CCSU SPORTS MEDICINE SYMPOSIUM 2022

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DISCLAIMER
• No consultancy, contract or remuneration from this conference
• No off-label use of device or medication
• No conflict of interest

“TELL ME WHAT YOU’RE THINKING”
EFFECTIVE COMMUNICATION IN A COMPLEX WORLD

LEARNING OBJECTIVES
• Recognize the importance of a systematic approach to the injury assessment process
• Establish medical decision strategies for optimal patient-centered care
• Select ways to improve communication of clinical findings to the medical provider

WHAT’S GOING ON HERE?
• Appropriate evaluation of an injury
  • Recognition of the most significant
  • Management of patient improvement
  • Treatment associated with the athlete

WHY ARE WE DOING THIS?
• Education
• Preventing a collision
• Self advancement
• Promoting a service
AUDIENCE POLL

- Career Choice: Given the chance, would you do this again?
- 
- 
- 
- 
- 

NEGATIVES

- Fear
- Pay
- Training
- Personal Time
- Maintenance of Certification

WORK/LIFE BALANCE

- 
- 
- 
- 
- 

CHALLENGES OF THE JOB

- POSITIVES
  - Appreciation of providing a service
  - Ample educational opportunities
  - Accessibility/support
  - “Want a call and I’m on it anywhere”
  - “I’m really happy”

- NEGATIVES
  - Lack of respect for job and role
  - Physicist independent sense of support
  - Physician interaction
  - “Fear of being wrong”

PREVAILING WIND vs UNDERCURRENT

MENTALITY

- “Tyranny manages,” integration with the team brings pain and laundry
- Lack of exposure to the true medical model
- The fall on our commitment to our profession

CULTURE

- “Lack of respect”
- Professional sports are not an accurate reflection of an ATC
- “Booze & Tongue”
- “Smear on your shoulder” inhibitors

CONTINUUM OF CARE

Argue that the first impressions that witness the injury has the most comprehensive initial understanding of the mechanism of injury, degree of injury, and opportunity to set the course for treatment and recovery.
CONTINUUM OF CARE

THE QUESTION

- How do we expect positive change, excite any interaction that crops a sense of value, and succeed with a sportsman’s work/life/career in a crisis?

CONTINUUM OF CARE

THE CLOCK STARTS TICKING THE MOMENT THE INJURY OCCURS

- Initial
- Moment of “impact”
- Direct
- Indirect

CONTINUUM OF CARE

CRUCIAL TIMEFRAME

- Control, what you can
- Manage, what you can’t
- Acceptable, reasonable, affordable
- Manageable, support

CONTINUUM OF CARE

THE QUESTION

- Set the tone
- Sensitive
- Specific

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AND THEN THERE IS THIS

- You need a diagnosis
- Contain vascular if you’re stuck in neutral
- Quadriceps
- Vascular
- Surgical, debridement
- Long term
- Progress and potential return to sport

- You need a plan of care
- Contain vascular if you’re stuck in neutral
- Quadriceps
- Vascular
- Surgical, debridement
- Long term
- Progress and potential return to sport
**UNIQUE CIRCUMSTANCES**

**MEDICAL**
- Head/Concussion/LOC
- Accessory Controlled Exhalation
- Oral Airway
- Face mask
- Fix/Dislocation
- Armcast/Splint/Support/Bleeding
- Exposure
- Short-term/Immediate/Acute/Injury
- Splint/Brace/Splint
- Bandage/Medication
- Cervical Spine Immobilization
- Field/Located Treatment

**PERSONNEL**
- Acquaint yourself with opposing team medical staff
- Introduce yourself to emergency/Ambulance/PARAMEDIC staff
- Know where the AMBULANCE is located
- Know where the CLOSEST HOSPITAL is

**UNIQUE CIRCUMSTANCES**

**MEDICAL Action Plan (MAP)**
- Mandatory
- What if change
- Contact list
- Contact plan
- Environment/Line of threat

**UNIQUE CIRCUMSTANCES**

**KIT**
- Cell phone (channel emergency)
- Goggles/Sunglasses (protect eyes from debris)
- First Aid
- Trimm A Kit
- Trauma scissors
- Multi-shear

**UNIQUE CIRCUMSTANCES**

**WHAT’S THE MOST IMPORTANT THING TO BRING?**
- Your brain
- Team
- Choice
- Act

**EXPECTATIONS**

**YOURSELF**
- Support
- Athletes, coaches, staff, doctor
- Preparation
- If you need assistance contact the first available responder
- Prepared
- You are there for a reason
EXPECTATIONS

MINE

• Communication
  • Understanding of patient’s “language”
  • “What you need to know”

• Plan
  • Non-linear story
  • “What will you ask today?”

EXPECTATIONS

MINE

• “Diagnosis”
  • ABC
  • Injuries
  • Mechanism
  • Description

• Plan
  • Medical & surgical next steps in
    need & notification
  • Follow-up
  • Follow-through
  • Transport
  • Clinical management
  • Follow-up

EXPECTATIONS

Know Your Anatomy

EXPECTATIONS

Know the mechanism of injury

EXPECTATIONS

Know clinical & special tests

EXPECTATIONS

Study Interpretation

- X-ray
- MRI
- CT-scan
- Ultrasound

- Not asking to provide definitive
- Asking to utilize the study as a
  “piece of the puzzle.”
SPECIAL CIRCUMSTANCES

SUTURE LACERATION

- What to suture
- Where to suture
- How to suture

FRAC TURES & DISLOCATIONS

- Splinting
  - Support the extremity
  - Reduce swelling
  - Immobilize the joint
  - Protect the disability
  - Performing manipulation
  - "Keep above & joint below"

REDUCTION TECHNIQUES

- Reduction
  - Of what
  - When
  - How

FRAC TURES & DISLOCATIONS

- Intention
  - Unload neurological compromise
  - Relieve soft tissue pressure
  - Restore joint alignment
  - Pain management

PREVENTION

- Regular exercise
  - Stretch and strengthen the area
  - Wear proper footwear
  - Warm up
  - Wear appropriate shoes
  - Warm-up stretching

COMPLEX

- Simple
  - Distinct
  - Correct
  - Reduce
  - Align
COLLEGIATE ATHLETIC TRAI NERS’ EXPERIENCES WITH EXTERNAL PRESSURES FACED DURING DECISION MAKING

Alicia M. Pike Lacy, PhD, ATC,* Stephanie Mazerolle Singe, PhD, ATC, FNATA,* and Thomas G. Bowman, PhD, ATC†

CRAFT
CONFIDENCE BRAVADO

"EXPERIENCE IS SOMETHING YOU GET JUST AFTER YOU NEED IT."
"YOU CAN’T SUCCEED IF YOU DON’T FAIL."
Dr. Neal ElAttrache, Head team physician Los Angeles Rams, from Op-Med, Doximity 2/7/22

COMMON THREAD

PUTTING IT ALL TOGETHER

- Expanding the ATC & Team Physician PREHAB/REHAB
- Current approach to learn how AND work together
- Maximizing regional growth and progression over a game...a season...a career...

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COMMON THREAD

PUTTING IT ALL TOGETHER

- Complex ecosystem of multiple components (physical/mental) working together with strong inter-discipline for the optimal performance of an individual athlete

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COMMON THREAD

PUTTING IT ALL TOGETHER

- INJURY TO Rehab
- Integrated “team” approach starting from the moment of injury
- Each has a job to do
- All have the responsibility of communicating

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COMMON THREAD

PUTTING IT ALL TOGETHER

- High-endo environments
  - NFL Super Bowl Team
  - Rehabilitation
  - Communication
  - Contingency Plan
  - “Continuing care” approach

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COMMON THREAD

PUTTING IT ALL TOGETHER

“TOTAL MUTUAL RESPECT OF YOUR COLEAGUES IS MORE OF PROBABLY CRUCIAL AS ANYTHING” NECESSARY FOR THE JOB AND PROJECT TO SUCCESS IT NEED TO BE.”

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REASONABLE OR UNREASONABLE

“LACK OF ALL THINGS”

BE REAL

“MORE OR NONE”

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If it's what you want, go and get it

"UNOSTAINUM" vs "OBTAINIUM"

Renaissance Man/Woman: Be the "matchblade"

"NO"

"YES"

KERNELS, NUGGETS & GEMS

We have a really hard time saying "NO"

KERNELS, NUGGETS & GEMS

Learn how to "NO" more...

Learn how to say "YES" more...

THANK YOU!