



MINUTES
SPORTS MEDICIEN ADVISORY COMMITTEE MEETING
April 30, 2015

Members Attendance:

Dr. Javier Cardenas, MD
Steven Erickson, MD
Jeffrey Vaughn, DO
David Hayward, AT, ATC, M.Ed
Mark Strom, ND
Christian Kwasnica, MD
Tamara McLeod, PhD
Kristina Wilson, MD*
Kevin Turley, DC

AIA STAFF PRESENT:

Michele Staples, AIA Liaison

➤ **REPORT OF COLLABORATIVE SOLUTIONS:**

- Dr. Cardenas shared a video clip from ABC 15 about the Cesar Chavez basketball player who died suddenly on Monday, April 27, 2015.
- Dr. Cardenas also shared information about the meeting that he and Dr. Slemmer attended in New York. (include link from agenda in minutes)
- Data shows that cardiac disease, head injury, and head illness (heat, heart, and head) account for 80 % of all death and disability in athletes.
- Cardiac is the number one cause of death in high school athletes.
 - <http://www.nata.org/solutions-for-athlete-care>

➤ **EMERGENCY ACTION PLAN**

- The committee reviewed the AIA Emergency Action Plan, Heat Illness, Concussion and Cardiac Information.
- The committee will break down into sub-committees to review the about mentioned items to ensure that they are up to date.
- Discussion about heaving each school to have an EAP during regular and post season.
 - Currently it is only required for post season events
 - http://www.greatapes.com/acsal_eap/course/1.php

➤ **HEAT ILLNESS**

- The committee reviewed the AIA Heat Illness policy and other best practices for heat illness and heat acclimatization.
- Date shows that 16% of football deaths occur from heat illness.
- Discussion about sending out an alert to schools on extreme heat days.
- The committee discussed heat issues with Cross Country that should be reviewed by the sub committees.
 - <http://aiaonline.org/files/13123/aia-heat-acclimatization-exertional-heat-illness-management-policy.pdf>

➤ **CONCUSSION**

- The committee reviewed the current AIA Concussion Policy and other best practices.
- The Return to Learn process needs to be added as a resource to AIA member schools.

➤ **CARDIAC DISEASE**

- Cardiac disease is the leading cause of death in student athletes.
- Emergency Action Plans and AED availability on campus is crucial to the ability to saving a life.
- AEDs must be maintained and kept in good working condition.
- The committee discussed sending out a survey to the membership to see who has an EAP, at least one AED, concussion policy, etc.

➤ **SUB-COMMITTEES:**

- **EAP Committee:** Tamara McLeod, Jeffrey Vaughn
- **Heat Illness Committee:** Steve Erickson
- **Concussion Committee:** Christina Kwasnica
- **Cardiac Disease Committee:** Steve Erickson
 - The sub-committees will review the policies, draft questions for the survey and a list of resources to post on the website.

*Dr. Cardenas shared a document that will be disseminated by the AZATA regarding Pre-Participation Evaluation forms and ATCs. The committee was concerned about this document as it creates issues without solutions.

Meeting Adjourned 9:00 am

Next Meeting: May 28, 2015 at 7:30 am