DEPARTMENT OF ATHLETIC TRAINING
25TH ANNIVERSARY ALUMNI WEEKEND & CONTINUING EDUCATION DAY

EDUCATIONAL SYMPOSIUM PROGRAM

7:00 – 9:00 AM – Registration – Rangos School of Health Sciences. 1st Floor

7:30 – 9:00 AM – Recognition and Treatment of Exertional Rhabdomyolysis
   – Sarah Manspeaker, PhD, LAT, ATC (Duquesne University)
   1. Differentiate between signs and symptoms of exertional rhabdomyolysis (myalgia, tea-colored urine, and history of incident) and other conditions resulting from strenuous physical activity
   2. Identify fluid resuscitation as an effective intervention for treatment of exertional rhabdomyolysis.
   3. Incorporate appropriate rehabilitative activities as a return to play program following treatment of exertional rhabdomyolysis.

9:15 – 9:30 AM – Welcome and Announcement
   – Jason Scibek, PhD, LAT, ATC

9:30 – 10:30 AM - Surgical Considerations for the Athletic Trainer
   – Mark Athanas, MS, M-PA, LAT, ATC (Greater Pittsburgh Orthopaedic Associates)
   1. Determine evaluation criteria for when a knee or hip replacement, whether partial or total, is warranted.
   2. Construct and modify rehabilitation programs based upon activity/healing phase progression markers.
   3. Distinguish between basic surgical techniques for the knee and hip and implications for rehabilitation programs.
   4. Identify and explain red flags for post-surgical complications including infection and blood clots.

10:30 – 10:45 AM – Break – Complimentary Snacks and Drinks in Lobby

10:45 – 11:45 AM – Advanced Bleeding Control
   – Ellen Payne, PhD, ATC, EMT (Radford University)
   1. Identify and discuss the most current evidence for the use of tourniquets and topical hemostatic agents in the prehospital setting.
   2. Identify the indications, contraindications and precautions for using tourniquets and topical hemostatic agents in the prehospital setting.
   3. Integrate these skills and concepts into their organizations emergency action plan, if so desired.
   4. Identify and discuss the application procedures for the use of tourniquets and topical hemostatic agents in the prehospital setting.

11:45 – 12:15 PM – Professional Education Update – Jason Scibek, PhD, LAT, ATC

12:15 – 1:00 PM – Complimentary Lunch & Poster Presentations - TBD
1:00 – 2:00 PM – “Psyched Out” by Sport-Related Concussions? - Psychological Management Considerations for Sports Medicine Healthcare Professionals  
- Erica Beidler, PhD, LAT, ATC (Duquesne University)  
1. Describe current sport-related concussion culture  
2. Identify pre-existing mental health conditions and post-injury psychological issues that impact recovery  
3. Describe and educate patients on potential long-term psychological complications related to sport-related concussions

2:00 – 3:00 PM – Cardiac Screening in Athletics  
- Christopher Urbanek, DO, ATC, NASM-PES (UPMC – St. Margaret)  
1. Describe basic electrophysiology essential to EKG interpretation  
2. Analyze abnormal EKGs to distinguish pathology from adaptation  
3. Present objective information pertaining to the utility of EKG in the screening of cardiac pathology  
4. Formulate your own opinion for “best practice” implementation

3:00 – 3:45 PM – Critically Appraised Topics & Clinical Practice  
- Ian Shadle, BS, LAT, ATC (Duquesne University)  
- Olivia Szallai & Alex Dzadovsky (Duquesne University)  
1. Describe/define what a critically appraised topic (CAT)  
2. Describe how to apply CATs to athletic training clinical practice  
3. Describe the value of using evidence based medicine in clinical practice

3:45 – 4:00 PM – Break – Complimentary Snacks and Drinks in Lobby

4:00 – 5:00 PM – Decrease the Strain of Hamstring Related Injuries: Considerations for Management and Return to Play  
- Ryan McGovern, MS, LAT, ATC (Duquesne University)  
1. Define hamstring related injuries and their differential diagnosis  
2. Establish prevalence of injury and the risk of recurrence for acute hamstring strains.  
3. Distinguish between acute and chronic musculotendinous injuries to the hamstring.  
4. Provide an accurate physical examination for proper diagnosis of hamstring related injuries.  
5. Present an evidence-based plan for rehabilitation and return-to-play for acute hamstring strains.

5:00 – 6:00 PM – Education Round Table and Closing Reception