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UNIVERSITY OF NEW MEXICO
ATHLETIC TRAINING EDUCATION PROGRAM

Setting THE STANDARD

APRIL 2007

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CONGRATUTLATIONS TO:

Stephen Baros for his Summer '06 internship with the Tampa Bay Buccaneers.
Kurt Beachy for his internship with ESPN Winter X Games II.
Daniel Foo for his Summer '06 & '07 internship with the San Diego Chargers.
Patricia Lucero for her internship ESPN Winter X Games II .
Juanita Marquez for her internship ESPN Winter X Games II .
Brenda Critchfield for her internship ESPN Winter X Games II .
Antonio Gudino for his internship with the El Salvador National Soccer Team.

A NOTE FROM THE PROGRAM DIRECTOR

Welcome to the inaugural issue of "Setting The Standard"!

This newsletter, once a vision now a reality. "Setting The Standard" is dedicated to furthering the education and promotion of Athletic Training Students, providing program insight, enhancing alumni communications, and presenting information regarding general health issues.

"Setting the Standard" is dedicated to the promotion of Athletic Training as an Allied Health Profession as recognized by the American Medical Association (AMA). The University of New Mexico Athletic Training Education Program (UNM-ATEP) is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). Currently we are diligently preparing for an accreditation review and a site-visit , which will occur in Spring '08.

The UNM-ATEP website: http:// www.unm.edu/ ~lobotrng is locked and loaded with tons of program information, related links and much, much more. A special thank you to the creator of the UNM-ATEP website, Diana Padilla (UNM '03) and to the current webmaster, Roxanne Horwath (UNM '06). Well done ladies! Thank you for "setting the standard"!

In this issue our guest columnist is Dr. Wilmerding, President of the International Association for Dance Medicine & Science (IADMS). Dr. Wilmerding provides insights on injuries that occur to dancers and presents her perspective on the importance of certified athletic trainers in the non-traditional setting (page 4).

May you find "Setting The Standard" enjoyable and informative.

Article by: Susan McGowen, Ph.D., EMT, ATC, LAT

"Many dreams will catch your eye... few will capture your heart, pursue those...."

— Anonymous

ALUMNI INVOLVEMENT

Seeking Alumni Involvement!

UNM Athletic Training Alumni located in the Greater Albuquerque Area, the Land of Enchantment, and across the country side, we encourage and welcome your involvement. Please send your ideas, articles, professional insights, and/or pertinent general health information for publication in the upcoming issues of "Setting The Standard"!

Also, please send a brief Bio as to where you are employed, for how long, title, experiences, degrees earned, and any other professional and/or personal information you wish to share.

Stay connected, assist current Athletic Training Students network and share information...

Thank you in advance for your contributions, participation, and for "setting the standard"!

Article by: Susan McGowen, Ph.D., EMT, ATC, LAT

MEET THE NEWSLETTER STAFF

Editor in Chief:

Susan McGowen holds a Ph. D. in Sports Administration from UNM and has been the UNM-ATEP Program Director for 5 years. Dr. McGowen is also the Director of ESPN's Sport Medicine team and is in charge of providing optimal health care to the athletes at the Summer & Winter X Games, Great Outdoor Games, and the International X Games.

Managing Editor :

Brenda Critchfield is a graduate student in the Exercise Science Program at UNM. She works with the ATEP as a teaching assistant and provides athletic training services to UNM Volleyball, Swimming & Diving programs. She earned her BS in Athletic Training from BYU. Brenda volunteers her time and services to the UNM Dance Department.

Columnists:

Roxanne Horwath is an alumnus of UNM. She has interned with the Sports Medicine Team at Red Bull's Divide and Conquer event, Mat Hoffman's CFB event, and ESPN's Winter and Summer X Games. She is currently seeking her Masters in Exercise Science from UNM.

Brenda Critchfield will be coordinating a column which highlights UNM-ATEP Approved Clinical Instructors.

Guest Columnists:

Mary Virginia (Ginny) Wilmerding holds a Ph.D. in Exercise Science from UNM and is an adjunct professor at UNM in the Exercise Science and Dance Depts. Dr. Wilmerding danced professionally for a number of modern dance companies in New York City before moving to New Mexico where she teaches modern dance to children at Dance Theatre of the Southwest. Dr. Wilmerding is president of the International Association for Dance Medicine & Science (IADMS). She is a member of IADMS' Research Committee and is on the Research Committee of the Performing Arts Medicine Association.

WHAT IS AN ATHLETIC TRAINER?

Many people have misconceptions as to what is the profession of Athletic Training or what does a Certified Athletic Trainer do. The words "trainer" or "training" are often mistakenly used to define the Athletic Training Profession and those who are practitioners in the field. Despite its common usage as an identifier for the profession, the word training implies the act of coaching, where as the word trainer implies those who train dogs or horses. Comparatively, the field of athletic training is composed of highly skilled and educated professionals who specialize in providing optimal healthcare to those individual who engage in various forms of physical activity. Certified Athletic Trainers (ATC) are members of the allied health care field, specializing in the prevention, recognition, management, and rehabilitation of injuries resulting from participation in physical activity. Specifically, ATC's specialize in six domains:

- Prevention
- Recognition, evaluation, assessment
- Immediate Care
- Treatment, rehabilitation, reconditioning
- Organization and administration
- Professional development and responsibility

Each domain is an important aspect of an ATC's day-to-day job responsibilities, and is attained through a variety of means including taping, bracing, reconditioning, rehabilitation, maintaining athletic protective equipment, educating athletes, coaches, parents and sports administrators. As an allied health care professional, the ATC works in conjunction with various health care professionals in addition to working under the direction of a licensed physician. Currently, ATC's are employed in a variety of different settings including colleges and universities, secondary schools, sports medicine clinics, professional sports programs, hospitals, corporate agencies, performing arts, and the military.



Education and Training:

At minimum, the ATC has a bachelor's degree in Athletic Training or another related field. Most have an advanced degree. Currently, athletic training students (ATS's) must complete a bachelor's or entry level master's degree program from an accredited college or university athletic training curriculum in order to become eligible to test for board certification. During their education, ATS's study a wide array of areas that include:

- Assessment and evaluation
- Acute care
- General medical conditions & disabilities
- Pathology of injury and illness
- Pharmacological aspects of injury and illness
- Nutritional aspects of injury and illness
- Therapeutic Exercise
- Therapeutic modalities
- Risk management and injury prevention
- Health care administration
- Professional development and responsibilities
- Psychosocial intervention and referral

Additionally, ATS's participate in clinical education rotations in a variety of professional settings including university or colleges, clinics, and high schools. Upon completion of the curriculum program, the ATS is eligible to take the board of certification, the national certifying body for athletic trainers, exam in order to become a certified athletic trainer. The practice of athletic training is also regulated by individual state agencies that define the scope of practice and set guidelines and for athletic trainers in that state. Most states have passed legislation that requires the certified athletic trainer to become licensed or registered in the individual state.

Article by: Brenda Critchfield, CSCS, ATC, LAT

FROM THE DESK OF THE ATSA PRESIDENT

As students in a University setting, we are given a great opportunity to learn, grow, and develop our abilities in preparation for all our future endeavors. Along with this opportunity comes the responsibility of maximizing our experiences, and this is essentially the purpose of the Athletic Training Students' Association (ATSA). Already having a solid foundation, I believe we can increase our organization's effectiveness through providing more educational and leadership development opportunities, while continuing our service to the community around us. As I look ahead, I anticipate working with all those involved in the ATSA. Together we will endeavor to develop effective leaders not only in athletic training, but in the world as well.

Article by: Kurt Beachy, EMT

COLLEGE IS HOW MUCH?

Now is the time to look for financial aid for next year. Making your way through college is not an easy task, but paying for college is an even harder one. These days there are many available options for you to pay for your education. The primary source of financial aid is in the form of federal education loans, grants from colleges, scholarships, and aid from the federal government. If you decide to invest your time in a search for scholarships, it's important to have an organized system to find, apply for, and win scholarship money. Now the question may be, "Well, how do I begin?" Here are some steps on how to make the search for money for college a bit easier...

First of all, start with a personal inventory. Most of the information that you will be asked when applying for scholarships will be easy to answer such as: year in school, citizenship, state of residence, ethnic background, and so forth. Beyond those questions, you will have to give some thought to you academic, extracurricular, and career plans. Ask yourself a couple of questions on the specific career you plan to pursue, what type of aid you are interested in, and if there are any special things you wish to compete in. Your answers to these questions will help determine your scholarship eligibility. Do some brainstorming and don't overlook anything. The more personal characteristics you discover, the more scholarships you could potentially apply for.



Your next step should be the college aid section of you public library. Most libraries will have a number of books about financial aid, including scholarship guides. They may also have information on local scholarships. Other sources of aid include popular national scholarships including ROTC, National Merit, Gates Millennium, Intel Science, and Coca-Cola scholarships. Organizations of all types and sizes sponsor scholarships, so explore categories you might not have considered such as religious, community service, fraternal, and military groups.

Don't forget your parents... Many large companies offer scholarships or tuition programs for children of employees. Another tool to use is the internet. Use a free scholarship search that collects information on hundreds of awards and compares them.

Examples of free scholarship search services include:

Scholarship Search
Fastweb
Scholarship Research Network Express
Wiredscholar

The final step is to fill out the Free Application for Federal Student Aid (FAFSA). This financial aid form allows you to apply for federal and state student grants, work-study, and loans. While the FAFSA may seem lengthy and complex, there are many free resources, online and offline are available to help you navigate the application process. This form is available in two versions, paper and electronic, but it cannot be filed unless you have completed you income tax return, a reference which the aid is based on. January 1st is the first day that you are eligible to file the FAFSA, so try to file as close to this date as possible, as school, state, and private aid deadlines may be much earlier then federal deadlines.

As you are completing this process, remember that there is no magic formula for applying for and receiving scholarships. In order to have the most success, these tips will get you started on the right foot; be organized, be honest, and follow instructions carefully. Do these things, and paying for college won't be as hard as it seems.

Article by: Antonio Gudino

www.collegeboard.com
www.srnexpress.com
www.fastweb.com
www.salliemae.com
www.scholarshipsearch.com
www.wiredscholar.com

MESSAGE FROM THE ATSA OFFICERS

As athletic training students at the University of New Mexico we are privileged with an exceptional education and vast clinical experiences. Members of the ATSA are actively involved with building a foundation for future careers in the field of athletic training. As an organization, our purpose is to enhance our athletic training education and to solidify the athletic training education program as an integral part of UNM athletics. Through leadership and character development we will continue to serve our fellow students, our patients and the community.

To date, the ATSA has organized and conducted numerous community service projects, utilized ASUNM funding to purchase educational materials, and shared knowledge and experiences at many social events. As officers, our goal is to continue to build a flourishing and reputable organization, recruit and mentor incoming students, establish a standard of professionalism, utilize our many resources at the university and establish ourselves as knowledgeable and experienced healthcare providers. On behalf of the ATSA we would like to express gratitude to all those who have contributed to the development of this great organization.

Article by: Kurt Beachy, EMT and Drew Gaffney

ANOUNCEMENTS:

- HIGH SCHOOL ATHLETIC TRAINING STUDENT SENIORS: Those interested in learning more about majoring in Athletic Training and becoming a certified athletic trainer, please contact Susan McGowen, Ph.D., EMT, ATC, LAT at yorex@unm.edu for UNM Athletic Training Education Program (UNM-ATEP) information.
- The UNM-ATEP is now seeking Graduate Assistant Athletic Trainers for 2008-2009. If interested, please contact Susan McGowen, Ph.D., EMT, ATC, LAT at yorex@unm.edu.

DANCE, ARTS, CERTIFIED ATHLETIC TRAINERS: WHERE IT ALL COMES TOGETHER

The first weekend of March the Dance Program at UNM presented its annual faculty show EXPANZ. On stage, performers danced Hip-Hop, Ballet, Modern Dance and Flamenco. However, this year was different. There was special talent backstage that has never been present before in a UNM sponsored dance concert – Certified Athletic Trainers!

Brenda Critchfield and Antonio Gudino graciously volunteered their time and stepped into a different world with 'athletes' of a completely different nature. They attended the technical rehearsals held in Rodey Theatre the week prior to the performance series and were there at each performance. As dance is a physical art form, it is no surprise that performers can get injured, either from over-use or acute incidents. However, dancers are fairly accustomed to having no medical or allied health presence in their lives and generally rely on each other for advice. As you can imagine, the dancers were enthusiastic and grateful to have two skilled certified athletics trainers (ATCs) to provide on-site care and a share solid knowledge of injury assessment, treatment and rehabilitation.





Dancers' needs with regards to injury are somewhat different from members of athletic teams and as such, their approach to the athletic trainers was decidedly different. Dancers often see injury as weakness, as do athletes, but are reticent to come forward and seek help as they often have no one to take their place in a performance (known as an understudy). They also tend to eschew any physical manifestation of injury treatment, such as taping procedures, as such treatment would show through their costuming. Limited education of injury prevention makes them susceptible to odd or potentially dangerous recommendations (ie., drink green tea for shin-splints, or 'walk off' an ankle sprain). During this show, the dancers were acutely aware of the 'special guest artists' sitting in the Green Room (the room in a theatre where a performer waits to go on stage) and were eager and appreciative of the time and care with which they were cared for by Antonio and Brenda. In return, they treated the ATCs with respect and dignity.

Although traditional Athletic Training settings include high school, college and university, and professional sports teams, ATCs are now employed in non-traditional settings. More and more professional theatre and dance companies are employing Certified Athletic Trainers. Many colleges and universities are beginning to establish an ongoing relationship between their Dance Departments and athletic training programs. This provides a needed service to the dancers and necessary experience to the student athletic trainer.

Certified Athletic Trainers have been working in the field of dance medicine as far back as 1981. Certified Athletic Trainers work for such groups as Cirque de Soleil, Joffrey Ballet, Dance Theatre of Harlem, The Rockettes, Cincinnati Ballet, San Diego Ballet, and at the Harkness Center for Dance Injuries, located in New York City. ATCs make up a strong component of the International Association for Dance Medicine & Science, or IADMS. IADMS is recognized by the Board of Certification, Inc. for athletic trainers, to offer continuing education for Certified Athletic Trainers at annual meetings.

Support the Arts – Treat a Dancer.

Article by:
Ginny Wilmerding, PhD

President, International Association for Dance Medicine & Science

NEW MEXICO ATHLETIC TRAINING NEWS

On April 4th, 2007 the New Mexico House of Representatives passed House Bill 88 (HB 88). This bill was signed by Governor Bill Richardson and recognizes Athletic Trainers as Health Care Providers in the State of New Mexico. Originally, Athletic Trainers were not considered Health Care Providers as defined by the State, however, HB 88 amends the definition of Health Care Providers to include Athletic Trainers. "This is a step in the right direction for the future of Athletic Training," said Cathy Martinez, ATC, LAT, Vice-President of the New Mexico Athletic Trainers' Association. She goes on to say, "hopefully this will open up doors for Athletic Trainers looking to practice in the non-traditional settings." Martinez is confident that this bill will provide the opportunity for further legislation for Athletic Training Third Party billing. For more information on the House Bill 88 please visit : http://legis.state.nm.us

Article by:
Roxanne Horwath, ATC, LAT

ANOUNCEMENTS: Now accepting applications for Graduate Assistant Athletic Trainers for UNM Athletics for 2007-2008! For more information, please contact David Binder, MS, ATC, LAT at dbinder@unm.edu.

ALLERGY AWARE

You have itchy, watery eyes, a runny nose, and you are sneezing constantly. It must be allergy season once again. However, allergies and allergy symptoms can often last longer than the regular pollen season. Being knowledgeable on how allergies and allergy symptoms affect your body, and knowing common solutions you can use to remedy your symptoms, can greatly decrease the impact allergies have on your everyday life.



Allergy symptoms, such as sneezing, nasal congestion, and watery eyes, are responses caused by the immune system overreacting to the presence of allergens. Allergens are harmless substances in the environment, most commonly pollen and dust, which are often ingested or inhaled into the lungs. Once inhaled, allergens is discovered by the immune system, causing antibodies are produced to destroy the allergen. The antibodies attach to mast cells, which are found in abundance in the lungs and airways, causing the cells to burst. Once this occurs, allergy symptoms can continue for the entire duration that a person is exposed o the allergen. Several medications such as antihistamines and decongestants are available to alleviate allergy symptoms.

Antihistamines block the symptom causing chemical, histamine, while decongestants relieve swelling in the nasal cavity assisting in the relief of a "stuffy" nose. Some of the more popular over the counter (OTC) antihistamines include Claritin, Alavert, and Benadryl, while Sudafed and Afrin are OTC decongestants. Recently, many pharmaceutical companies have come out with OTC's that are a combination of an antihistamine and a decongestant. Such medications are Claritin-D, and Benadryl Sinus.



In addition to pharmaceutical treatment, other additional measures can be taken to reduce symptoms caused by allergies, such as dusting and washing clothes and linens regularly. Despite popular belief, relocating to a different climate may not decrease allergy symptoms as new allergies to pollens in different environment often develop. Though allergens will always be present in our surroundings, awareness and the practice of the discussed treatments can significantly decrease the presence of symptoms and alleviate discomfort suffered as a result of allergies.

Article by: Patricia Lucero

"Some Facts You're Itching To Know." Aventis Pharmaceuticals Inc. 2005. <http://www.allegra.com/managementTools/allegraQA.do>

Haines, Cynthia, MD. "Basic Allergy Information from WebMD." WebMD. 2005. <http://my.webmd.com/content/pages/10/1625_50536.htm>

"How Singulair Works". Singulair. 2005. <http://www.singulair.com/montelukast_sodium/singulair/consumer/allergies/for_adults...>

WINTER X-GAMES 11: INTERN'S PERSPECTIVE

Looking up the side of Buttermilk Mountain in Aspen, Colorado, it was obvious that this was not a conventional sporting event, but the ESPN Winter X-Games are not known for being conventional. As an event designed to push extreme sports to new levels, the X-Games present unique challenges and opportunities for athletic trainers, and as a student intern I had the privilege of learning from and working with an experienced medical staff.

I learned quickly that one of the challenges of an event of this magnitude is in the organization and logistics. Under the guidance of Dr. Susan McGowen, each member of the medical staff was assigned specific events at specific times throughout the week. Preparations included walking each venue to determine the best placements for the personnel as well as placing transport vehicles at predetermined locations. It included knowing exit routes for each course, even as they changed due to growing crowds or modifications to the ever-changing snowmobile course. It included making sure radios were functioning properly, and ensuring that procedures were clearly understood so as to make communication both purposeful and effective. A lack of preparation could lead to possible embarrassment at the least and could have lasting repercussions at worst, and because of this, every precaution was taken to allow for a smooth operation. In the end, it was gratifying to watch it all come together.

Maybe the most obviously unique aspect of the X-Games from a medical perspective is in relation to the amount of injuries seen throughout the week. Running the gamete in terms of severity, the shear number of athletes that were evaluated provided opportunities for exposure to a great variety of injuries. As a student, it was an invaluable experience to be able to watch and learn from experienced athletic trainers and physicians at work in this unique setting.

Though the days were long, the week came and went quickly. In a short span of time I had the privilege of meeting a great staff, being exposed to various injuries and events I had never seen before, and seeing in part the preparation that goes into providing medical coverage for an event the size of the X-Games. It was exciting. It was rewarding. It was unconventional.

Article by: Kurt Beachy, EMT

Visit our web page at:
www.unm.edu/~lobotrng

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UNIVERSITY OF NEW MEXICO
ATHLETIC TRAINING EDUCATION PROGRAM

DEDICATED TO FURTHERING THE EDUCATION OF THE COMMUNITY AND THOSE INVOLDED IN THE ATHLETIC TRAINING PROFESSION