



# KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE

October 10, 2022, 9:30 a.m.

## MEETING SUMMARY

### Committee members in attendance:

Paul Cleland, MD (Committee Chairperson)  
Will Burton, CAA (School admin rep)  
Justin Clark, ATC  
Bonne Condit, RN (School Nurse rep)  
Jennifer Hudson, ATC  
Jessica Koch (School admin & coach rep)  
Tim Lackey, DC  
Ryan LaSota, MD  
Mark Padfield, ATC  
Abbey Rupe, MD  
Madison Silva, ATC  
David Smith, MD  
Wally Walstrom, DO  
Anne Weese, PhD

### KSHSAA staff in attendance:

Brent Unruh, KSHSAA Liaison to SMAC

Minutes from April 2022 were approved unanimously

### 1. Committee Update Items

- Brent reviewed the role of the committee and how it interacts with KSHSAA governance.
- Justin Clark shared updates from the Kansas Athletic Trainers Society:
  - Concussion return to learn legislation is expected to be introduced again in the upcoming state legislative session.
  - The group continues to track school nurse legislation related to carrying emergency medications such as albuterol and epipens.
  - KATS is planning to put together a best practices statement addressing appropriate medical care for school events.
- Will Burton shared updates from the KIAAA:
  - Will collected feedback from membership regarding the updated heat guidelines, strength & conditioning coaches, and COVID return to play protocols.
  - Anne Weese will be speaking on mental health topics at the upcoming KIAAA fall workshop.
- Bonnie Condit shared updates from the Kansas School Nurses Organization
  - There is a proposal for school nurses to begin offering dental screenings to students which is opposed by the school nurse organization.
- Brent shared updates from the NFHS SMAC after speaking with Dr. Jennifer Koontz from Newton who serves on the national committee:
  - The 5 match per day wrestling limit and 45 minutes between matches is under consideration at the national level.
  - The prevalence of helmet add-on use, specifically the Guardian Cap is under review by both the NFHS and NOCSAE. There are significant concerns about these devices being worn on football helmets.
  - The committee continues to evaluate best practices for schools regarding access to a student's PPE and health privacy laws.
  - Universal EKG screening is still being promoted by some medical professionals.
  - The NFHS continues to prioritize mental health and is also placing more emphasis on providing student health and safety support to the performing arts along with athletics.



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#### 2. **Mental Health**

The group discussed strategies to continue supporting schools in this area. The committee is extremely pleased with the way the *Mental Health Matters* videos came out but are also concerned too many schools still don't know about them or aren't using them. It was suggested that additional posters should be produced for schools with a QR code to the *Mental Health Matters* videos.

Dr. Weese shared the concept of creating a mental health emergency action plan template. Anne also suggested reviewing the resources on K-State's website that are more focused on performance improvement vs. mental health challenges.

Anne will be presenting on mental health at the KIAAA fall workshop in November.

#### 3. **New Heat Guidelines Review/Feedback**

Overall, the committee believes the implementation of these guidelines went well for the first year. Feedback collected by Will Burton indicated mainly positive comments (152 schools responded). The committee reiterated these are not meant to be just practice guidelines, but by the time competition begins it is expected students are better acclimated.

Due to personnel limitations in a lot of schools, the committee doesn't believe it is realistic for schools to continue taking readings throughout a practice and trying to make changes in the middle of practice. They recommend updating the guidance language to indicate establishing a designated time each day to obtain the reading and staying with that zone throughout the day unless there are obvious weather changes that would warrant a new reading. The committee also suggests adding language encouraging schools to use an average WBGT rather than trying to interpret fluctuating values.

The group recommends better information be shared with contest officials on these guidelines, as there were instances of officials showing up and not having any idea about the different zones and the additional breaks that are recommended.

The Zelusports WBGT app information was evaluated, and the group does not believe there is a need to promote the usage of this app to our schools. They indicated the chart seems to be very accurate when used in the absence of a WBGT monitor.

It was suggested the KSHSAA conduct an informal study during the first few weeks of the 2023 fall season and obtain WBGT readings from across the state.

#### 4. **Preseason Minimum Practice Days Requirement**

The committee reviewed national heat illness incidence data and determined at this time they do not feel there is a need to recommend a minimum number of required practices for any other KSHSAA activities or change the current minimums in the sports where they currently exist.

The committee was asked to consider if dual sport fall athletes should be required to meet minimum practice requirements for both sports (if they exist) or if practice in one sport on one day could also count as credit for the other sport on that day. The group indicated they would consider supporting changes to the current rule language which would offer some relief of the minimum practice requirements to dual sport students.

The committee also considered the issue of students coming out late for a sport or a traditional fall sport not beginning until later in the fall semester (middle schools). The group indicated they would consider supporting



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changes to rule language that would alter the minimum practice days requirement on a graduated scale based on the time of year the student came out for the activity, or the activity season began.

#### **5. Pre-Participation Physical Exam**

With the legislature recently expanding the authority of APRNs, the committee voted unanimously to recommend striking language from KSHSAA Handbook Rule 7 which requires the nurse practitioner to be authorized to perform the examination by a Kansas licensed supervising physician. The committee also included striking the same language tied to the physician assistant in Rule 7, as it is not necessary, since by law they are already required to practice under a supervising physician. The KSHSAA will review this recommendation with legal counsel and Executive Board.

The letter from the American Academy of Pediatrics which was shared with the KSHSAA by the NFHS was reviewed by the committee. This letter suggests only the medical eligibility page of the PPE should be turned in to the school. This group supports the current practice in Kansas of schools receiving the entire PPE so it can be reviewed by the appropriate personnel to ensure all student health concerns can be addressed appropriately. The committee believes the current language in the parental consent section of the KSHSAA PPE adequately addresses the release of this information to the school. The committee also reiterated the importance for schools in ensuring this information is confidentially stored at all times.

#### **6. Opioid Abuse**

The ongoing issue of opioid abuse, specifically fentanyl was discussed. Dr. Smith shared they are considering having their athletic trainers carry Narcan. Athletic trainers in Kansas may carry emergency medications if approved by their supervising physician.

#### **7. High School/Middle School Strength & Conditioning Programs**

The committee continued discussion on ways to improve school based strength and conditioning programs. Survey data collected by Will Burton showed that most S&C instructors in Kansas schools are physical education teachers, but only a very small percentage have any type of strength and conditioning national certification. The committee supports the KSHSAA providing educational resources for schools and coaches on the website and also identifying best practices for coach certification.

#### **8. COVID-19 Return to Play Review**

The current guidelines provided by the KSHSAA were last updated in January 2022. The committee advises we continue to offer a suggested graduated return to play protocol which would be applicable to any long-term absence from activity. The committee also advises the Association continue to provide the NFHS/AMSSM flow chart for reference.

#### **9. Helmet Add-Ons**

With the continued increase in use of football helmet add-on devices, specifically the Guardian Cap, the committee was asked to review the current position statement of the Association regarding these devices. The committee supports the current position and noted there is no evidence suggesting these devices lower the incidence of sport concussion.

**The next scheduled meeting is Monday, April 17, 2023**