Master of Athletic Training Program

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Definition of AT

Athletic Trainers (ATs) are health care professionals who collaborate with physicians. The services provided by ATs comprise of prevention, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. Athletic Training is recognized by the American Medical Association (AMA) as a health care profession.
Practice Domains of AT

• Injury/ Illness Prevention and Wellness Protection
• Clinical Evaluation and Diagnosis
• Immediate and Emergency Care
• Treatment and Rehabilitation
• Organizational and Professional Health and Well-being
Practice Settings

- Professional and Collegiate Sports
- Secondary and Intermediate Schools
- Sports Medicine Clinics
- Hospital ER and Rehab Clinics
- Occupational Settings
- Fitness Centers
- Physician Offices
AT’s in Professional Sports
Sue Falsone, Head AT for Los Angeles Dodgers
AT’s in Collegiate Sports
Mike O’Shea and Hide Okuwa
AT’s for University of Houston

THE MAKINGS OF MIRACLE
As the severity of Hayden’s injury came into focus, so did the fortuitous circumstances that worked together to save his life. Dr. Lowe said in a statement released by the university that a torn inferior vena cava is fatal “99 percent” of the time. Most victims don’t even make it to the hospital, much less survive.

Once the surgery was successful and Hayden was recovering well, the medical team marveled at the what-ifs surrounding the injury. What if O’Shea hadn’t been watching the play and just assumed it was a head injury when he complained about blurred vision? What if he had left him on the sideline for a few minutes instead of immediately taking him to the locker room? What if they took their time getting Hayden to the hospital instead of calling the ambulance? What if they were in a rural area that didn’t have a trauma center? What if his doctor was unfamiliar with the injury? What if his diaphragm didn’t break?

“The more you think about what happened, the scarier it is,” O’Shea said. “Everything went right that day. He’s a true walking miracle.”

“If [Hayden’s] transfer had been delayed by as little as five minutes, he wouldn’t have survived,” Dr. Alborado was quoted in Gateways. “Thanks to someone on the field who followed his gut instincts and called an ambulance because something ‘just didn’t seem right’—a sentiment mirrored by the EMS team who alerted the hospital en route of their concerns—[Hayden] was given a fighting chance.”

Leading up to the surgery, no one suspected it was something as serious as a torn artery. It had never happened before, so it didn’t cross anyone’s mind. “Did we know what the injury was? No, nobody knew. We just knew something wasn’t right, so instincts told you to be safe rather than sorry. He had too many signs that didn’t match,” O’Shea explained.

O’Shea believes his education and experience as an athletic trainer were the reasons he was able to recognize that something wasn’t right with this athlete that he knew so well. “It happens instinctively because we are trained to recognize and handle those situations,” he said.

UNCHARTED REHAB
Hayden, a senior and defensive captain, was an NFL draft prospect before the injury. Dr. Lowe told the Houston Chronicle the potential for Hayden to play again is there, but it will probably be around a year of rehabilitation. The rehab process is filled with question marks because the situation is so uncommon; no research exists about helping top-level athletes return to play after tearing the vena cava.

In the month since the injury, Hayden lost 20 lbs. but recently began eating solid foods again. He recovered enough to be cut out onto the field for his Senior Night, a nice moment for everyone involved in his amazing story.

Hayden’s chest cavity will likely take three or four months to heal. From there, O’Shea will be following the lead of the physicians. He is expected to make a full recovery, but no one really knows how long it will take.

O’Shea says the Hayden injury is the “most amazing story of [his] career.” Athletic trainers and other health care professionals have personalities that long to find the scientific reason for every situation, but there are some things that just can’t be explained.

Hayden’s injury defied reason. His survival beat the odds. O’Shea said there is only one word to describe what they went through that day:

“It’s just a miracle, that’s all it is.”
AT’s in High School Sports
May 2010

Defining the Role of High School Student Aides

Health Care for Life & Sport

News Magazine of the National Athletic Trainers Association
AT’s as Physician Extender’s
AT’s in the Performing Arts
AT’s working with Public Safety
AT’s working with the Military

DAY IN THE LIFE
THE WARRIOR ATHLETIC TRAINING PROGRAM
By Jaimie Siegle | Photos by Renée Fernandes
Educational Competencies

- Evidence Based Practice
- Prevention & Health Promotion
- Clinical Examination & Diagnosis
- Acute Care of Injury & Illness
- Therapeutic Interventions
- Psychosocial Strategies & Referral
- Healthcare Administration
- Professional Development & Responsibility
Employment of athletic trainers is projected to grow 30% until 2020

- Faster than all other professions

Job growth will be concentrated in:

- Healthcare Industry
- Fitness/Recreation sports centers
- Efforts underway to have an athletic trainer in every high school to work with student-athletes
AT’s with International Athletes and Sports
U.S. Department of Labor

• The demand for healthcare, with an emphasis on preventive care, should grow as the population ages and as a way to reduce healthcare costs.

• Increased licensure requirements and regulation has led to a greater acceptance of athletic trainers as qualified healthcare providers.
U.S. Department of Labor

• As athletic trainers continue to expand their services they may be used to prevent injuries and provide immediate treatment for many injuries that do occur.
  – Military, Police, Firefighter, etc

• As a result, third-party reimbursement is expected to continue to grow for athletic training services.
AT’s working with Police, Fire, EMS
AT’s working at Disney
AT’s Developing New Healthcare Models
AT’s and Artists as Athletes

artists as athletes:
health care for performers
be a voice for safety;
pass the word about sun protection
AT’s Working with Special Needs

athletic training finds niche in helping special-needs population

nata board launches lawsuit, court delays implementation of cms rule
Diversity in AT
AT’s and Outreach Medical Care
AT’s and NASCAR
SPEED RACER

Members apply AT skills to unconventional environment

BY NADIA HILL

As cars whiz by and fans cheer from hundreds of feet above, Indianapolis 500 winner Tony Kanaan knows his athletic trainers have his back. As he prepared for each race, Kanaan relied on Ralph Reiff, MSA, ATC, LAT, and Ryan Harber, ATC, CSCS, and the rest of his team to help bring Kanaan to victory.

"Every sport our profession is involved with, they all have unique rules and unique venues," Reiff said. "You have to look at the driven like an athlete, and the pit crew as athletes."

A 1996 University of Indianapolis graduate and 2013 NATA Hall of Fame Inductee, Reiff has spent the past 13 years working for St. Vincent's Sports Performance as one of 60 athletic trainers. He's seen the company grow from a handful of motor sports enthusiasts to a fully-fledged business that provides immediate health care for all types of athletes.

While Reiff spends less time on the track than he used to and more time mentoring younger athletic trainers, his experiences with athletic training are still similar. After
UH Master of Athletic Training Program
Educational Content Areas

• Research in Athletic Training
• Emergency Management and Prevention of Injury
• Strength and Conditioning
• Therapeutic Modalities
• Administration
• Pharmacology
• Orthopedic Evaluation
• General Medical Conditions
• Nutrition
• Rehabilitation
• Psycho-social Intervention
• Clinical Proficiencies
## UH Master of Athletic Training Program

### Curriculum Plan

<table>
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<th>Course #</th>
<th>Course Description</th>
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Research and Education in AT
AT’s and Prevention of Eating Disorders
AT’s Providing Expertise on Supplements
AT’s Providing Expertise on Drug Testing
AT’s Providing Expertise on Injury Prevention
Contact Information & Websites

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National Athletic Trainers’ Association: www.nata.org

Board of Certification for Athletic Training: www.bocatc.org
GO COOGS!!