

OATA 2016 PROGRAM OBJECTIVES

STEVE GRAEF: Channeling Your Inner Sports Psychologist: Connection, Contribution, Collaboration – EBP

1. Identify ways to connect with student athletes through communication, validation, and empathy
2. Apply simple sport psychology mental skills
3. Summarize methods for collaborating with sport psychology professionals

BRIAN HORTZ: Ethics & Ethical Decision Making

1. Recognize and distinguish the dynamics between ethics and the law
2. Implement contemporary ethical principles by examining the difference between ideas (duties)
3. Judge the actions (consequences) as they pertain to the principles of ethics
4. Recognize the common terms and principles of modern bioethics
5. Recognize why ethics may differ among different cultures and why this knowledge is important
6. Recognize the importance of ethics in a culturally diverse health care environment
7. Recognize and utilize a decision making model approach to solving ethical dilemmas
8. Identify and criticize the ethical duties and actions of the athletic trainer when providing care

TRAVIS GALLAGHER: Exercise as Medicine for Chronic Diseases States - EBP

1. Summarize the prevalence and trends of physical inactivity in the United States.
2. Define the role of physical inactivity as the cause of chronic disease states, such as obesity, diabetes, and some cancers.
3. Evaluate the role of exercise and physical activity in the treatment and recovery from chronic disease states, such as obesity, diabetes, cancer, and arthritis.
4. Identify the psychosocial and cognitive improvements as benefits of physical activity and exercise.
5. Summarize unpublished data involving an existing program's intervention program in behavior change involving physical activity

ERIC BOWMAN: The Pediatric Back: They're Not Little Adults

1. Identify the 3 most common causes of pediatric back pain
2. Identify physical exam and imaging differences in the most common cause of pediatric back pain
3. Identify the treatment protocol for the most common causes of pediatric back pain

LISA KLUCHUOSKY: Take Charge of Your Career: Strategies for Proving Your Worth

1. Differentiate between worth and value
2. Describe the concept of business and the athletic trainer's role
3. Identify strategies to prove worth and increase value to the employers
4. Explain the importance of self-advocacy and strategies to demonstrate it

JACKIE RUSSELL & DAVID ZID: Is Exercise the Newest Medicine for Parkinson's Disease

1. Discuss the positive impact that the Delay the Disease Parkinson's- Specific Wellness program has on the symptomatic progression of Parkinson's Disease
2. Explain the progress of neuroplasticity and the brains ability to recognize itself to learn new behaviors and modify existing pathways
3. Provide examples of evidence-based interventions and safe exercise prescription for adults with Parkinson's Disease based on their impairments

JAYSON WOLSHIRE et al: Career Decisions: Advice for the Journey

1. Identify 3 skills to excel in your current or future job role
2. Utilize critical thinking strategies learned for your own career advancement
3. Analyze advice and suggestions from panel speakers to allow optimal choices in professional advancement

JACQUELINE McGOWAN: Athletes with Disabilities

1. Describe important considerations for traveling with disabled athletes
2. Identify ways to prevent overuse injuries and musculoskeletal injuries in athletes with disabilities
3. Define intellectual disability and visual impairment
4. Discuss the health benefits of exercise in the disabled athlete

SCOTT MULLETT: AT Skill Set for Working with the Industrial Patient

1. Identify ergonomic concerns many industrial patients encounter on a daily basis which lead to acute and chronic injuries
2. Interpret the cause raising workers' compensation and health care costs and why the AT is a vital resource for lowering those cost for a company
3. Apply AT practices in the industrial setting to reduce the risk on injuries and treat injuries with limited resources
4. Compare and contrast an industrial AT and a traditional setting AT. Categorize limitations an industrial AT has and distinguish the difference between 'first aid', restricted, and lost time.
5. Develop work conditions and injury prevention strategies through case study examples

FREE COMMUNICATIONS: Professional Award Winners

DUSTIN GROOMS (Original Research): The Relationship Between Neuroplasticity Associated with ACL Reconstruction and Patient Reported Function

1. Evaluate the effects knee injury may have on the brain
2. Create novel intervention strategies targeting neuroplasticity after injury

ROBBIE OATES (Case Study): Larson's Maneuver: A Case Report On A Novel Acute Treatment For Dyspneic Events Related To Vocal Cord Dysfunction

1. Identify the differences in symptom presentation of asthma and vocal cord dysfunction (VCD)
2. Summarize the current interventions for VCD
3. Comprehend the theoretical neurophysiology of Larson's Maneuver
4. Apply Larson's Maneuver when indicated in clinical practice

FREE COMMUNICATIONS: Student Award Winners

RACHEL DRAKE (UG Research): Can Total Motion Release (TMR) Increase Shoulder Range of Motion in Collegiate Swimmers?

1. Evaluate Total Motion Release (TMR) as a novel technique that utilizes the regional interdependence paradigm base approach to identify and treat imbalances.
2. Compare the intervention of two motions of TMR and six motions of TMR and their effects on internal and external range of motion in collegiate swimmers.

3. Evaluate TMR as a technique that can be utilized by athletic trainers with collegiate swimmers to increase shoulder range of motion.

LAUREN CORNWELL & CHRISTEN KELLY (UG Pilot Study): Using Augmented Feedback to Decrease Patellofemoral Pain in Runners: A Pilot Study

1. Apply current research to assess effectiveness of an intervention on patellofemoral pain in recreational runners.
2. Interpret the results of the study to determine the usefulness of the intervention.
3. Develop a unique intervention based on a problem.
4. Evaluate the results of current and previous research on improving patellofemoral pain in runners to develop best practice standards.

BRAD MUSE: An Introduction to Selective Functional Movement Assessment (SFMA)

1. Explain the neurodevelopmental sequence of the human being
2. Differentiate between true mobility dysfunctions and stability/motor control dysfunctions
3. Defend the need for movement assessment in clinical practice
4. Apply the appropriate breakout for the top tier patterns presented

AMY HARRISON: Running Evaluation

1. Identify common gait patterns in runners using video gait analysis
2. Perform functional biomechanical screening for runners
3. Identify areas of musculoskeletal weakness or tightness
4. Compare functional anomalies to gait analysis and use develop a specific individualized corrective plan

MARK HAMMOND, ERIK HEMENWAY, & CAROLINE LEWIS: Golf Performance Analysis

1. Define TPI physical screen and correlational between physical impairments and common swing faults
2. Describe the basic components and functional requirements of the golf swing
3. Identify techniques for assessing dysfunctional and providing intervention strategies to correct
4. Describe 3-D Motion analysis and the relation to the kinetics sequence

RICHARD RODENBERG: Applying the New Guidelines for the Spine-Injured Athlete

1. List the new NATA guidelines with regard to Spine boarding and Injured Athlete with Helmet and Shoulder Pads in place
2. Differentiate the evidence supporting the use of different techniques (8person lift technique versus spine boarding) to move the spine injured athlete-patient from the field to the transportation vehicle in order to minimize spinal motion
3. Differentiate the pros and cons of equipment removal prior to transport to an emergency facility and in which settings it may be appropriate to not remove equipment prior to emergency transport
4. Develop a spine boarding symposium for practicing at their home institution

ERIC LEIGHTON: Spineboarding Techniques On Ice

1. Identify the risk to patient and rescuers in working in an ice surface environment (reduced traction, falls, exposure)
2. Demonstrate controlled immobilization and placement of the patient onto a rigid backboard device
3. Effect safe and controlled extrication from ice surface to transport device

COURTNEY POWELL & KATE WEALE: Using Social Media to Your Advantage

1. Explain the benefits of healthcare professionals utilizing social media
2. Differentiate between the types of social media
3. List two advantages and two disadvantages of each type of social media

ARIELLE GEBHART & SASKIA RICHTER: Does Work-Life Balance Exist? And If So, How Can It Be Achieved?

1. Define work-life balance as it pertains to the athletic training profession
2. Develop strategies to achieve work life balance
3. Distinguish/compare how strategies may differ within different AT settings
4. Self-evaluate strategies that may be applicable to you in your clinical setting

CRAIG DEVINE: The AT as a Successful Liaison – Panel Discussion

1. Develop strategies that can be implemented in your own setting to improve you daily routine.
2. Be able to identify professionals, assemble members, and communicate with your medical team
3. Compare and contrast your job setting with that of the professional setting in order to allow the best care for your patients

*SAMAR McCANN: The Culturally Competent Healthcare Provider – **EBP***

1. Define common theories used to explain cultural competency
2. Recognize the levels within the cultural competence continuum used in cultural competency training.
3. Interpret the limitations research of cultural competence education for enhancing competency (knowledge, awareness, and sensitivity), and patient outcomes.
4. Identify trends used to by health care professions to develop cultural competence education

*KITTY NEWSHAM: Patient-Reported Outcomes: What Are They? How Can We Use Them? **EBP***

1. Identify patient-oriented outcomes for leg, foot, and ankle injuries
2. Explain the importance of selecting appropriate outcome measures for individual patients
3. Identify the differences between and among the outcome measures represented in current literature
4. Select appropriate outcome measures for specific patients

STU WILSON: Secondary School Setting Updates

1. Identify the goals of the OATA Secondary School Athletic Trainer Committee through discussion with committee members
2. Recognize what projects need to be completed in order to achieve the goals of the NATA's SSATC's strategic plan through the evaluation of a national survey

3. Describe practices which they currently apply which can be used by their fellow athletic trainers immediately to improve their own practice
4. Define the components of a professional through an open discussion and the ability to identify the characteristics of a professional athletic trainer

MARK MERRICK: College Academic Setting – Professional Knowledge/Curricular Changes

1. Describe the process and timeline for implementation of the next versions of curricular content for Professional Athletic Training programs
2. Explain the evolution in curricular focus to preparing AT's to be fully integrated members of the interprofessional healthcare team
3. Explain changes to accreditation standards for new professional master's degree programs in AT

JASON FRANKLIN & ALLISON NEWLIN: College Clinical Setting – Mental Health Issues

1. Identify strategies to cope with mental health issues
2. Develop a plan to increase awareness of mental health issues among student Athletes and coaches
3. Identify various strategies on campuses to implement mental health protocols

CHRIS MIZER & BOB SWEENEY: Clinic Setting – What is Residency?

1. Define importance of residency for the AT profession
2. Define residency tracks for advanced education
3. Define sub specialty within the AT profession comparative to other allied health professions