



MINUTES
AIA SPORTS MEDICINE ADVISORY COMMITTEE MEETING
July 28, 2011

Chairperson Dr. Javier Cardenas called the meeting to order at 7:30 a.m.

Members Attendance:

Dr. Javier Cardenas, MD
Dr. Steven Erickson, MD
David Hayward, Licensed Athletic Trainer
Dr. Christina Kwasnica, MD
Dr. John Parsons, Ph.D., ATC, AT
Dr. Jeffrey Vaughn, DO
Dr. Mark Strom
Rich Beckman, Foothills Sports Physical Therapy

Guest:

Dr. Patrick Sparr, Chiropractor

AIA Staff Present:

Chuck Schmidt, Chief Operating Officer
Michele Staples, AIA Liaison

GUEST PRESENTATION (Dr. Patrick Sparr)

- Dr. Sparr presented information to the SMAC Committee and asked for the committee to allow chiropractors to conduct physicals for AIA member schools.
- Dr. Cardenas recommended that this issue in regards to allowing chiropractors to conduct physicals be reevaluated at the SMAC Committee meeting in February prior to the AIA Legislative Council meeting in March.
- Chuck Schmidt recommended that Dr. Sparr discuss this issue with other chiropractors and make a formal request to be put on the agenda for the February SMAC Committee meeting.

HEAT EXHAUSTION

- **David Hayward and Dr. Parsons will provide a specific table for acclimatization to assist member schools and the AIA staff in determining a safety protocol for practicing.**
- **This table will cover hydration, acclimatization and management.**

SMAC Meeting Schedule for 2011-12

- The SMAC Committee would like to meet every other month.
- Two issues that were mentioned to be placed on the agendas were the physical forms and pre-participation physicals and concussion policies.

BRAINBOOK

- Brainbook is an interactive online concussion learning tool that student athletes can interact with physicians and their own peers.
- A pre-test will be done with questions to be answered by the student athletes.
- Videos from professional athletes, physicians and their peers will be shown throughout the module.
- It takes approximately 30 minutes to complete the module.
- An 80% accuracy is needed for the student athlete to complete the module and to compete in their sport.
- This module is currently being beta tested in two local high schools with positive feedback from the experience.
- The committee requested to change the grey "Brainbook" wording on the AIA Academy website to state "Concussion Education".
- The committee requested to add a Sports Medicine Policy Handbook on the SMAC Committee page.
- **Action item:** The committee unanimously approved the use of Brainbook as the concussion educational tool for all AIA athletes. Dr. Cardenas abstained from voting.

FOOTBALL HELMET RULE

- Reviewed previous discussion in regards to implementation of a football helmet rule.
- **Action item:** The committee unanimously agreed to recommend the following football helmet rule:

"If IN THE COURSE OF PLAY, the football helmet becomes dislodged FROM THE PLAYER'S HEAD, the helmet must be IMMEDIATELY inspected for quality and fit by a coach, equipment manager or athletic trainer, during which TIME the player is required to sit out for at least one play. If THE TEAM DOES NOT WANT THE PLAYER TO SIT OUT THEN, then the team must take a time out. IF THE AFFECTED TEAM HAS NO REMAINING TIME OUTS, THE PLAYER MUST SIT OUT FOR AT LEAST ONE PLAY."

MAYO CLINIC BASELINE TESTING

- A press release was sent out citing that the AIA concussion policy endorsed baseline testing. This was an inaccurate statement as the AIA is not a part of this nor does the AIA endorse it.
- The AIA has sent cease and assist letters to the Mayo Clinic asking them to stop the ads or clarify that the AIA does not endorse it. The Mayo Clinic has failed to do so as of yet.
- **Action item:** The SMAC Committee recommended releasing the following statement to emphasize the importance of the use of both baseline and post testing:

"The AIA does not mandate baseline or post-concussive neuropsychological testing. However, when used properly, such testing can be a valuable tool to assist in concussion management. Proper use of baseline and post-concussive neuropsychological testing should include supervised administration in a controlled professional or academic environment. Post concussive neuropsychological testing should be interpreted by a qualified professional trained in such interpretation."

Meeting Adjourned at 9:00 a.m.

Next Meeting: September (TBD)