

NWATA - District 10

Virtual Meeting and Clinical Symposium Programming

March 5 - April 4, 2021

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| **VNWATA Live Sessions** | | | |
| ***Saturday, March 6, 2021*** | | | |
| **Educational Session** | **Abstract** | **Learning Objectives** | **Speakers** |
| **12pm PST** | NWATA Board of Directors Meeting | | |
| ***Thursday, March 11, 2021*** | | | |
| **Educational Session** | **Abstract** | **Learning Objectives** | **Speakers** |
| **11:30am PST** | NWATA Student Symposium | | |
| **5:30pm PST**  *Appearance and Performance Enhancing Substances: The Pressure to Perform*  **1 credit Category EBP**  ***This Session WILL NOT BE RECORDED or available after the live presentation*** | Anabolic androgenic steroid (AAS) use is rapidly becoming a public health problem for the United States as well as many Western countries. The British Medical Association Board of Science and Education revealed the prevalence in UK fitness centers to be around 13%, whereas in dedicated bodybuilding gyms, the prevalence rate peaks at almost half of all members. Adolescents are the most studied population for the prevalence of AAS abuse and research has indicated national AAS abuse rates were 4.3% and 2.2% for males and females, respectively (3.3% overall). While AAS have legal therapeutic use for specific medical disorders, healthy individuals use and abuse them to enhance physical performance or alter their physique. However, AAS are not the only consideration with athletes trying to obtain an edge on the competition. Dietary supplements are also an avenue athletes turn to in order to enhance performance and alter their physique.  BOC Domains: I, II, V  Level of Difficulty: Essential | Attendees will be able to:  1.Identify the signs and symptoms of anabolic androgenic steroid use  2.Identify dietary supplements that are 3rd party tested and free of banned substances  3.Describe how to educate others on the signs, symptoms, and potential side effects of anabolic androgenic steroid and dietary supplement use | Brian Parker  Brian Parker serves as the Director of Education of the Taylor Hooton Foundation. |
| **6:30pm PST** | Opening Keynote Address | | Tory Lindley, MA, ATC  NATA President |
| ***Friday, March 12, 2021*** | | | |
| **Educational Session** | **Abstract** | **Learning Objectives** | **Speakers** |
| **5:30pm PST**  *Implementing an Injury Prevention Program and its Impact on Warehouse Operations*  **1 credit Category EBP** | The implementation of an injury prevention program in the industrial and supply chain setting provides a great challenge within the emerging world of ergonomics and human factors engineering with limited peer-reviewed resources to guide organizational leadership. Building a program that focuses on education, individualistic behavior, and ergonomic engineering has the implications for reducing reported work-related injuries and work-related workers compensation cases and increasing overall workplace production.  BOC Domain: I  Level of Difficulty: Essential | Attendees will be able to:  1. Understand the limitations with industrial athletic training programs.  2. Introduce the concepts of human factors engineering.  3. Establish key principles of the implementation of an injury prevention program. | Michael E. Chapman, EdD, ATC, LAT, CEAS II, SFMA  Michael (Mike) Chapman is an Environmental Health and Safety Manager at a fortune 100 company specializing in injury prevention and human factors engineering. He also serves as adjunct professor at the University of Louisville focusing on the care and prevention of musculoskeletal disorders. |
| **6:30pm PST** | NWATA Scholarships & Awards | | |
| **7:30pm PST** | NWATA Member Business Meeting | | |
| ***Saturday, March 13, 2021*** | | | |
| **Educational Session** | **Abstract** | **Learning Objectives** | **Speakers** |
| **8:00 am PST**  *Coffee with Fitz* | A time to meet with Director Fitzpatrick. The Zoom Link will be located in the Virtual Platform | A time to visit with Director Fitzpatrick to ask questions, bring concerns or make comments important to you | Tony Fitzpatrick, MA, LAT, ATC |
| **9:00am PST**  *Winning with Data: Improving Athlete Head Safety and Performance thru impact data insights*  *1 Credit Category EBP* | This webinar will provide an educational overview of what head-impact monitoring is and how Athletic Trainers are using head impact data to identify trends that can be used improve student-athlete safety and performance. We will review the role of head impact data in sports teams and how analytics can be used in the decision-making process.  BOC Domains: I, V  Level of Difficulty: Essential | Attendees will be able to:  1. Discuss the role of head impact monitoring in contact sports  2. Participants will be able to show potential injury patters within a team set of data  3. Participants will be able to point out trends to minimize head injury risk | Andrew Golden  Andrew Golden is the Director of Business Operations for Athlete Intelligence, a head-impact monitoring and performance tracking solution. |
| **1:00pm PST** | Live VNWATA Expo Time | Please take this time to visit the Virtual booths of our AMAZING Vendors who are supporting the NWATA through their support of VNWATA2021 | |
| **3:00pm PST** | NWATA-District 10 Koto-Steele Quiz Bowl | Who will be the NEXT NWATA-D10 Koto-Steele Quiz Bowl Champion? | |
| **5:00pm PST**  Critically Appraising the Best Available Evidence – What, Why, and How  **1 credit Category EBP** | Despite a growing literature base on Evidence-based Practice (EBP), the acceptance and/or integration into Athletic Training practice is lacking. Research has shown that overall knowledge of the basic EBP steps remained low across the various athletic trainers' roles. Athletic trainers value EBP, but this value is not reflected in the knowledge of EBP concepts and application. It has been stated that Athletic Trainers have positive attitudes toward the implementation of EBP, but the translation of knowledge into clinical practice remains limited. The perceived barriers to implementation are minimal, but accessibility and resource use remained low for EBP-related resources with the Athletic Training Profession.  BOC Domains: V  Level of Difficulty: Essential | Attendees will be able to:  1. Discuss the critical appraisal of evidence.  2. Describe why appraising the evidence is important to the athletic training practices and patient care.  3. Employ a critical appraisal on evidence for application in practice.  4. Rate evidence for application to specific patients, in specific settings.  5. Understand the value of critically appraising evidence, especially before applying the evidence in practice. | Christopher Ludwig, EdD, ATC  Russell Baker, DAT, ATC  Dr. Ludwig is a Clinical Assistant Professor in the College of Education, Health and Human Services at University of Idaho, and works within the Athletic Training Program.  Dr. Baker currently serves as a clinical associate professor and the Associate Director of Medical Research for the WWAMI Medical Education at the University of Idaho. |
| **6pm PST**  State Association Meetings | State Members will find their zoom link to their state meeting imbedded in their State Tile on the Platform  Montana Members will have their State Meeting on  Monday, March 15, 2021 at 6pm Mountain | Alaska Athletic Trainers’ Association  Idaho Athletic Trainers’ Association  Montana Athletic Trainers’ Association  Oregon Athletic Trainers’ Society  Washington State Athletic Trainers’ Association | Lynne Young,  Jonanna Schisel  Paul Capp, MS, LAT, ATC  Health Halseth  Jennifer Carroll |
| ***Sunday, March 14, 2021 – Don’t Forget that TODAY is the FIRST DAY of Daylight Savings Time!*** | | | |
| **Educational Session** | **Abstract** | **Learning Objectives** | **Speakers** |
| **8:00am PDT**  *Student First, Athletic Second: Emphasizing a Return to Learn Protocol in a Concussion Management Plan*  **1 credit Category EBP** | Significant gains have been made to advance our knowledge of sport related concussion in the past decade. Evaluation and diagnostic techniques have improved, concussion rehabilitation is better understood, and return to play protocols have been established. And while it is well known that cognitive impairments often accompany a sport related concussion, not much emphasis has been placed on academics in the recovery process. Focused efforts on ensuring successful return to the classroom prior to the return to the playing field is vital for all student- athletes. This presentation will focus on discussing evidence that demonstrates sports related concussion cognitive impacts on school performance and the guiding principles to establishing a return to learn protocol. Using tools, such as the Remove-Reduce/Educate/Adjust-Accommodate/Pace (REAP) Program, may serve as a model of care for concussion management to ensure student athletes are returning safely to school and sport.  BOC Domains: II, IV, V  Level of Difficulty: Essential | Attendees will be able to:  1. Discuss current research demonstrating the cognitive impacts of sports related concussion on academic performance.  2. Describe guiding principles on return to learn following sports related concussion  3. Discuss the return to learn process  4. Describe barriers related to the return to learn process for youth and collegiate athletes.  5. Discuss different return to learn models and implementation strategies | Valerie Moody, PhD, LAT, ATC, CSCS  Valerie is currently in her 14th year at the University of Montana where she serves as Program Director of the Athletic Training Program. She also serves as Director of the Montana Youth Sports Safety Institute. She is Past President and Governmental Affairs Chair of the Montana Athletic Trainers’ Association and a member of the Commission on Accreditation of Athletic Training Review team.  Todd is a board certified athletic trainer and certified strength and conditioning specialist. |
| **9:00am PDT**  *The Case for Implementing Wearable Technologies and other Biomechanical Tools into Clinical Practice* | Athletic Trainers have the ability to manage a growing number of clinical duties, while simultaneously tracking the progress of athletes recovering from injury; however, these same clinicians may be inundated with large caseloads that makes consistently and objectively evaluating individual athlete progress a challenge. Being overburdened and relying on traditional assessments of athletes during baseline evaluations, at rehabilitation benchmarks, and with return to sport decisions can result in an unintentional reduction in quality of care. The simplification and availability of biomechanical tools allows for objective quantification of an athlete’s movement patterns and provides a rapid solution to clinicians needing to monitor athlete progress.  BOC Domains: I,II, IV  Level of Difficulty: Advanced | Attendees will be able to:  1. Describe wearable technologies currently available for clinicians  2. Identify clinical applications of wearable technology into baseline, return to sport, and load management decisions  3. Critique the applicability of wearable sensors in clinical movement assessments | Shane Murphy, PhD, LAT, ATC  Nathan Robey, MS, ATC  Otto Buchholz, PhD, LAT, ATC  Melanie L. McGrath, PhD, LAT, ATC  Shane Murphy is an assistant professor at the University of Montana in the School of Integrative Physiology and Athletic Training.  Nathan Robey is the instructional and research lab coordinator for the Department of Health and Human Development at Western Washington University.  Otto Buchholz is currently an assistant professor of Athletic Training at Eastern Washington University.  Melanie McGrath is an Associate Professor at the University of Montana in the Master of Athletic Training program. |
| **2:00pm PDT** | Live VNWATA Expo Time | Please take this time to visit the Virtual booths of our AMAZING Vendors who are supporting the NWATA through their support of VNWATA2021 | |
| **3:00pm PDT**  *Utilizing PRP Injection Therapy and Interval Throwing Program for UCL Injuries in Throwing Athletes*  **1 credit Category EBP** | Ulnar collateral ligament (UCL) injuries sustained by throwing athletes have unique limitations due to stress on the elbow during the throwing motion. This presentation will discuss functional elbow anatomy specific to throwing injuries/mechanics, injury evaluation techniques, diagnostic imaging, and treatment interventions including platelet-rich plasma injections, rehabilitation and interval throwing programs. Attendees will have a good understanding for the specific nature of these injuries and what needs to be considered for treating these injuries and returning to throwing activities.  BOC Domains: IV  Level of Difficulty: Essential | Attendees will be able to:  1. Understand the nature of UCL injuries and how they affect the throwing athlete  2. Demonstrate evaluation techniques and describe imaging techniques used to confirm UCL injury.  3. Describe the use of PRP injection to treat UCL injuries as an effective non-surgical approach.  4. Explain rehabilitation considerations specific to the throwing athlete.  5. Implement an interval throwing program leading to return to play. | Craig Bennett, MA, LAT, ATC  Craig has served as the Director of Sports Medicine and Head Athletic Trainer at the University of Puget Sound since 2005. |
| **4pm PDT** | Closing Keynote Address | | Kathy Dieringer, EdD, LAT, ATC  NATA President-Elect |

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| **VNWATA Video on Demand** | | | |
| **Attendees can watch these sessions at your leisure from March 5 to April 4, 2021** | | | |
| **Educational Session** | **Abstract** | **Learning Objectives** | **Speakers** |
| *Cultural Competence in the Profession of Athletic Training: Anti-Racism and Patient Allyship* | Culture, language, lifestyle, and disease states all have considerable impact on how the patients access and respond to health care services. Additionally, healthcare practitioners’ backgrounds will mold their own attitudes and beliefs. For these reasons, athletic trainers should be exposed to the viewpoints that can potentially differ greatly from their own, and learn how to accept and value them, as a part of their clinical practice.  BOC Domains: V  Level of Difficulty: Advanced | Attendees will be able to:  1. Describe the 5 levels of cultural competence  2. Assess cultural factors that influence the individual’s, family’s, and community’s orientation to the health care system in the United States.  3. Use knowledge of health-related cultural/ethnic beliefs, values, and practices to design a plan of care for culturally and ethnically diverse populations. | Jeffrey Kawaguchi, PT, PhD, ATC  Jeffry is currently the Program Director for the MSAT Program at Pacific University |
| *Developing a Dynamic, Innovative Anatomy Curriculum* | This presentation will provide each participant with ideas and tools for presenting anatomy, whether in a high school, university, professional sports, clinic or other setting. Included are facility design for delivering dynamic anatomy education, making participants aware of available innovative technology for anatomy education, and create a means for sharing of anatomy education ideas and resources.  BOC Domains: I, II, IV  Level of Difficulty: Essential | Attendees will be able to:  1. Cite at least 2 cited principles of effective anatomy education.  2. Cite findings of at least one research study supporting movement in learning.  3. Cite findings of a least one research study supporting use of AR or VR in anatomy education.  4. Cite at least 2 functional features of the Anatomage Table and Microsoft Hololens device.  5. Identify at least 1 educational grant funding organization. | Christopher White, MS, AT  Christopher is a high school athletic trainer and teacher at Brophy College Preparatory in Phoenix, Arizona. |
| *Hamstring Strains and Rehabilitation* | Acute hamstring injury is the most commonly reported injury in sport and about one-third of injured hamstrings will re-injure after an athlete is returned to play. Recurring hamstring injury has been shown to cause lumbar spine abnormalities, meniscal problems, sciatic nerve motor dysfunctions, adhesions to popliteal nerve, and strength imbalances. This presentation will define acute hamstring injuries, differentiate type and grade of injury, identify risk factors, and overview the best rehabilitation practices.  BOC Domain: I, II, IV  Level of Difficulty: Essential | Attendees will be able to:  1. Explain differences in type and grade of acute hamstring injury.  2. List modifiable and non-modifiable risk factors for acute hamstring injury.  3. Design a rehabilitative program for acute hamstring injury. | Garret Wood, MSAT, LAT, ATC, CSCS  Garret is the head athletic trainer at Marsh Valley High School. |
| *It’s all in the Neck – Treating Headaches Quickly and Effectively* | Postural and neuromuscular dysfunction in the cervical spine plays a role in development of headache related pain. Cervicogenic headache (CGH) is characterized by pain in the head associated with the cervical spine and the cervical musculature. Symptoms may include a reduced active and passive range of motion in the cervical spine leading to a mechanical dysfunction. Clinicians may use the Flexion-Rotation Test to determine the presence of CGH caused by dysfunction of the C1-C2 vertebrae. The Mulligan Concept sustained natural apophyseal glide (SNAG) of C1 and C2 is a manual therapy application that has promise for treating the underlying neuromuscular and postural imbalances that may cause CGH symptoms.  BOC Domains: II, IV, V  Level of Difficulty: Mastery | Attendees will be able to:  1. Better understand factors that may contribute to CGH  2. Increase knowledge of the Mulligan Concept and its applications  3. Immediately and positively impact their patient care by having new options for available treatment of CGH | Kyle North, ATC, LAT  Lindsay Larkins, DAT, LAT, ATC, CSCS, CMP, PRT-C  Kyle is currently a Teaching Assistant at the University of Idaho and has been practicing the clinical skills that will be presented for one year, and the Mulligan Concept for two years.  Lindsay is an Assistant Professor at the University of Idaho and has been practicing the clinical skills that will be presented in the presentation for 10 years, and was the first ever AT certified in the Mulligan Concept 4 years ago. |
| Jumping on to Base: Providing AT Services to Smokejumpers | Hotter climates resulting in longer fire seasons coupled with increased complexity of fires, increases the exposure of Wildland Firefighters (WLFF) to possible injury. Smokejumpers are highly specialized WLFF trained to parachute into fires and have significant occupational risk of injury. With the cost burden to both the employer in covering medical costs incurred from injury and also the employee particularly from time lost working on the line, it is imperative to develop strategies to minimize the risk of injury. This presentation will focus on discussion of implementation of athletic training services at a Smokejumper base throughout the 2019 wildland fire season. We will present data collected throughout the season including movement and mobility screening scores, injury history, workout history leading up to the season, injuries reported during season, patient encounters, value of services provided, and Smokejumper satisfaction with athletic training services.  BOC Domains: I  Level of Difficulty: Essential | Attendees will be able to:  1. Describe injury history and workout history of Smokejumpers leading up to the wildfire season.  2. Describe athletic training services provided throughout the wildfire season including movement and mobility screens as well as number and nature of patient encounters.  3. Describe Smokejumper's level of satisfaction with the integration of athletic trainers at the base.  4. Describe the value of athletic training services provided over the course of the wildland fire season. | Valerie Moody, PhD, LAT, ATC, CSCS  Isabella Callis, MS, LAT, ATC  Valerie is currently in her 14th year at the University of Montana where she serves as Program Director of the Athletic Training Program. She also serves as Director of the Montana Youth Sports Safety Institute. She is Past President and Governmental Affairs Chair of the Montana Athletic Trainers’ Association and a member of the Commission on Accreditation of Athletic Training Review team.  Todd is a board certified athletic trainer and certified strength and conditioning specialist.  Bella Callis is a certified athletic trainer and current research assistant with the University of Montana’s research group “The Black”. |
| *Metabolic Adaptations in Creating the Perfect Athlete* | The world of athletic training works with a large variety of people that vary in both their skill level and physical appearance. As the competition level increase so does the desire to specify in both sport specific skills and physical adaptations to excel in performance. The problem lies in the lack of correct nutritional information given to our patients that let’s them make desired physiological changes without increased risk of injury or long-term effects on health and wellness. This lecture outlines the latest up to date theories and studies that support nutritional modification to improve performance through physical adaptations  BOC Domain: II, IV, V  Level of Difficulty: Advanced | Attendees will be able to:  1. Understand the physiological adaptations that accompany weight loss or gain in athletes  2. Identify Body Composition Theory  3. Identify the body’s defense mechanisms to maintain homeostasis | Tyler Smith, LAT, ATC, CISSN  Tyler is an associate athletic trainer at Boise State University, working with the men’s and women’s cross-country and track and field programs. |
| *No Pain, All Gain: Pain-Free Interventions for Lower Extremity Injuries* | Healthcare professionals often apply sub-optimal interventions that frequently provoke patient pain or discomfort and result in temporary relief in symptoms. Novel manual therapies like Mulligan Concept Mobilizations with Movement (MWM) and Total Motion Release (TMR) are pain-free interventions utilizing the concepts of neuroplasticity,  gamma gain and long-term potentiation to improve patient conditions and reduce pain without provocation of symptoms. The primary purpose of this learning lab is to demonstrate how using TMR and MWMs to treat lower extremity (LE) injuries allows clinicians to receive real-time feedback from patients, empowering them to tailor care  based on individual symptom presentation and resolution.  BOC Domains: I, II, IV  Level of Difficulty: Essential & Advanced | Attendees will be able to: 1. Identify foundational neuroscience principles and their correlation to therapeutic intervention selection  2. Explain the foundational principles of the Mulligan Concept and Total Motion  Release  3. Select pain-free therapeutic interventions for manual therapy  4. Synthesize learned topics and interventions to develop individual care plans  5. Classify patients based on their response from the interventions described | Matthew Smitley, DAT, LAT, ATC, SFMA  Samantha Hanna, DAT, LAT, ATC  Dr. Matthew Smitley is a Clinical Assistant Professor and Program Director for the University of Idaho Master of Science in Athletic Training Program.  Currently, Samantha works at the University of Idaho as a post-doctoral fellow in the MSAT program |
| *Peak Physique: From the Recommendations to Practical Implementation* | Athletes do want to optimize performance but when they have body goals, the efforts put forth to alter physique may have unfavorable effects on strength, speed and stamina. How can they make physique gains without performance drains? Nutrition recommendations to gain muscle and decrease fat mass must be individualized to optimize. Fad diets may lower weight but also negatively affect health. Unrealistic weight gain protocols result in frustration rather than adhering to the recommendations. Developing implementable, practical, and sustainable action plans can help athletes achieve their goals.  BOC Domains: I  Level of Difficulty: Essential | Attendees will be able to:  1. Understand the physiological, psychological and performance concerns associated with altering body composition.  2. Recognize performance and health detracting impact of fad diets.  3. Identify strategies to develop realistic goals.  4. Describe best practices to increase muscle mass.  5. Describe best practices to decrease body fat. | Leslie Bonci, MPH, RD, CSSD, RDN; Andrew Dole, MS, RDN, CSSD, CEC, USAT1  Leslie is the co-founder of Performance365, a sports nutrition consulting firm and is currently the Sports Dietitian for the Kansas City Chiefs  Andrew is a certified executive chef, sports dietitian, and endurance sport nutrition expert. Currently, a doctoral student working on a PhD in human performance with a focus on plant-based performance diets. |
| *Return to NCAA Football After Loss of a Paired Organ* | Attendees will be presented with a unique case study of a collegiate two-sport athlete diagnosed with a germ cell tumor secondary to testicular cancer. Subsequent treatment resulted in the loss of a kidney, and our presentation will focus specifically on return-to-play after the loss of a paired organ.  BOC Domains: I, IV, V  Level of Difficulty: Essential | Attendees will be able to:  1. Understand the NCAA recommendations on participation after loss of a paired organ, including changes over time and discussion of perception in the sports medicine world.  2. Understand the importance of an interdisciplinary care team and will be introduced to the complexity of the return to play process after significant illness and the loss of a paired organ.  3. Attendees will be equipped with the right questions to ask if an individual with the loss of a paired organ should be considered for clearance in a contact sport. | Stacey Ortiz, MEd, ATC  Shane Wibel, MPH, ATC  Stacey is an assistant professor and an assistant athletic trainer at Whitworth University, where she has been a faculty member since 2013. Clinically, she works primarily with women’s soccer and men’s and women’s swimming, and treats all athletes completing post-surgical rehabilitation at Whitworth.  Shane is an associate professor and the Clinical Education Coordinator at Whitworth University. |
| *Sport Psychology in Athletic Training: Practical Applications of Self-Determination Theory* | The purpose of the workshop is to help practicing ATs understand SDT and feel comfortable with the application of skills related to SDT.  The workshop will begin with a basic lecture on SDT along with a review of pertinent literature supporting the use of SDT from an evidence-based practice perspective.  Participants will then be led through a series of case studies where participants will be able to apply the components of SDT to relevant scenarios in athletic training.  Participants will consider a number of different situations where SDT would be helpful including both acute and chronic injuries, during rehabilitation and daily treatment, and with uninjured patients.  BOC Domain: III, IV  Level of Difficulty: Advanced | Attendees will be able to:  1. Explain the basic concept of self-determination theory (SDT), including the three basic psychological needs.  2. Recognize situations in daily practice where application of skills related to SDT would be appropriate.  3. Choose appropriate strategies to meet the basic psychological needs based on the patient situation.  4. Employ strategies to meet the three basic psychological needs for both injured and non-injured patients. | Sarah Cook, PhD, ATC  Dr. Sarah Cook is an assistant professor in the Masters of Athletic Training Program at Pacific University. |
| *The Shoulder Bone Connected to the … Mind [Bone]? What the Song Forgot to Teach Us: Exploring the Mind-Body Connection in Patient Care* | The mind and body are inherently connected, and while many may acknowledge this both personally and professionally, this concept is often not addressed in patient care. The body perceives injury and pain as stressors, but pain and injury are not just physical events; they are multi-faceted processes that instigate a global, systemic response. These symptoms are often physical in nature, but the mind can also play a role in maintaining the pain. If pain and injury are not treated holistically, patients may not benefit fully from other treatments, and some may not reach full recovery. What if we could help change this for our patients? In this interactive lecture/lab, we will review the literature supporting the mind-body connection and introduce quick, practical, and effective skills and novel paradigms for clinicians to implement with their patients (or themselves!) to address the mind-body connection and optimize patient outcomes.  BOC Domain: IV  Level of Difficulty: Advanced | Attendees will be:  1. Introduced to the mind-body connection as it relates to patient care.  2. Provided strategies for practice-based approaches to discussing the mind-body connection with their patients.  3. Given the opportunity to explore their own mind-connection through two techniques.  4. Presented with real patient cases to demonstrate the potential of these techniques. | Ashley Reeves, DAT, LAT, ATC; Lindsay Larkins, DAT, LAT, ATC, CSCS, CMP, PRT-C;  Alan Nasypany, EdD, LAT, ATC  Dr. Ashley Reeves is a PhD student at the University of Idaho, and serves as a Graduate Teaching  Assistant to the Master of Science in Athletic Training program.  Dr. Lindsay Larkins is an Assistant Professor, Clinical Faculty, and the Coordinator of Clinical Education at the University of Idaho.  Dr. Alan Nasypany is an Assistant Clinical Professor in the Department of Movement Sciences at the University of Idaho. |
| *Treating the Whole Athlete: LGBTQ+ Inclusion* | As athletic trainers, we work closely with our patients, we are usually the ones on the front lines, and the first person the patient sees. We have a huge potential to set the tone and create a positive experience for our patients especially those who identify in the LGBTQ+ community, many of whom have had negative experiences with health care professionals. As athletic trainers, we want to make sure we are not a barrier to care for these patients. In this presentation we will discuss the importance of language; differentiate between gender identity, gender expression, sexual orientation, and biological sex; discuss the importance of LGBTQ+ issues in AT; and learn ways to create an environment of inclusivity and respect within the athletic training profession for those in the LGBTQ+ community. As members of the NATA LGBTQ+ advisory committee, we will use this presentation to advance its mission to advocate for an environment of inclusion, respect, equity and appreciation of differences in both athletic trainers (ATs) and their diverse patient populations.  Domains: I, V  Level of Difficulty: Essential | Attendees will be able to:  1. Describe terminology linked to the LGBTQ+ community.  2. Differentiate between gender identity, gender expression, sexual orientation, and biological sex.  3. Discuss the importance of LGBTQ+ issues in athletic training.  4. Create an environment of inclusivity and respect within the athletic training profession for those in the LGBTQ+ community. | Jessica Moore, EdD, ATC  Hilary Worthen, MA, ATC, CES  Dr. Jessica Moore is an Assistant Professor, Assistant Clinical Coordinator of Education, and Preceptor at Pacific University, Oregon.  Hilary Worthen works as an athletic trainer for the Portneuf Hospital at Highland High School in Pocatello, Idaho. |

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| **VNWATA2021 Free Communications** | |
| ***The NWATA Free Communication Research program provides a forum for dissemination of research and clinical case studies in oral formats. All submissions are peer reviewed for content as well as mechanically. All presentations are original works.*** | ***Attendees will be able to:***  ***1. Explain research reports for recent experimental and/or clinical research in athletic training.***  ***2. Identify current research questions in athletic training.***  ***3. Critically evaluate and question current research in athletic training.*** |
| **Oral Presentations** | |
| *Attendees can watch these oral presentations at your leisure from March 5 to April 4, 2021* | |
| **Oral Presentation Title** | **Presenter** |
| *Clinician Reliability of Force Production during a Simulated Instrument-Assisted Soft Tissue Mobilization Treatment* | Shahbano Syeda |
| *Wearable Sensors Identify Interlimb Asymmetries during Return to Sport Tests in a Collegiate Downhill Skier after Unilateral ACL Reconstruction* | Shane Murphy |
| *Stress Fracture of the Transverse Process in a Collegiate Female Rower: A Case Study* | Flynn McGuire |
| *Athletic Training and Wildland Fire: Providing Athletic Training Services to Smokejumpers* | Isabella Callis |
| *A Pilot Study in Quantifying Knee Kinematics and Tibial Shock Symmetry during Bilateral Jumping Tasks with Inertial Measurement Units* | Shane Patrick Murphy |
| **Poster Presentations** | |
| *Attendees can view the poster and listen to a quick 5 minute presentation on the research from March 5 to April 4, 2021* | |
| **Poster Presentation Title** | **Presenter** |
| *Effectiveness of Talocrural and Fibular Mobilizations with Movement to Increase Ankle Joint Motion in Individuals with Chronic Ankle Instability* | Cynthia Wright |
| *Investigating the Forces Used During Instrument Assisted Soft Tissue Mobilization* | Nickolai Joel Paul Martonick |
| *Opioids and an Active Population* | Dana Bates |
| *Preparing for the Wildland Fire Season: Understanding Exercise and Injury History of Smokejumpers* | Valerie Moody |
| *Acute Depressive Symptoms Post-Concussion: A Systematic Review* | Katherine Berglund |