

Parent-Athlete Information Night- AT talking points

The risk of injury is inherent to athletics. The intensity of high school athletics may be higher than your prior experiences. Each family with a kid in sports is assuming a level of risk, and therefore needs to understand that injury can occur despite every effort being made to minimize the risk levels. Proper recovery from an injury circumstance requires time and following medical care guidance that is sound and appropriate. The athletic trainer is here to facilitate that proper recovery.

JP has a full-time athletic trainer onsite to evaluate and manage the injuries that happen, and to minimize the risk where/ when able. (example for outdoor sports... lightning policy & procedure) We have a relationship with a team physician. He volunteers his expertise, and especially consults on concussion cases (Dr. Scott Ross of Novant Bull Run Family Practice). We also collaborate with area physicians of a parent's choice, depending upon the injury circumstances, by asking for written guidance and contact information whenever a local community healthcare provider is accessed.

What is an athletic trainer here to provide?

Medical care includes injury prevention, evaluation and treatment, especially for any injuries that affect athletic participation and performance in JP sports. Our AT is available daily during the school week in the afternoon and evening hours. When something significant happens, a phone call to a parent will be coming from the AT. In some circumstances, such a call might have to come from a head coach or the away school's athletic trainer.

Medical information is private, but there are some need-to-know elements for coaches. The information exchange is kept private between AT & patients, and there are some details that can be shared while still maintaining that privacy in the athletic realm. The athlete is expected to be honest in communicating the relevant details to a coach.

When and how to reach the athletic trainer?

Student- athletes commonly report face to face as soon as the need arises, and are encouraged to advocate for themselves and will be guided on how to manage things.

The Athletic Training Clinic is located next to the weight room. Pre- arranged appointments run between 12:30-2:30p then a "walk-in" option runs from 2:45-4:00p daily, and a site location is marked on the door while the athletic trainer is attending games at/ after 4:00p.

Minor items may have directed conversations –

- coaches might be alerted first on the field, so the students get directed to the AT
- when seeing the AT, the conversations may become "do this and when you get home, tell mom & dad..." or "let's have you call mom/ dad now, to help you do this..." .

Direct and often multiple conversations are happening with all the bigger stuff- physician visits necessitate written interactions, time out of sport participation for proper healing and rehabilitation efforts, and there may be referrals to the emergency room, surgery situations, etc. to engage upon.

Parents and coaches may contact me via phone/ email/ face to face given the level of urgency. Different situations require a different level of reporting, interaction details and responsiveness. Timeliness is often vital in healthcare/ high school athletics. Direct transparent and honest communications are essential and may need to involve multiple people simultaneously (or sequentially) sharing info and providing updates.

Why and what Information needs to get exchanged when a doctor gets seen?

When a physician gets involved, written direction/ instructions are necessary. Athletic trainers are licensed providers, and we need details to render the appropriate care. Please know that an AT referral form is used to enable the best information flow, and your chosen physician is communicating back to me as an involved healthcare provider via you (so privacy is maintained). A prescription note could be used as an alternative method, it's the detail of a diagnosis, desired treatment plan, along with contact information that is essential. This is not an excuse from school or commentary to confirm you got seen somewhere sort of note, nor is that the content I am seeking. It's a provider to provider level of detail that is necessary.

Return to participation/ play decisions are made by the athletic trainer, and requires written exchanges from involved physician providers. Evaluations and modified exercise plans are often part of the process to insure an appropriate recovery & return readiness to avoid re-injury.

Direct conversation between the student, parent, athletic trainer and a treating physician is vital. An athlete/ parent sharing some detail with coaches is often very helpful. **The athletic trainer will share need to know information with a coach, and maintaining the dignity of the athlete is essential.**

I can be a resource for all sorts of athletic healthcare topics. Teenagers in athletics have all sorts of curiosity... and parents don't always have the answers that a teen will accept hearing. I can echo the messaging, or provide accurate information to aid your decision making/ question answering processes.