



**MINUTES**  
**SPORTS MEDICIEN ADVISORY COMMITTEE MEETING**  
**November 17, 2016**

**Members Attendance:**

Dr. Javier Cardenas\*  
Steve Erickson  
Roger McCoy  
Tina Kwasnica  
Randy Cohen\*  
Tamara McLeod\*  
Michael Lavoie

**AIA STAFF PRESENT:**

Harold Slemmer, Executive Director  
David Hines, Assistant Executive Director  
Mark Mignella, Legal Council  
Tayler Coady, Executive Assistant  
Ron Halbach, Tournament Coordinator

\*Indicates Conference Call-In

**GUESTS:**

Garye LaFavers, Tonopah Valley, Baseball SAC  
Keith Walker, Maricopa County Department of Public Health  
Jeanine Fowler, Maricopa County Department of Public Health  
Wendy Godfrey, West Group Research

➤ **MARICOPA COUNTY DEPARTMENT OF PUBLIC HEALTH – OPIATE ABUSE REPORT**

- Representatives from the Department of Public Health and West Group Research presented information to the committee on the abuse of opiates at the high school level.
- The research target audience was the following:
  - Former High school athletes – 18-20 years of age
  - Parents of student athletes currently in high school
  - Athletic training staff including coaches, trainers and athletic directors
  - Medical providers who treat injured high school athletes
- Focus Groups: Five Groups
  - Former High school athletes – 2 groups
  - Parents of student athletes – 2 groups
  - Athletic training staff – 1 group
- One-on-one Interviews Conducted:
  - Medical providers – 6
  - Athletic training staff – 6
- Wendy Godfrey, West Group Research stated that many high school athletes feel tremendous pressure to “play through their injury”. Most of this pressure is self-imposed. In addition to the pressure they place on themselves, coaches, trainers, parents and teammates all contribute to the pressure student athletes feel to play through an injury.
- There is a general belief that doctors over prescribe pain medication.

- Prescription pain medications are readily accessible. Often, people only have to travel as far as the medicine cabinet to find Percocet, OxyContin or Vicodin.
- Ways to identify and address the issues of overuse of pain medication:
  - Awareness
  - Team approach
  - Importance of a good relationship and good communications
  - Where to turn
- Heightened awareness & education is needed on multiple levels:
  - Coaches and Trainers
  - Medical Providers
  - Parents
  - Athletes
- Most coaches stated that they felt they would be able to identify a misuse of pain medication fairly quickly due to the change in student behavior.
- Randy Cohen brought up the concern of student athletes at the collegiate level getting pain medication off the street rather than going to a medical provider.
- Roger McCoy, Michael Lavoie and Javier Cardenas all volunteered to assist in creating an educational initiative regarding the use of opiates.

➤ **ARIZONA PITCH SMART GUIDELINDS (Ron Halbach / Garye LaFevers)**

- Mr. Halbach and Mr. LaFevers presented a proposal from the Baseball Sports Advisory Committee regarding pitch count.
- Both, Mr. Halbach and Mr. LaFevers discussed the challenge of finding the exact age of students. It is a much easier task to refer to them by grade level (freshman, sophomore, junior, senior).
- The Baseball Sports Advisory Committee proposed the use of the Arizona Pitch Count Guidelines (which lists pitch counts by grade level not age) be used which would also allow for MaxPreps Pitch Count Tracking.
  - A form would be required by coaches to fill out and have signed off by both home and visiting head coaches. They would then take this form to their next opponent for an understanding of their pitchers pitch counts.
    - Dr. Steve Erickson made a motion to approve the proposal and 2<sup>nd</sup> by Michael Lavoie.
      - The proposal will now be presented to the Executive Board at the December 5<sup>th</sup> meeting.

➤ **MORBIDITY & MORTALITY CONFERENCE (Javier Cardenas)**

- Dr. Cardenas presented information on the Morbidity and Mortality Conference.
- Two statues:
  - 36.4.4.5
  - 36.2.4.0.3
- Dr. Cardenas stated he would do more research to see if there was an option for a host institute that would help cover athletic trainers.

➤ **INTERNATIONAL CONCUSSION IN SPORTS CONFERENCE (Tamara McLeod)**

- Dr. McLeod presented information on the conference she recently attended regarding concussions.
- There were 12 clinical questions developed as discussion points for the conference.
- NIH Consensus Development
  - Specific questions are prepared and posted in advance to define the scope and guide the director of the conference.
  - A systematic literature review was prepared and circulated in advance to use by the panel in addressing the conference questions.

- Experts presented data in a public session, followed by inquiry and discussion.
- Expert Panel meets in a closed session to prepare the consensus statement.
- The principle task of the panel is to elucidate responses to the questions.
- The consensus statement is intended to serve as the scientific record of the conference.
- Widely disseminated to achieve maximum impact on both current health care practice and future medical research.
- Some of the goals of the Concussion in Sports Consensus are:
  - Highest Scientific Standard
  - Structured Format
  - Transparency
  - Clinically Applicable Outcome
- Timeframe:
  - Nov. – Dec. 2016: Writing
  - Feb. 2017: Publish Online
  - May 2017: Publish in Print
- **ESSENTIALS SUMMIT (Tamara McLeod)**
  - The charge for the summit was to develop a practical and definitive plan and accompany consensus document for all member state associations emphasizing evidence-informed best practices to:
    - Measurably expand opportunities for widespread sport participating (initiation and continuation) for all students;
    - Minimize injury risk;
    - Maximize performance – at all levels of athletic development and achievement.
  - Much of the intended outcome of the Essentials Initiative will be realized through the roles and responsibilities and widespread uptake by the athletes, coaches and parents.
- **MANDATORY CONCUSSION REPORTING (Michael Lavoie)**
  - Michael Lavoie researched the reporting of concussion throughout the US and which state associations were implementing the reporting.
  - Ohio had 26 high schools that report any concussion with 5 main questions being asked.
  - Dr. Lavoie stated there was a diverse reporting requirements throughout.
  - RIO is a possibility for the AIA to use as a whole or would need to create a new platform if mandatory concussion reporting is needed.
  - Dr. Lavoie will create questions that could be beneficial for the next meeting in January.
- **NATA/NFL/PFATS/SKI/GATORADE ATHLETIC TRAINER PILOT PROGRAM UPDATE (Javier Cardenas)**
  - Each grant will be in the amount of \$35,000 awarded over a three-year period to fund an athletic training program. The NFL Foundation will award up to 150 grants to high schools in the four pilot states (Arizona, Illinois, Oklahoma and Oregon)
  - Dr. Cardenas stated that there are 28 applications submitted from Arizona.
  - The deadline to submit an application is December 1, 2016
    - [www.athletictrainergrant.com](http://www.athletictrainergrant.com)

Meeting Adjourned 9:00 am

Next Meeting: January 19, 2017