

Andrew's Institute Sports Medicine Lecture Series “Athlete and the Environment” Jacob Sexton, MD, ATC

Registration Information

To receive CME credit, participants need to:

- Register
- View presentation
- Take quiz and obtain 80% (4 out of 5) to pass
- Complete evaluation
- Print certificate

Participants should take 60 minutes to complete the activity. Participants may work at their own pace.

Teaching Methods

This online enduring material uses the following teaching methods and media:

- Lecture (audio/videotaped)
- PowerPoint Presentation

Acknowledgements of Commercial Support

There is no commercial/financial support for this activity.

CME Enduring Material Description, Target Audience and Needs Statement

Sports medicine is an evolving discipline in which experience of a multigenerational factor can shed new information and knowledge on how to properly identify, manage and prevent common injury types seen in sports medicine today. This online educational enduring material is designed for physicians and clinical staff. Its purpose is to bridge the gap between the medical knowledge and current practice with evidence-based practice guidelines to achieve optimal patient outcomes through discussions and examinations of interesting, real world cases.

Objectives

At the end of this online enduring material, participants should be able to:

- Review the purpose and function of emergency action plans (EAP).
- Discuss the physiology and management of heat and cold related illness.
- Explore the physiological adaptations to altitude and management of altitude related illness.

For Further Study

- 1. Casa D, Drezner J. Moving Forward Faster: The Quest to Apply Evidence-Based Emergency Practice Guidelines in High School Sports. *Journal of Athletic Training*. 2015;50(4):341-342.
- 2. NIMMO M. Exercise in the cold. *Journal of Sports Sciences*. 2004;22:898-916.
- 3. Guidelines for Competition in the Cold [Internet]. Nfhs.org. 2022 [cited 2022 Jul 24]. Available from: <https://www.nfhs.org/articles/guidelines-for-competition-in-the-cold/>

- 4. Cappaert T, Stone J, Castellani J, Krause B, Smith D, Stephens B. National Athletic Trainers' Association Position Statement: Environmental Cold Injuries. *J Athl Train*. 2008;43(6):640-658. doi:10.4085/1062-6050-43.6.640
- 5. Koehle M, Cheng I, Sporer B. Canadian Academy of Sport and Exercise Medicine Position Statement. *Clinical Journal of Sport Medicine*. 2014;24(2):120-127.
- 6. Madden C, Putukian M, McCarty E, Young C, Netter F, Machado C, Craig J, Marzejon K, DaVanzo T, Perkins J. Netter's sports medicine.
- 7. Khodaei M, Grothe H, Seyfert J, VanBaak K. Athletes at High Altitude. *Sports Health: A Multidisciplinary Approach*. 2016;8(2):126-132.
- 8. Girard O, Amann M, Aughey R, Billaut F, Bishop D, Bourdon P, Buchheit M, Chapman R, D'Hooghe M, Garvican-Lewis L, Gore C, Millet G, Roach G, Sargent C, Saunders P, Schmidt W, Schumacher Y. Position statement—altitude training for improving team-sport players' performance: current knowledge and unresolved issues. *B*
- 9. Casa, D., Anderson, S., Baker, L., Bennett, S., Bergeron, M., Connolly, D., Courson, R., Drezner, J., Eichner, E., Epley, B., Fleck, S., Franks, R., Guskiewicz, K., Harmon, K., Hoffman, J., Holschen, J., Jost, J., Kinniburgh, A., Klossner, D., Lopez, R., Martin, G., McDermott, B., Mihalik, J., Myslinski, T., Pagnotta, K., Poddar, S., Rodgers, G., Russell, A., Sales, L., Sandler, D., Stearns, R., Stiggins, C. and Thompson, C., 2015. The Inter-Association Task Force for Preventing Sudden Death in Collegiate Conditioning Sessions. *Strength and Conditioning Journal*, 37(6), pp.113-116.
- 10. RONNEBERG, K., ROBERTS, W., MCBEAN, A. and CENTER, B., 2008. Temporal Artery Temperature Measurements Do Not Detect Hyperthermic Marathon Runners. *Medicine & Science in Sports & Exercise*, 40(8), pp.1373-1375.
- 11. Casa, D., McDermott, B., Lee, E., Yeargin, S., Armstrong, L. and Maresh, C., 2007. Cold Water Immersion. *Exercise and Sport Sciences Reviews*, pp.141-149.
- 12. Belval, L., Casa, D., Adams, W., Chiampas, G., Holschen, J., Hosokawa, Y., Jardine, J., Kane, S., Labotz, M., Lemieux, R., McClaine, K., Nye, N., O'Connor, F., Prine, B., Raukar, N., Smith, M. and Stearns, R., 2018. Consensus Statement-Prehospital Care of Exertional Heat Stroke. *Prehospital Emergency Care*, 22(3), pp.392-397.
- 13. Casa, D., Csilan, D., Armstrong, L., Baker, L., Bergeron, M., Buchanan, V., Carroll, M., Cleary, M., Eichner, E., Ferrara, M., Fitzpatrick, T., Hoffman, J., Kenefick, R., Klossner, D., Knight, J., Lennon, S., Lopez, R., Matava, M., O'Connor, F., Peterson, B., Rice, S., Robinson, B., Shriner, R., West, M. and Yeargin, S., 2009. Preseason Heat-Acclimatization Guidelines for Secondary School Athletics. *Journal of Athletic Training*, 44(3), pp.332-333.

Andrew's Institute Sports Medicine Lecture Series
"Athlete and the Environment"
Jacob Sexton, MD, ATC

- 14. Casa, D., Almquist, J., Anderson, S., Baker, L., Bergeron, M., Biagioli, B., Boden, B., Brenner, J., Carroll, M., Colgate, B., Cooper, L., Courson, R., Csillan, D., DeMartini, J., Drezner, J., Erickson, T., Ferrara, M., Fleck, S., Franks, R., Guskiewicz, K., Holcomb, W., Huggins, R., Lopez, R., Mayer, T., McHenry, P., Mihalik, J., O'Connor, F., Pagnotta, K., Pryor, R., Reynolds, J., Stearns, R. and Valentine, V., 2013. The Inter-Association Task Force for Preventing Sudden Death in Secondary School Athletics Programs: Best-Practices Recommendations. *Journal of Athletic Training*, 48(4), pp.546-553.
- 15. Nata.org. 2020. [online] Available at: <<https://www.nata.org/sites/default/files/HeatIllnessOverview.pdf>> [Accessed 26 December 2020].
- 16. Parsons, J., Anderson, S., Casa, D. and Hainline, B., 2019. Preventing catastrophic injury and death in collegiate athletes: interassociation recommendations endorsed by 13 medical and sports medicine organisations. *British Journal of Sports Medicine*, 54(4), pp.208-215.
- 17. Chen, S., Lin, M. and Chang, C., 2013. Ischemic and Oxidative Damage to the Hypothalamus May Be Responsible for Heat Stroke. *Current Neuropharmacology*, 11(2), pp.129-140.
- 18. *British Journal of Sports Medicine*. 2013;47(Suppl 1):i8-i16.
- 19. UpToDate [Internet]. Uptodate.com. 2022 [cited 2022 Aug 1]. Available from: https://www.uptodate.com/contents/environmental-and-weapon-related-electrical-injuries?search=lightning&source=search_result&selectedTitle=1~14&usage_type=default&display_rank=1#H15

Disclosure

In compliance with the Accreditation Council for Continuing Medical Education (ACCME) Standards for Integrity and Independence, all presenters, authors and planners must disclose to the participants of an educational activity any relevant financial relationships they may have with an ineligible company, (i.e., any entity whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients) related to the content of this CME activity.

The Course director, Troy Smurawa, MD, has no relevant financial relationships with an ineligible company related to the content of this CME activity.

The speaker, Jacob Sexton, MD, ATC, has no relevant financial relationships with an ineligible company related to the content of this CME activity.

The CME planners and staff have no relevant financial relationships with an ineligible company related to the content of this CME activity.

All relevant financial relationships have been mitigated.

Credit Designation Statement

The Children's Health is accredited by the Texas Medical Association to provide continuing medical education for physicians.

The Children's Health designates this enduring material for a maximum of 1 AMA PRA Category 1 Credit™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Release and Termination Dates

Original release date: August 22, 2022

Review date: January 19, 2026

Termination date: January 8, 2029

Hardware/Software Requirements

Internet; Media Player; Audio

For more information or questions

CME: 214-456-5168 or CME@Childrens.com