

Current Issues in Sports Medicine

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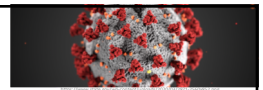
Disclosures

- Opinions expressed in this presentation are my own and do not represent OSU, OSAA, or OATS.
- No relevant conflicts of interest.

Acknowledgments



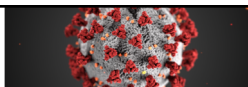
COVID-19



Return to Activity

- Role of testing for illness or antibodies unclear at this time.
- National Athletic Trainers' Association and the Korey Stringer Institute will soon release plans on conditioning and acclimatization for fall sports.
 - Potential for longer practice time before start of fall sports
- OSAA SMAC will review and give recommendations to OSAA.
- NFHS working on phased return to activity plans depending upon levels of social distancing

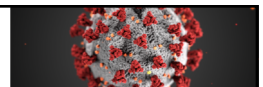
COVID-19



Preparticipation Physical Exams

- OSAA working with ODE on possible extension of PPE by 1 year.
- Students without a PPE would need one.
- Purpose is to:
 - Decrease burden on primary care providers and
 - Decrease barriers to participation.

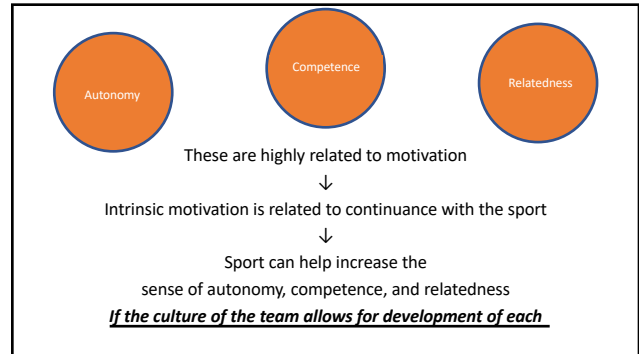
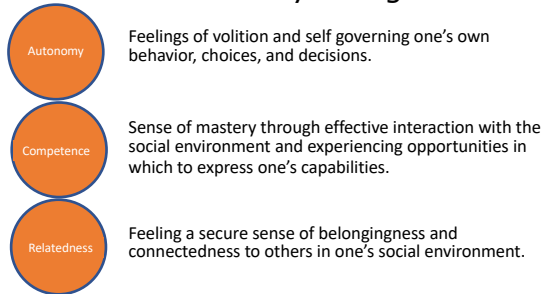
COVID-19



Equipment reconditioning

- Riddell currently reconditioning helmets.
- Some companies shut down.
- NFHS in discussions with those companies.

3 Main Psychological Needs



Tips for coaching kids who have experienced trauma



Tips:

- Set clear expectations and consequences – be consistent
- Have a practice plan – rhythm is important, the unknown is frightening

Tips for coaching kids who have experienced trauma

For those that have experienced interpersonal abuse

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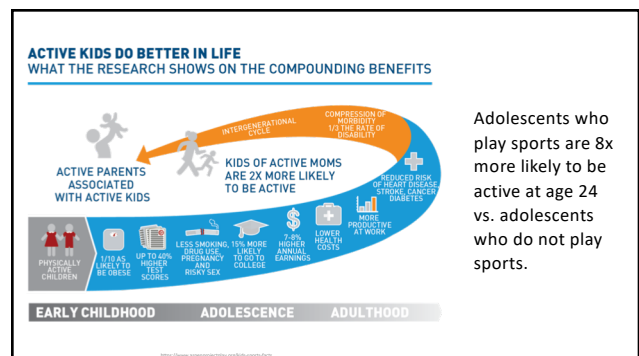
Abuse is rooted in control and power

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They may rebel against the power because they perceive it as a power dynamic

Tips for coaching kids who have experienced trauma




- The athlete's voice is important – they want to be heard and have input.
- Perhaps more importantly it allows them to have a voice in leadership.
- Leadership cannot happen if there is not the opportunity to lead.




Open access **Review**

BMJ Open
Sport & Exercise Medicine

Determining the role of sport coaches in promoting athlete mental health: a narrative review and Delphi approach

James E. Blissett  ¹, Emily Kiroshus  ^{2,3}, Stephen Hebard  ^{4,5}



Prevention **Detection** **Treatment**

Blissett JE, Kiroshus E, Hebard S. Determining the role of sport coaches in promoting athlete mental health: a narrative review and Delphi approach. BMJ Open Sport Exerc Med. 2020;6(2):e000576. doi:10.1136/bmjsem-2019-000576

Prevention

- The stigma of mental health is a barrier to seeking help
- Coaches can help destigmatize and normalize mental health by shaping a team culture and climate that supports seeking help

To do this:

1. Clearly communicate the team's values
2. Model behaviors consistent with the barriers
3. Engage key allies, especially peers, to build strong connections to facilitate supporting their teammates mental health

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Detection

- *Early* detection of mental health concerns is a critical
- Coaches have the potential to play a key role due to the frequency of interactions and the trusted relationships with athletes

To do this:

1. Need to display positive attitudes toward help-seeking
2. Athletes report that having a trusting relationship with the coach is the key factor in determining whether they will speak with the coach about mental health *and* listen to coach's encouragement to seek help

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Treatment

- Once an athlete seeks help we need to encourage adherence

To do this:




1. Maintain confidentiality - respect what the athlete or parents want shared
2. Check-in with the athlete
3. Provide encouragement to the athlete
4. Realize there may be scheduling conflicts as they seek help
5. Involve them if they are taking a break from sports

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- Majority of existing coach education focuses on:
 - Detection of at-risk athletes
 - Connecting with supportive resources
- Need to help coaches:
 - Develop cultures supportive of mental health
 - Provide support to athletes after they have sought care

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The OAC is proud to join forces with the OHSU, ODA and OATS in the prevention of youth suicide.

OREGON YOUTH SUICIDE AWARENESS CAMPAIGN
Ann Kirkwood, Oregon Health Authority Suicide Intervention Coordinator

- Suicide is the 2nd leading cause of death of high school—aged individuals
- In Oregon, a survey of 11th graders found that in the past year
 - 18% considered suicide
 - 7% attempted suicide
- The rate of completed suicides has been increasing since 2011


<https://www.ohsu.edu/press/2019/09/09/ohsu-oda-oats-collaborate-to-help-prevent-youth-suicide/>



 The OACA is proud to join forces with the OSHA, OADA and OHSU in the prevention of youth suicide.

OREGON YOUTH SUICIDE AWARENESS CAMPAIGN
 Ann Kirkwood, Oregon Health Authority Suicide Intervention Coordinator


- Worked with experts in suicide prevention
- Wrote and disseminated 7 articles written for coaches, administrators, and other athletics personnel
- Information is available on the OSAA website



<http://www.osaa.org/health-safety/>

Legislative Update
 HB 4140 - 2020 Legislative Session

- ODE will develop a form* that describes academic accommodations that the school may make for the a student who has been diagnosed with a concussion or other brain injury.
- The form may be requested by educator or other school personnel, the student, parent, or guardian.
- The accommodations are optional.
- Effective August 2021



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CONCUSSION – RETURN TO LEARN MEDICAL RELEASE
 Return to Academics after Concussion

Legislative Update
 SB 1547 - 2018 Legislative Session

Oregon law requires the:

1. The athlete no longer exhibits signs, symptoms, or behaviors consistent with a concussion and
2. Receives a medical release from a "qualified" health care professional.

<http://www.osaa.org/health-safety/concussion>

Legislative Update
 SB 1547 - 2018 Legislative Session

- This bill expanded the list of “qualified” health care professional that can provide medical release to return to participation following a concussion.
- List expands in July.

Current	July 2020*
physician (M.D. or D.O.)	chiropractic physician
physician assistant	naturopathic physician
nurse practitioner	physical therapist
psychologist	occupational therapist
	*AFTER completion of a concussion education course offered through OHSU.

<http://www.osaa.org/health-safety/concussion>