



New Mexico **Athletic Trainers'** Association

The Athletic Trainers' Impact in Healthcare

New Mexico Athletic Trainers' Association,
Inc.



NATIONAL ATHLETIC TRAINERS' ASSOCIATION
HEALTH CARE FOR LIFE & SPORT

Objectives

- Increase knowledge and understanding regarding who Athletic Trainers are and what services Athletic Trainers provide in healthcare.
- Identify the impact of Athletic Trainers in the schools, on the medical system, and on Medicaid.
- Create support for the introduction of a memorial that would create a task force to study the economic & feasibility of Athletic Trainers in the Secondary schools. SM 128 Sen. Campos (2019)

Who are Athletic Trainers?



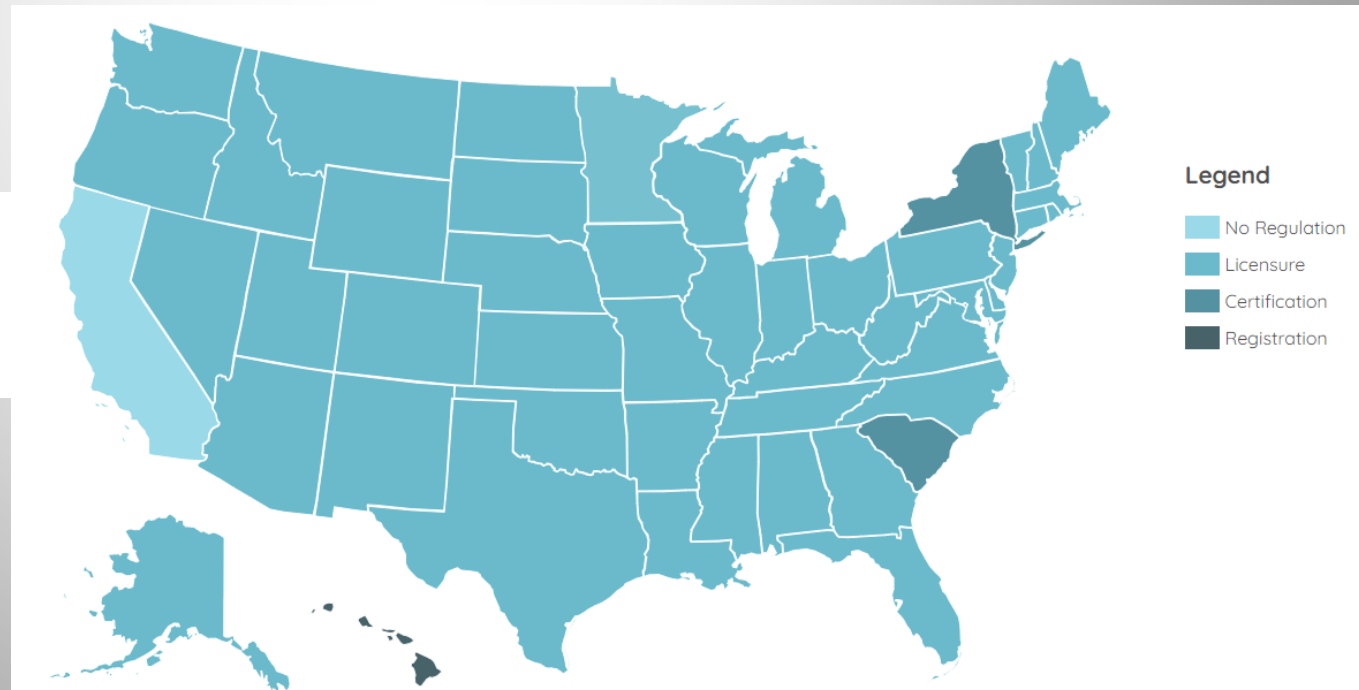
Who are Athletic Trainers?

- 70% of athletic trainers (ATs) have a master's degree or higher
- To be certified (ATC), a candidate must:
 - Graduate from an accredited athletic training program
 - There are two Accredited Programs in New Mexico.
 - New Mexico State University
 - University of New Mexico
 - Pass the Board of Certification (BOC) exam



Who are Athletic Trainers?

- Regulated in 49 states and the District of Columbia
 - Athletic Trainers have been Licensed in the State of New Mexico since 1983
 - Sunset review for AT Licensure is in 2021



Athletic Training Education

- The “AT Educational Competencies”, published by the NATA and recognized by the Commission on Accreditation of Athletic Training Education, CAATE, define the educational content of an athletic training education program accredited by the CAATE and have been deemed necessary for effective performance as an entry-level Certified Athletic Trainer.
- BOC – BOCATC.org The Board of Certification, Inc. (BOC) sets the standards for the practice of athletic training. The BOC, accredited by the National Commission for Certifying Agencies (NCCA), is the only certifying body for Athletic Trainers in the US.



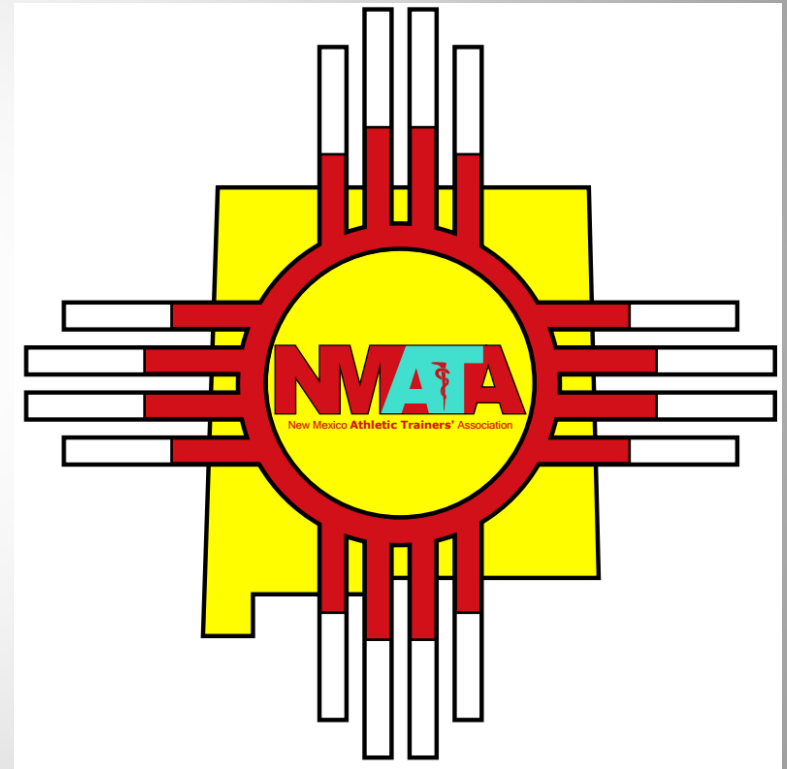
CAATE



BOARD OF CERTIFICATION
FOR THE ATHLETIC TRAINER

Athletic Training Regulation in NM

- The New Mexico Athletic Training Practice Act stipulates that a licensed and certified athletic trainer performs under the direction of a licensed physician in the state of New Mexico and follow the directives set forth by the National Athletic Trainers Association.



Athletic Trainers vs Personal Trainers



Athletic Trainers vs Personal Trainers

- Athletic Trainers
 - High qualified, multi-skilled health care professionals who collaborate with physicians & Healthcare Providers to provide medical services.
 - Must have a degree from an accredited athletic training program.
 - Must pass a certification exam.
- Personal Trainers
 - Non-medical professionals who develop, monitor and change an individual's fitness program to help them reach their goals.
 - May or may not have advanced degree in health sciences.
 - May or may not need to take a certification exam.



What Services Do Athletic Trainers Provide?

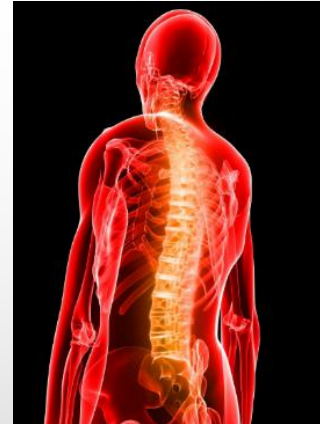
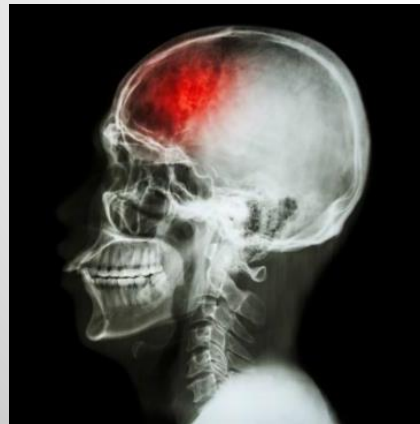


What Services do Athletic Trainers Provide?

<https://vimeo.com/172768759>



What Injuries/Illnesses do Athletic Trainers Treat?



Athletic Trainers Reduce Risk

- Preventative Services
- Clinical Examination and Diagnosis
- Therapeutic Intervention
- Emergency Care
- Rehabilitation of Injuries and Medical Conditions



AT YOUR OWN RISK

A SAFER APPROACH TO
WORK, LIFE AND SPORT

<https://www.atyourownrisk.org/>

The Issue of Risk

- Risk is a common issue that all stakeholders face. Risk of:
 - Injury
 - Lawsuit
 - Lost Profit
 - Etc.
- Athletic trainers play a substantial & sustainable role in risk mitigation. Athletic trainers can help prevent injuries, reduce liability and improve productivity. Athletic trainers offer a safer approach.



Injury Statistics

- High school athletes can face a variety of challenges due to their involvement in sports.
- 90 PERCENT of student athletes report some sort of sports-related injury in their athletic careers.
- 54 PERCENT of student athletes report they have played while injured.
- 37 PERCENT of high school athletes say they have experienced sprains.
- 12 PERCENT report they have sustained concussions and head injuries from their time on the field.
- In 2012 alone, 163,670 MIDDLE SCHOOL OR HIGH SCHOOL ATHLETES were reported being seen in the emergency room for a concussion.



Navigating the Risks of High School Sports

- Secondary school athletic population leads the nation in sports-related deaths.
- 15- to 17-year-olds experience the highest rate of sports-related emergency room visits.
- Concussion rates have steadily increased in the past decade.
- Sports-related injury also has an economic impact.
- If student athletes miss school due to an injury, there is a risk in decreased funding from the state due to absenteeism.

Navigating the Risks of High School Sports

- As concerns grow over the number of injuries sustained in school-sponsored sporting events and practices, legislators must do their part to support bills and draft new legislation to provide a higher standard of injury prevention and medical care for our student athletes.
- New Mexico Concussion Legislation
 - SB 1 - 2010 School Athlete Head Injury Safety Protocols - First NM Concussion legislation
 - SB 137 - 2016 School Athlete Head Injury Safety Protocols - Increased sit out time to 240 hours
 - SB 38 - 2017 Brain Injury Training for Student Athletes -Added education requirements & youth athletes/sports



Risk Mitigation

- According to the CDC, many sports-related injuries are predictable and preventable.
- The American Academy of Pediatrics recommends that an athletic trainer should be present at all football games and practices.



Risk Mitigation

An AAP study found that the presence of athletic trainers can have a significant positive impact on student athlete health, resulting in lower injury rates, improved diagnosis and return-to-play decisions for injuries such as concussion, and fewer recurrent injuries.

AT FACT OF THE DAY

Risk Mitigation

- Athletes at secondary schools with proper medical teams that include an athletic trainer sustain a lower incidence of injuries (both acute and recurring) than athletes at schools without athletic trainers. Athletes at secondary schools with athletic trainers incur more diagnosed concussions, demonstrating better identification of these injuries.
- According to the recent National Federation of State High Schools Associations (NFHS) Recommendations and Guidelines for Minimizing Head Impact Exposure and Concussion Risk in Football, “an athletic trainer is a key component in any strategy to minimize injury risk and optimize safety for all participants.”



How Athletic Trainers Mitigate Risk

- Athletic trainers (ATs) are highly skilled health care professionals who work with your organization to advise on and execute plans to address issues such as emergency and preventative care, environmental conditions, facility and equipment safety, and other sports- and job-related matters.
- ATs can help your school, business or community organization better oversee injury prevention, assessment, treatment, and rehabilitation.



Athletic Trainers Impact in Healthcare

- Srebotnjak et. al. - \$1,233 Is the average cost of an emergency room visit. Athletic trainers can help prevent unnecessary and costly trips to the Emergency Room.
- McLeod et.al. - \$2,753,200 is the estimated value of 13,766 treatments provided by a school's Athletic Trainer in one school year.



Athletic Trainers Impact in Healthcare

- Lombardi et. al. -
 - 92% of the Athletic Trainer assessments and physician diagnoses were in agreement.
 - Highest interrater agreement in injuries classified as dislocations and concussions, and the lowest interrater agreement in meniscal/labral injuries and fractures.



Athletic Trainers Impact in Healthcare

- Pierpoint et.al.
- Overall injury rates were higher in schools without ATs than schools with ATs in girls' soccer and basketball.
- Recurrent injury rates were even higher in schools without ATs compared to schools with ATs in soccer and basketball.



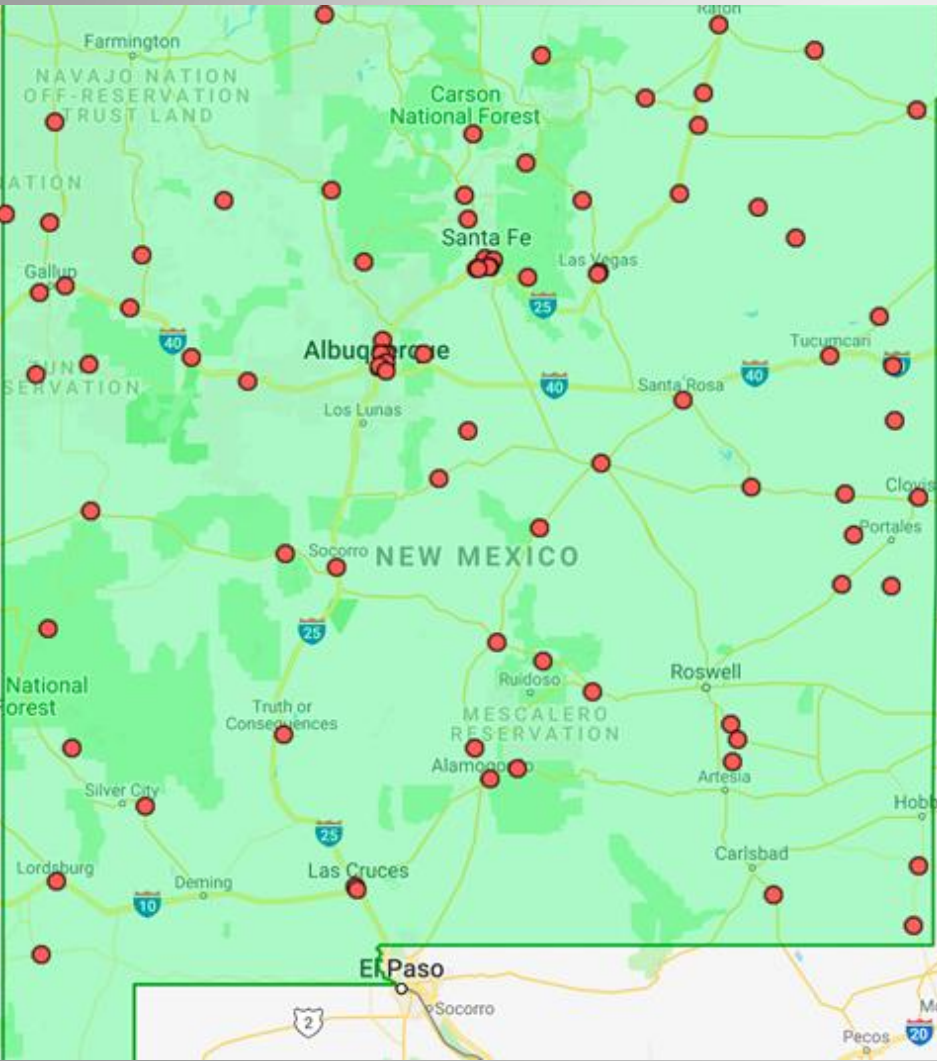
Athletic Trainers in Secondary Schools

- New Mexico has 150 Public and Private Schools
 - 44 Employ or Contract Full Time AT's
 - 21 Employ or Contract Part-Time AT's
 - 85 have no AT Services/Coverage

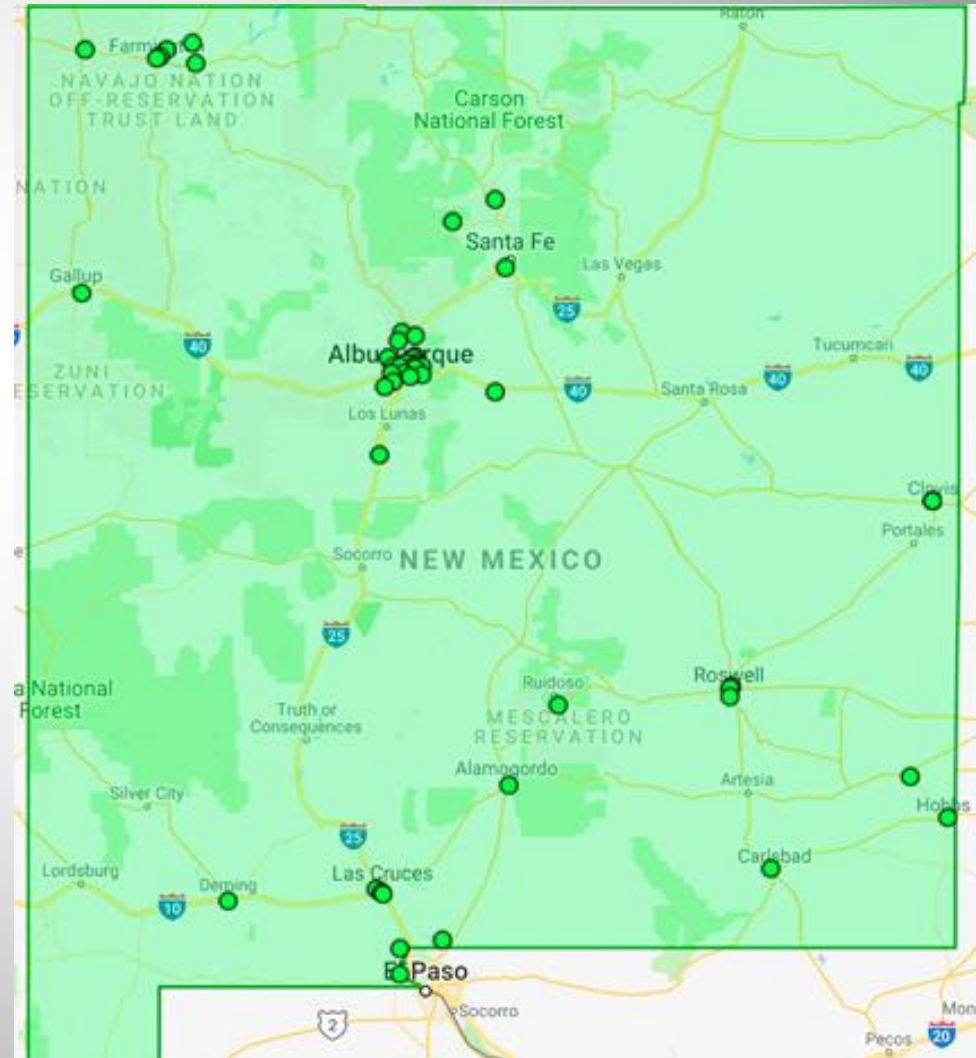
- ATLAS Project – R. Huggins et. al.

Athletic Trainers in Secondary Schools

Schools with no AT Services



Schools with AT Services



Athletic Trainers Impact in Healthcare

- The state of New Mexico, has a high ratio of public (Medicaid) to Private insurance at 1.22 (50% Public : 41% Commercial), the highest in the US
- Li's Study in Oregon showed that counties with high school AT services, Medicaid saved an average of \$64 per patient during the study period.



SENATE MEMORIAL 128

- Athletic trainers provide valuable services to secondary schools, by helping to ensure that student athletes are properly cared for and have a safe environment to participate in athletics
- AT's can help reduce the incidence and severity of student injuries
- AT's also may provide significant cost savings and reduce time loss for parents who must be away from home or work to care for their injured child
- It would be beneficial to study the economic impacts and other factors of employing athletic trainers in secondary schools

New Mexico Athletic Trainers' Association, Inc.

- The New Mexico Athletic Trainers' Association strives to improve the quality and access to health care for athletes and the physically active while enhancing the profession of Athletic Training through a collaborative effort with members, other health care professionals and organizations.





THANK YOU!
