National Athletic Trainers' Association Position Statement: Preventing Sudden Death in Sports

Douglas J. Casa, PhD, ATC, FNATA, FACSM* (co-chair); Kevin M. Guskiewicz, PhD, ATC, FNATA, FACSM† (co-chair); Scott A. Anderson, ATC‡; Ronald W. Courson, ATC, PT, NREMT-I, CSCS§; Jonathan F. Heck, MS, ATC||; Carolyn C. Jimenez, PhD, ATC¶; Brendon P. McDermott, PhD, ATC#; Michael G. Miller, PhD, EdD, ATC, CSCS**; Rebecca L. Stearns, MA, ATC*; Erik E. Swartz, PhD, ATC, FNATA††; Katie M. Walsh, EdD, ATC‡‡

"Korey Stringer Institute, University of Connecticut, Storrs; †Matthew Gfeller Sport-Related Traumatic Brain Injury Research Center, University of North Carolina at Chapel Hill; ‡University of Oklahoma, Norman; §University of Georgia, Athens; ||Richard Stockton College, Pomona, NJ; ¶West Chester University, PA; #University of Tennessee at Chattanooga; "Western Michigan University, Kalamazoo; ††University of New Hampshire, Durham; ‡‡East Carolina University, Greenville, NC

Objective: To present recommendations for the prevention and screening, recognition, and treatment of the most common conditions resulting in sudden death in organized sports.

Background: Cardiac conditions, head injuries, neck injuries, exertional heat stroke, exertional sickling, asthma, and other factors (eg. lightning, diabetes) are the most common causes of death in athletes.

Recommendations: These guidelines are intended to provide relevant information on preventing sudden death in sports and to give specific recommendations for certified athletic trainers and others participating in athletic health care.

Key Words: asthma, cardiac conditions, diabetes, exertional heat stroke, exertional hyponatremia, exertional sickling, head injuries, neck injuries, lightning safety

Sudden death in sports and physical activity has a variety of causes. The 10 conditions covered in this position statement are

- Asthma
- Catastrophic brain injuries
- Cervical spine injuries
- Diabetes
- Exertional heat stroke
- Exertional hyponatremia
- Exertional sickling
- Head-down contact in football
- Lightning
- Sudden cardiac arrest

(Order does not indicate rate of occurrence.)

Recognizing the many reasons for sudden death allows us to create and implement emergency action plans (EAPs) that provide detailed guidelines for prevention, recognition, treatment, and return to play (RTP). Unlike collegiate and professional teams, which usually have athletic trainers (ATs) available, nearly half of high schools as well as numerous other athletic settings lack the appropriate medical personnel to put these guidelines into practice and instead rely on the athletic director, team coach, or strength and conditioning specialist to do so.

To provide appropriate care for athletes, one must be familiar with a large number of illnesses and conditions in order to properly guide the athlete, determine when emergency treatment is needed, and distinguish among similar signs and symptoms that may reflect a variety of potentially fatal circumstances. For the patient to have the best possible outcome, correct and prompt emergency care is critical; delaying care until the ambulance arrives may result in permanent disability or death. Therefore, we urgently advocate training coaches in first aid, cardiopulmonary resuscitation (CPR), and automated external defibrillator (AED) use, so that they can provide treatment until a medical professional arrives; however, such training is inadequate for the successful and complete care of the conditions described in this position statement. Saving the life of a young athlete should not be a coach's responsibility or liability.

For this reason, we also urge every high school to have an AT available to promptly take charge of a medical emergency. As licensed medical professionals, ATs receive thorough training in preventing, recognizing, and treating critical situations in the physically active. Each AT works closely with a physician to create and apply appropriate EAPs and RTP guidelines.

Throughout this position statement, each recommendation is labeled with a specific level of evidence based on the Strength of Recommendation Taxonomy (SORT). This taxonomy takes into account the quality, quantity, and consistency of the evidence in support of each recommendation: Category A represents consistent good-quality evidence, B represents

<u>Sudden Death In Sports The Athletic Trainers Role In</u> <u>Prevention And Response</u>

Robert C. Schenck

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Sudden Death in Sports ,1997-01-01 Sudden death in sports: the athletic trainer's role in prevention and response; a professional achievement self-study program course ,1997 Preventing Sudden Death in Sport & Physical Activity American College of Sports Medicine,2016-03-14 Preventing Sudden Death in Sport and Physical Activity Second Edition examines the etiology prevention recognition treatment and return to play protocol of the common causes of sudden death in sport Chapters are written by content area experts offering a blend of clinical scientific and research expertise regarding each medical condition that is discussed Pharmacology for Athletic Trainers ,1997

Proceedings National Athletic Trainers Association. Meeting & Clinical Symposia, 1999 **Study Guide for** Management of Bloodborne Pathogens by Athletic Trainers ,1997 Pfeiffer and Mangus's Concepts of Athletic <u>Training</u> Cynthia Trowbridge, Cheryl M. Ferris, 2022-06-15 Each new print copy includes Navigate 2 Advantage Access that unlocks a comprehensive and interactive eBook student practice activities and assessments a full suite of instructor resources and learning analytics reporting tools Written for the introductory course the Eighth Edition of Concepts of Athletic Training focuses on the care and management of sport and activity related injuries while presenting key concepts in a comprehensive logically sequential manner that will assist future professionals in making the correct decisions when confronted with an activity related injury or illness in their scope of practice Key Features Include Time Out boxes provide additional information related to the text such as NATA Athletic Helmet Removal Guidelines how to recognize the signs of concusion and first aid for epilepsy Athletic Trainers Speak Out boxes feature a different athletic trainer in every chapter who discusses an element of athlete care and injury prevention Anatomy Reviews introduce body parts to students unfamiliar with human anatomy and acts as a refresher for those students with some anatomy background Iournal of Sport Epidemiology for Athletic Trainers Melanie Adams, Wanda Swiger, 2024-06-01 Evidence based Rehabilitation ,1996 practice requires clinicians to be knowledgeable of the current standards of care and be willing to consider the effectiveness of new methods Athletic Trainers especially must understand how epidemiology shapes healthcare practices for physically active patients To meet this need Epidemiology for Athletic Trainers Integrating Evidence Based Practice is a succinct and comprehensive reference meant to develop and refine student and clinician evidence based practice skills This text addresses the prevalence risk factors and surveillance of sports related injury and illness at youth college and professional levels Inside Epidemiology for Athletic Trainers Integrating Evidence Based Practice Drs Wanda Swiger and Melanie M Adams guide the reader through the steps of evidence based practice by presenting basic research and statistical methods needed to read medical literature Key sport epidemiology studies are reviewed for both historical and clinical significance This foundation is built on with a deeper discussion of injury and illness prevention and future research Chapters cover a wide range of topics including the health benefits of physical activity concussion return to play guidelines ACL prevention and mental health

concerns This text provides an exceptional approach to integrating evidence based practice skills with clinical practice Features Meets the Commission on Accreditation of Athletic Training Education CAATE outcomes Includes classroom activities to make the text interactive and expand the student's or clinician's research skills Fosters the use of prevention practices and health promotion within athletic training Included with the text are online supplemental materials for faculty use in the classroom Epidemiology for Athletic Trainers Integrating Evidence Based Practice is a must have for any athletic training student or clinician looking to improve his or her decision making skills within an evidence based context and Emergency Care in Athletic Training Michelle A. Cleary, Katie Walsh Flanagan, 2019-03 Acute and Emergency Care in Athletic Training is an invaluable text for students in athletic training programs It provides them with the necessary information to examine treat and manage common acute injuries and illnesses **Wong's Nursing Care of Infants and** Children - E-Book Marilyn J. Hockenberry, 2022-12-23 American Journal of Nursing AJN Book of the Year Awards 1st Place in Child Health Provide quality nursing care through each stage of child development Wong s Nursing Care of Infants and Children 12th Edition uses an easy to follow family centered approach to describe the care of children at each age and stage of development The book begins with a discussion of the influences on and assessment of child health then provides chapters on child health promotion and health problems all organized by age groups and body systems Up to date evidence based information helps you develop critical thinking skills along with the sensitivity needed to become a compassionate caring pediatric nurse Written by a team of experts led by Marilyn I Hockenberry Wong s continues to be the leading text in pediatric nursing Focus on family centered care emphasizes the role and influence of the family in child health and illness with a separate chapter and Family Centered Care boxes Full color drawings and photographs reflect the latest in nursing care Nursing Care Guidelines boxes offer clear step by step instructions for interventions in a variety of situations and conditions and Nursing Care Plan boxes included expected patient outcomes and rationales for nursing interventions Nursing Tips include helpful hints and practical clinical information Translating Evidence into Practice and Applying Evidence to Practice boxes help you apply research to improve the outcomes of nursing care Atraumatic Care boxes contain techniques for care that manage pain discomfort or stress along with approaches to promote self esteem and prevent embarrassment Emergency Treatment boxes serve as a quick reference for interventions in critical situations Cultural Considerations and Cultural Competence content provides tips from clinical experts Community and Home Health Considerations boxes address issues such as increasing immunization rates decreasing smoking among teens and preventing lead poisoning Drug Alerts highlight important drug related information for safe appropriate care Nursing Alerts call out critical considerations such as key assessment data risk factors and danger signs that must be considered in providing care Research Focus boxes emphasize research with concise reviews of important evidence **Athletic Training and Sports Medicine Robert C.** Schenck, 1999 The third edition of Athletic Training and Sports Medicine is more specifically tailored to the needs of

practising athletic trainers and primary care physicians although educators should find it a useful reference for students Many of the chapters from the second edition are supplemented and enhanced by new chapters. The major topics covered include legal issues in sports medicine injury prevention evaluating the athlete physiology of the musculoskeletal system applied principles in treatment and rehabilitation the anatomy and physiology of the musculoskeletal system sports psychology medical conditions gender specific conditions and athletes with different abilities. The Elite Young Athlete Neil Armstrong, Alison M. McManus, 2011 A key resource for coaches scientists and clinicians. Sport is by its nature competitive and even during youth it is performed at different levels with elite young athletes at the top of the performance pyramid A coordinated series of comprehensive research based reviews on factors underlying the performance of children and adolescents involved in competitive sport is presented in this volume Leading exercise and sport scientists provide the latest information on the physiology of young elite athletes the essential role of nutrition and the effects of endurance high intensity and high resistance training and overtraining as well as on the importance of laboratory and field based monitoring of young athletes performances Further thermoregulation and environmental factors that might affect performance are re viewed Finally strategies for preventing sudden cardiac death and the diagnosis and management of common sport injuries in young athletes are discussed. The book provides up to date evidence based information for sports scientists coaches physiotherapists pediatric sports medicine specialists and other professionals involved in supporting elite young athletes

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helpful features including web resources pertaining to the corresponding chapter topics flash cards teaching important concepts and guizzes testing the knowledge presented The Athletic Training Student Primer A Foundation for Success effectively blends the core concepts in athletic training with guidance on the human elements of the profession to provide a springboard for future study Netter's Sports Medicine E-Book Christopher Madden, Margot Putukian, Eric McCarty, Craig Young, 2013-11-25 Netter's Sports Medicine by Christopher C Madden MD Margot Putukian MD FACSM Craig C Young MD and Eric C McCarty MD is a reference designed to help you meet the challenges presented by your patients in this growing interdisciplinary field More than 1 000 Netter images along with photos of physical examination techniques and imaging examples provide a rich visual understanding while a bulleted text format combined with a user friendly organization by specific types of injuries as well as different types of sports makes reference quick and easy Discussions of a full range of sports traditional as well as less common ensure that the coverage is comprehensive and up to date From pre participation exams musculoskeletal injuries sports nutrition and sports psychology to general medical problems in athletes this reference equips you with the guidance you need to keep your patients at the top of their game Presents more than 1 000 Netter illustrations accompanied by photos of physical examination techniques radiographs and other imaging techniques including CT and MRI that equip you with a rich visual understanding of sports medicine Features a bulleted text format for quick read guidance Organizes information by specific types of injuries as well as different types of sports for an easy to access reference Discusses traditional along with less common sports for comprehensive coverage that is up to date Includes a section that examines considerations for specific athlete populations including children women the senior athlete and the physically challenged to help you meet their special needs Presents the cross disciplinary contributions of primary care physicians athletic trainers physical therapists dentists orthopaedic surgeons and others who provide a well rounded perspective on the subject Combines current evidence based information with expert clinical guidance for a high yield Foundations of Athletic Training Marcia Anderson, Mary Barnum, 2021-05-17 Comprehensive and evidence reference based Foundations of Athletic Training 7th Edition integrates basic medical concepts and related scientific information to help readers develop a strong foundation in athletic training best practices. The text's practical problem solving approach to the prevention recognition assessment management and disposition of sports related injuries and diseases helps students learn to think like practitioners Fully aligned with the BOC competencies the 7th Edition has been extensively updated expanded and reorganized to reflect the changing role of today s athletic trainer and includes a powerful suite of engaging Concepts of Athletic Training Ronald P. Pfeiffer, Brent C. Mangus, Cynthia learning tools to help students succeed Trowbridge, 2014-03-19 Heavily revised and updated with the latest data from the field the Seventh Edition of Concepts of Athletic Training focuses on the care and management of sport and activity related injuries while presenting key concepts in a comprehensive logically sequential manner that will assist future professionals in making the correct decisions when

confronted with an activity related injury or illness in their scope of practice New to the Seventh Edition An extensively revised and rewritten Chapter 3 The Law of Sports Injury includes new material on the ethics of sports injury care and the role of the athletic trainer in risk assessment and liability Chapter 4 Sports Injury Prevention provides new material on training benefits of anaerobic fitness Chapter 7 Emergency Plan and Initial Injury Evaluation includes an expanded section on the assessment of the injured athlete s physical exam that urges coaches to collect as much information about the injury as well as the health history of the athlete Chapter 13 Injuries to the Thorax and Abdomen contains new sections on muscle strains and cardiac defects Key Features include New and revised What if scenarios encourage students to work on critical decsion making skills alone or in a group setting with role playing activities Time Out boxes provide additional information related to the text such as NATA Athletic Helmet Removal Guidelines how to recognize the signs of concusiion and first aid for epilepsy Athletic Trainers Speak Out boxes feature a different athletic trainer in every chapter who discusses an element of athlete care and injury prevention Anatomy Reviews introduce body parts to students unfamiliar with human anatomy and acts as a refresher for those students with some anatomy background Meeting the Physical Therapy Needs of Children Susan K Effgen, 2012-09-12 Ensure children with disabilities and special healthcare needs achieve their full potential Noted authority Susan Effgen and a team of scholars and clinical experts explore the role of the physical therapist in meeting the needs of children and their families in a culturally appropriate context using a family centered abilities based model The 2nd Edition of this landmark text has been thoroughly revised updated and expanded to encompass all of today s new theories clinical applications and skills From the major body systems to assistive technology and intervention support you ll develop the clinical knowledge you need to provide a child with the very best care from initial examination to graduation from your services

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