

The Industrial Athletic Trainer: A Valuable Asset to your EHS Team

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Learning Objectives

- ▶ Understand the educational competencies and certification requirements for athletic trainers (ATs).
- ▶ Identify common employment settings for athletic trainers and additional certifications that ATs are qualified to receive (FMS, Ergonomics, etc...)
- ▶ Determine ways that an athletic trainer can provide health care services to the industrial athlete.
- ▶ Describe the value of having an athletic trainer on-site or available through telemedicine

Disclosure

- ▶ No conflict of interest or commercial bias

What is Athletic Training

- ▶ What comes to mind when you hear the term athletic trainer

What is Athletic Training

- ▶ Athletic training encompasses the prevention, examination, diagnosis, treatment and rehabilitation of emergent, acute or chronic injuries and medical conditions.¹
- ▶ Athletic training is recognized by the American Medical Association (AMA), Health Resources Services Administration (HRSA) and the Department of Health and Human Services (HHS) as an allied health care profession.¹



Who is an Athletic Trainer

- ▶ Athletic trainers (ATs) are highly qualified health care professionals who render service or treatment, under the direction of or in collaboration with a physician, in accordance with their education, training and the state's statutes, rules and regulations.¹
- ▶ A part of the medical team
- ▶ Services provided include:
 - ▶ Primary care
 - ▶ Injury and Illness prevention
 - ▶ Wellness promotion and education
 - ▶ Emergent care
 - ▶ Examination and clinical diagnosis
 - ▶ Therapeutic intervention and rehabilitation of injuries and medical conditions



AT Certification

- ▶ In order to become certified¹
 - ▶ Complete degree from entry level athletic training education
 - ▶ Entry level is a Master's degree
 - ▶ Commission on Accreditation of Athletic Training Education (CAATE)
 - ▶ Obtain passing grade on Board of Certification (BOC) exam
- ▶ Education program statistics²
 - ▶ 260 professional programs
 - ▶ 19 post-professional programs
 - ▶ 3,000 current students

Domains³

- ▶ Competency-based program in both classroom and clinical setting
- ▶ Educated to perform complete patient care in five domains
 1. Injury & Illness Prevention and Wellness Promotion
 2. Examination, Assessment and Diagnosis
 3. Immediate & Emergency Care
 4. Therapeutic Intervention
 5. Healthcare Administration and Professional Responsibility

Employment Settings^{4,5}

19%	College/University
18%	Secondary Schools
17%	Clinic and Hospital
27%	Students
2%	Professional Sports
2%	Emerging Settings Performing Arts Public Safety Military Occupational Health



Continuing Education

- ▶ ATs require re-certification every two years with 50 evidence-based CEUs
- ▶ ATs are versatile and can easily take additional training to expand skill set
- ▶ Biomechanical background
 - ▶ CEAS
 - ▶ PDAs
- ▶ Injury prevention
 - ▶ CES
 - ▶ PES
 - ▶ CSCS
- ▶ Nutrition
 - ▶ CNC with NASM
- ▶ Other complimentary credentials
 - ▶ ART
 - ▶ Osteopathic Spinal Manipulation
 - ▶ Graston and other soft-tissue mobilization

ATs in Occupational Health^{5, 6}

- ▶ Develop injury prevention programs
- ▶ First aid and medical care
 - ▶ Rehab
 - ▶ Wound care
 - ▶ Patient education
- ▶ Work hardening programs
- ▶ Educational programs
- ▶ Movement evaluations
- ▶ Emergency response
- ▶ Injury documentation and data collection
- ▶ Work Comp paperwork
- ▶ Referrals
- ▶ Communication with physicians and other HCP
- ▶ Safety culture

Domain 1

Injury & Illness Prevention and Wellness Promotion³

- ▶ Promoting healthy lifestyle behaviors with effective education and communication to enhance wellness and minimize the risk of injury and illness.
- ▶ Customized stretching programs
- ▶ Injury data collection
- ▶ Injury prevention strengthening programs
- ▶ Ergonomic assessments
- ▶ Company wellness programming



Domain 2

Examination, Assessment and Diagnosis³

- ▶ Implementing systematic, evidence-based examinations and assessments to formulate valid clinical diagnoses and determine patients' plan of care.
- ▶ Injury evaluation immediately following the incident
- ▶ Knowledge of job requirements
- ▶ Knows when to make referrals
- ▶ Ergonomic assessment



Domain 3

Immediate & Emergency Care³

- ▶ Integrating best practices in immediate and emergency care for optimal outcomes.
- ▶ Experts in emergency care
- ▶ Avoid unnecessary trips to the ER
- ▶ Can assist with development of EAPs
- ▶ Provide training to other members of emergency response team



Domain 4

Therapeutic Intervention³

- ▶ Rehabilitating and reconditioning injuries, illnesses and general medical conditions with the goal of achieving optimal activity level based on core concepts (i.e., knowledge and skillsets fundamental to all aspects of therapeutic interventions) using the applications of therapeutic exercise, modality devices and manual techniques.
- ▶ Provide customized rehabilitation programs
- ▶ Develop work-hardening programs
- ▶ Can provide intervention that helps to reduce recordables

Domain 5

Healthcare Administration and Professional Responsibility³

- ▶ Integrating best practices in policy construction and implementation, documentation and basic business practices to promote optimal patient care and employee well-being.
- ▶ Documentation for and communication with Work Comp
- ▶ Injury data tracking and collection
- ▶ Review of policies and procedures
- ▶ Communication with physicians and other HCP
- ▶ Communication with stakeholders in the company

ATs in Occupational Health

- ▶ What can ATs provide?
 - ▶ Onsite care
 - ▶ Telemedicine
 - ▶ PDAs

On-Site Care

- ▶ Provide 24hr observation and interventions to prevent ergonomically avoidable injuries
- ▶ Provide education to employees and leadership regarding health, wellness, and nutrition
- ▶ Provide case management between physicians, therapists, clinics, insurance companies, and the employee
- ▶ Provide recommendations for employees needing modified duties
- ▶ Provide onsite injury evaluation and rehabilitation/treatment for an employee
- ▶ Becomes part of the work culture (TEAM)
- ▶ Works closely with EHS

Telemedicine

- ▶ Can provide similar services using a virtual format
- ▶ Injury evaluation, rehabilitation and work hardening programs
- ▶ Education
- ▶ Case management
- ▶ Modified duty recommendations
- ▶ Works closely with EHS
- ▶ Ergonomic assessments

Physical Demands Analysis and Ergonomics⁸

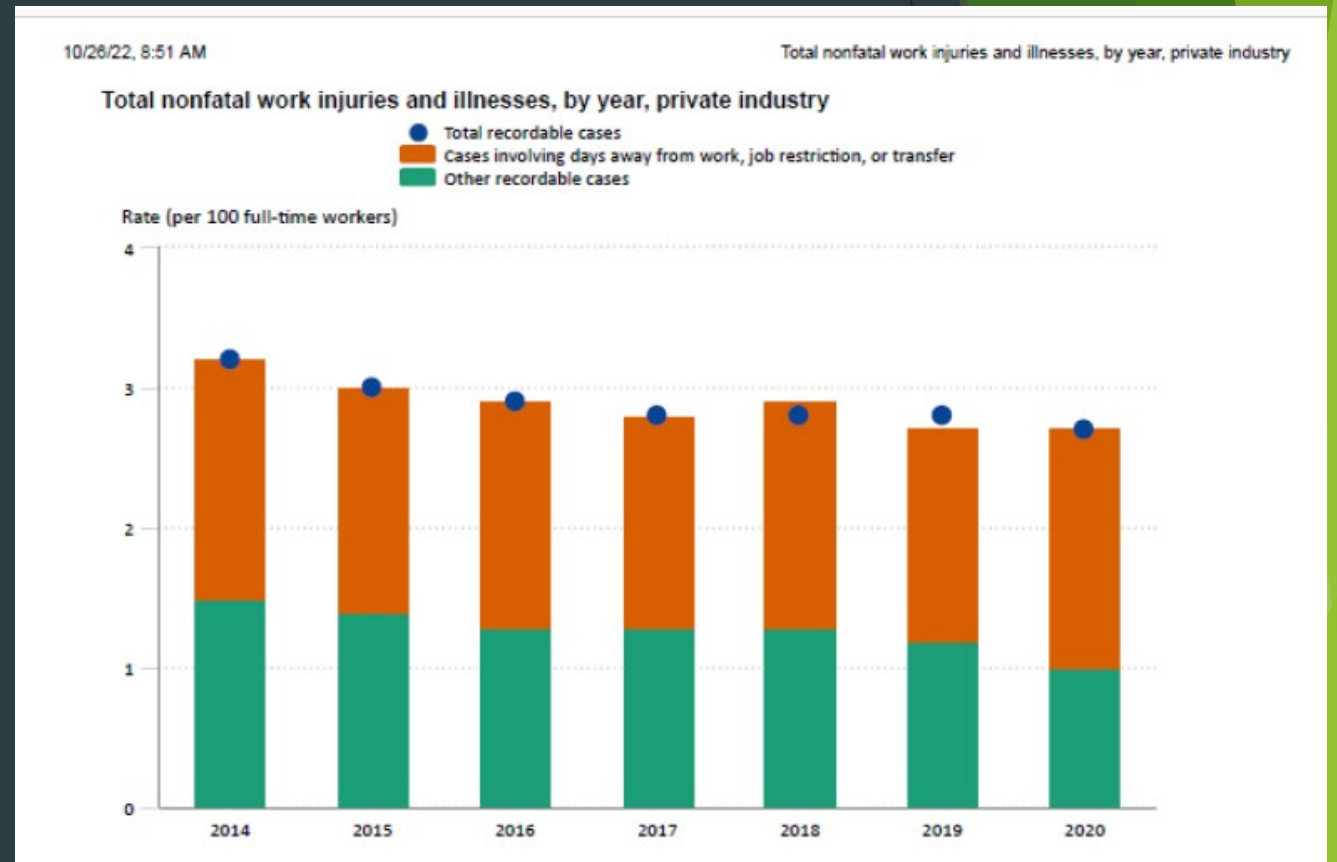
- ▶ A Physical Demands Analysis (PDA) provides a detailed breakdown of the physical requirements of a specific job or job category.
- ▶ Outlines the essential functions necessary to complete the task
- ▶ **ATs can perform PDAs and information can be used:**
 - ▶ Pre-employment screening
 - ▶ Ergonomic evaluations
 - ▶ Return to work goals/job specific rehabilitation
 - ▶ Determining Personal Protective Equipment requirements
 - ▶ Safety programs
- ▶ Can use PDA to perform ergonomic assessment, on-site or telemedicine

ATs in Occupational Health

- ▶ Injury Statistics from the Bureau of Labor Statistics⁶
 - ▶ Almost three million non-fatal workplace injuries in 2014, including concussions and musculoskeletal injuries⁶
 - ▶ In 2014, over 300,000 musculoskeletal injuries were reported to private insurance from a workplace injury⁶
- ▶ Statistics from the NATA⁶
 - ▶ Reduction greater than 25% in Work Comp claims for musculoskeletal injuries
 - ▶ Half of the companies surveyed reported a decrease of at least 50% in work related injuries
 - ▶ Severity of injuries decreased by 25%

2020 Recordable Statistics⁷

- Cases requiring days away from work in 2020 - 1.7 out of 100 full-time workers
- Other recordable cases in 2020 - 1.0 out of 100 full-time workers
- Total recordable cases in 2020 - 2.7 out of 100 full-time workers
- Overall trend of workplace recordable injuries is decreasing
- ATs can provide care that can lead to a further decrease in recordable injuries



On-Site Care by an AT⁶

- ▶ When injuries occur, an AT allows for progression back to work with customized return to work programs
- ▶ Approximately 50% of companies with an AT providing on-site rehabilitation programs saw a 50% decrease in healthcare costs
- ▶ More than 80% of companies reported ROI at least \$3 per \$1 invested
- ▶ 30% of companies reported ROI of \$7 per \$1

Conclusion

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Questions?