Osteopathy
- If “Dr. Cindy J. Chang, Sports Medicine”??
  - Look up their degree!



# What isn't a Sports Medicine Physician?

- Non-operative orthopedist
- Non-surgical sports medicine physician
- Musculoskeletal specialist
- Physician Assistant (PA)
  
- **Why?**
  - Besides being able to diagnose and manage injuries to the MS system, a sports medicine physician can provide *comprehensive care* to the athlete







# What else can a Sports Medicine Physician do?



- Concussion (mild traumatic brain injury) and other head injuries
- Athletes with chronic or acute illness (such as infectious mononucleosis, asthma or diabetes)
- Nutrition, supplements, ergogenic aids, and performance issues
- Exercise prescription for patients who want to increase their fitness
- Injury prevention
- “Return to play” decisions in the sick or injured athlete
- Recommendations on safe strength training and conditioning exercises
- Healthy lifestyle promotion

# A Sports Medicine Physician also serves as a Team Physician



- Pre-participation physical examination
- Injury assessment and management
- Care of sports-related and general medical needs of athletes
- Special populations (geriatric, disabled, women, youth, etc.)
- Sports psychology issues
- Substance use issues
- Education and counseling on illness & injury prevention
- Coordinating care with other members of the sports medicine team to include athletic trainers, physical therapists, personal physicians, other medical and surgical specialties, and other ancillary personnel of specialty care and rehabilitation
- Communication with athletic trainers, coaches, school administration, as well as athletes and their families



# www.amssm.org

The screenshot shows the AMSSM website interface. At the top, there is a navigation bar with links for AMSSM NEWS, JOURNALS, CALENDAR, FOUNDATION, STORE, CAREERS, INDUSTRY, and LINKS. Below this is a search bar with fields for Username and Password, and a 'GO' button. The main content area features a large banner for the 'AMSSM 26TH ANNUAL MEETING MEDICINE in Motion' held from May 8-13, 2017, in San Diego, CA. Below the banner are several columns of links categorized under 'UPCOMING EVENTS', 'FOUNDATION', 'ABOUT US', 'MEMBERSHIP', 'COMMUNICATIONS', 'EDUCATION', 'RESEARCH', 'ADVOCACY', 'PATIENTS', and 'INDUSTRY'. A search bar is located in the bottom right corner, circled in red, with the heading 'FIND A SPORTS DOC'. The search bar includes a text input field, a 'GO' button, and a 'Zip Code' field.



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# www.amssm.org



## FIND A SPORTS DOC

Please enter a search term relevant to the search type. For US States - use only letter abbreviations.

Choose Search Type

City

Enter Search Term

volcano

GO

Zip Code:

95689

Choose Search Radius:

25 Miles

GO



Distance:	30.52 miles
Name:	Sarah Preiss-Farzanegan MD
Address:	El Dorado Hills Sports Medicine 903 Embarcadero Drive - Suite 2
Primary Email:	<a href="#">Click Here</a>
Bus. phone:	916-293-8035
City:	El Dorado Hills
State/Province:	CA
ZIP Code:	95762
Map:	<a href="#">Click Here</a>
Bus. Country:	USA
Website:	<a href="#">[Click Here]</a>
Distance:	33.21 miles
Name:	Matthew Resciniti DO
Address:	Creekside Osteopathic Family Medicine 1731 Creekside Drive - Suite 100
Primary Email:	<a href="#">Click Here</a>
Bus. phone:	973-519-2404
City:	Folsom
State/Province:	CA
ZIP Code:	95630
Map:	<a href="#">Click Here</a>
Bus. Country:	USA
Distance:	40.52 miles
Name:	Daniel Parker MD, MPH
Address:	Summit Orthopedic Specialists 6403 Coyle Avenue - Suite 170
Primary Email:	<a href="#">Click Here</a>
Bus. phone:	916-965-4000
City:	Carmichael
State/Province:	CA
ZIP Code:	95608
Map:	<a href="#">Click Here</a>
Bus. Country:	USA
Website:	<a href="#">[Click Here]</a>
Distance:	40.63 miles
Name:	Kuo Ooi MD
Address:	Rocklin Family Practice and Sports Medicine 3104 Sunset Boulevard - Suite 28
Primary Email:	<a href="#">Click Here</a>
Bus. phone:	916-624-0300
City:	Rocklin
State/Province:	CA
ZIP Code:	95677

# AMSSM Practice and Policy Committee



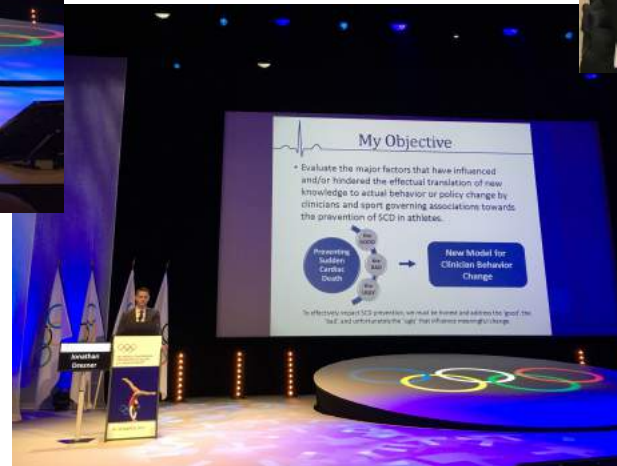
Strong Support	Tier 1	NJ	<a href="#">A2481</a>	Requires public school students with concussion to be evaluated by licensed health care professionals before return to school; requires school districts to provide restrictions or limitations to student as needed.	Received in the Senate without Reference, 2nd Reading	10/05/2016	3 - Crossed Over
Strong Support	Tier 1	TN	<a href="#">SB1306</a>	As introduced, creates a task force to study the effects of concussions on student athletes in high school and college. - Amends TCA Title 49, Chapter 7.	Passed on Second Consideration, refer to Senate Government Operations Committee	02/13/2017	1 - Introduced
Strong Support	Tier 1	MA	<a href="#">H294</a>	Providing cardiopulmonary resuscitation training in high schools	Senate concurred	01/23/2017	2 - In Committee CPR Education
Strong Support	Tier 1	MA	<a href="#">H1155</a>	Creating a commission to study concussions that occur as a result of varsity sports in public and private high schools	Senate concurred	01/23/2017	2 - In Committee Concussion, Study Committee, Member Engagement
Strong Support	Tier 1	MA	<a href="#">H1183</a>	To protect sports medicine professionals	Senate concurred	01/23/2017	2 - In Committee Traveling Team Physician
Strong Oppose	Tier 1	OR	<a href="#">HB2390</a>	Relating to concussions sustained by athletes; declaring an emergency.	Referred to Health Care.	01/17/2017	2 - In Committee Concussions, Student Athletes
Strong Oppose	Tier 1	OR	<a href="#">SB217</a>	Relating to concussions sustained by athletes; declaring an emergency.	Senate Health Care Public Hearing and Work Session (13:003/30/2017 HR B)	03/30/2017	2 - In Committee Concussions, Student Athletes
Strong Support	Tier 1	NV	<a href="#">AB85</a>	Requires instruction in cardiopulmonary resuscitation and the use of an automated external defibrillator in certain schools. (BDR 34-569)	Read first time. Referred to Committee on Education. To committee.	03/16/2017	3 - Crossed Over AEDs/ CPR in schools

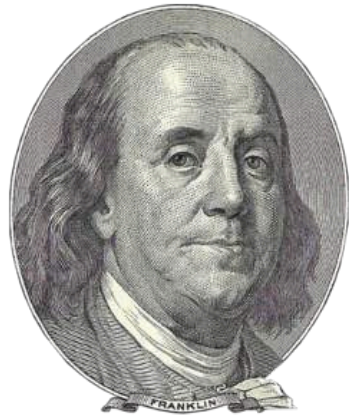
- *MA H294: CPR training in HS*
- *MA H1155: Commission to study concussions in varsity sports in all HS*



# IOC WORLD CONFERENCE PREVENTION OF INJURY AND ILLNESS IN SPORT

16 – 18 MARCH 2017  
MONACO,  
GRIMALDI FORUM





"An ounce of prevention is worth a pound of cure."

Benjamin Franklin

"28g of Prevention is worth 454g of Cure"



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