2019 Student-Athlete Health Conference

May 9-11, 2019
Aria Resort & Casino
Las Vegas, Nevada
www.pac12sahc.org
PROGRAM SCHEDULE

Pac-12 Student-Athlete Health and Well Being Board Members to arrive Wednesday, May 8th

Thursday May 9th, 2019
Pre Conference Meetings
8:00am Student-Athlete Health and Well Being Board Meeting – Aria Starvine 1
12:00pm Lunch for Board Members – Five50 Pizza
1:00pm Student-Athlete Health and Well Being Board Meeting (con’t) – Aria Starvine 1
3:00pm Brain Trauma Task Force – Aria Starvine 2
Grant Review Committee – Aria Ironwood Ballroom 3
SIRMAP Committee – Aria Starvine 9
Mental Health Task Force – Aria Starvine 1
7:30pm Select Vendor Presentations (ATs Only) – Aria Starvine 1

12:30pm Adjourn

Friday, May 10th, 2019
6:45am BREAKFAST in Sponsor Lounge, Presented by Applied Silver - Aria Ironwood Ballroom 5

General Session – Aria Ironwood Ballroom 7/8
7:45am Welcome: Tandi Hawkey, ATC (UCLA)
7:50am Woodie Dixon: Pac 12 State of the Union Address
8:00am Keynote Speaker: Lindsay Shaffer, Headspace
8:25am NCAA Update: John Parsons, Managing Director of NCAA Sport Science Institute
8:45am Questions & Discussion with John Parsons
8:55am Committee Updates
(a) Student-Athlete Health and Well Being Board – Kim Harmon, MD (UW)
(b) Brain Trauma Task Force – Doug Aukerman, MD (OSU)
(c) Grant Committee – Dan Nordquist (WSU), Lynn Fister MA, CPA (Pac 12)
(d) Mental Health Task Force – Amy Athey, PhD (UA)
Morning Session: Mental Health and Wellness Considerations
Moderator: Robin Scholefield, PhD (USC) -- Aria Ironwood Ballroom 7/8
9:15am “From Dried to Dreads: Using a Sport-Historical Context to Inform Treatment” Dr. Kenneth Chew (Indiana State University)
9:50am Questions & Discussions with Dr. Chew
10:00am Questions & Discussion with Dr. Bader
10:15am “Marijuana in College Athletics: The Health Effects, Current Use & Current Industry” Ben Cort & Dr. LaTisha Bader (Women’s Recovery Center)
11:00am Questions & Discussion with Ben Cort and Dr. Bader
11:05am Morning Session: Current Concepts in Orthopedics
Moderator: Albert Gee, MD (UW) -- Aria Ironwood Ballroom 7/8
11:05 “The Use of Biologics in Sports Medicine” – Jason Dragoo, MD (Stan) – 15 min
11:20 “Trends in ACL reconstruction: 2019 Update” – Christopher Kweon, MD (UW) – 15 min
11:35 “Current Trends and Updates: Hip Arthroscopy in Young Athletes” – Kostas Economopoulos (ASU) – 15 min
11:50am Vendor Presentation: Riddell

11:55am Discipline Business Meetings – All Institutional Personnel
(a) Orthopedic Physicians – Aria Starvine 1
(b) Primary Care/Sports Medicine Physicians – Aria Starvine 2
(c) Athletic Trainers – Aria Ironwood Ballroom 7/8
(d) Mental Health Professionals – Aria Starvine 9
(e) Dietitians – Aria Ironwood Ballroom 3

12:35pm LUNCH in Sponsor Lounge, Presented by SyncThink - Aria Ironwood Ballroom 5

Vendor Presentations – Aria Ironwood Ballroom 7/8
1:30pm Halo NeuroScience
1:35pm Applied Silver

1:40pm Afternoon Session: Brain Trauma Task Force Session: “CTE: Where Do We Stand in 2019?”
Moderator: Sunday Henry, MD (WSU) -- Aria Ironwood Ballroom 7/8
“Setting the Stage for a Conversation About CTE” Stan Herring, MD (UW)
“Neuropathology of CTE: Where We Are, and Where We Need to Be” Dirk Keene, MD (UW)
“What We Are Told We Know About CTE, What Expert Consensus Opinions Tell Us About CTE, and the Neuropsychiatry of Life” Gary Solomon, MD (Vanderbilt)
2:55pm CTE Panel for Questions & Discussion: Gary Solomon, Stan Herring, Dirk Keene

3:15pm BREAK in Sponsor Lounge; Pac 12 Awarded Grant Research Poster Presentations - Aria Ironwood Ballroom 5

Saturday, May 11th, 2019
7:00am BREAKFAST in Sponsor Lounge - Aria Ironwood Ballroom 5

Awarded Grant Research Presentations; Moderator: Dan Nordquist (WSU)
4:10pm “SIRMAP Project Updates” Masami Tanemoto (Pac 12)
4:30pm “Pac 12 and NCAA Collaboration-CARE (Concussion Assessment, Research & Education) Consortium Data Collection: Establishing a Research Infrastructure and Framework” & Pac 12 Equipment Grant Implementation Doug Aukerman, MD (OSU)
Matthew McQueen, ScD (CJ) Theresa Hernandez (CJ) Adam Bohr (CJ)
4:45pm “Cardiovascular Screening in the Pac 12 Conference: Establishing Best Practices” Kim Harmon, MD (UW)
5:00pm Vendor Open House/Happy Hour, Pac 12 Awarded Grant Research Poster Presentations - Aria Ironwood Ballroom 5
7:30pm DINNER Presented by Donjoy

10:45am A Multi-Disciplinary Approach to the Treatment of Syndesmotic Ankle Sprains
Ken Hunt, MD; Foot and Ankle Specialist (CU) Surgical Interventions
Sourav Poddar, MD; Primary Care Sports Medicine Physician (CU) Non-Surgical Interventions
Travis Halseth, ATC; Athletic Trainer (CU) Rehabilitation Concerns
Ema Thake, RD; Team Dietitian (UW) Nutrition Intervention
Travis Halseth, ATC; Athletic Trainer (OU) Rehabilitation Concerns
Sourav Poddar, MD; Primary Care Sports Medicine Physician (CU) Non-Surgical Interventions

10:45a Return to Aria Ironwood Ballroom 7/8

11:00am “Thermal Management for Athletes: Problems and Opportunities” Craig Heller (Stan)
11:15am “NCAA for the Mind Matters Challenge Project: An Intervention to Promote Immediate in Concussion Reporting” Steve Corman, ASU (Presented by Josh Beaumont, ATC)

8:30am BREAK

10:40 to Return to Aria Ironwood Ballroom 7/8

11:00am Questions & Discussion with Panel
11:45am Discipline Case Studies/Best Practice Reviews – All Institutional Personnel
(a) Orthopedic Physicians – Aria Starvine 1
(b) Primary Care/Sports Medicine Physicians – Aria Starvine 2
(c) Athletic Trainers – Aria Ironwood Ballroom 7/8
(d) Mental Health Professionals – Aria Starvine 9
(e) Dietitians – Aria Starvine 8
12:15pm Summary of Discipline Business Meetings/Discussion – Ironwood Ballroom 7/8
12:25pm Closing Remarks
12:30pm Adjourn
LEARNING OBJECTIVES

Presenter: L Kenneth Chew, PhD
Title: From Dred to Dreads: Using a Sport-Historical Context to Inform Treatment
- Understanding the history and context of the Black or African Descended student-athlete as it impacts their health care treatment.
- Participants will better understand how diversity in sport both paralleled and impacted culture as a whole.
- Participants will have a better understanding of different factors that may contribute to perceived unintentional biases or microaggressions.
- Understanding how active engagement versus tolerance can improve patient interactions and treatment outcomes.

Presenters: Ben Cort & LaTisha Bader, PhD
Title: Marijuana in College Athletics: The Health Effects, Current Use & Current Industry
- Recognize the difference between the marijuana of days passed and today’s corporately produced THC products.
- Understand the potential ramifications of youth marijuana use on mental health and physical performance.
- Learn strategies for discussing cannabis with student athletes.

Presenter: Jason Dragoo, MD
Title: The Use of Biologics in Sports Medicine
- To understand the data supporting the use of biologics in Sports medicine.
- To improve decision making as to whether Biologics should be used as part of the care of your student athlete.

Presenter: Kostas Economopoulos, MD
Title: Current Trends and Updates: Hip Arthroscopy in Young Athletes
- Discuss differential diagnosis of hip pain in athletes.
- Compare treatment options in the in-season athlete with hip impingement and labral tears.
- Discuss surgical outcomes of athletes undergoing hip arthroscopy for hip impingement and labral tears.

Presenter: Dylan Firsick, PhD
Title: Mindfulness Training and Athlete Wellbeing
- Review prevalence and treatment of student athlete mental health.
- Examine research outcomes from implementing a mindfulness-based training program.
- Discuss future directions for mindfulness-based interventions within university athletic departments.

Presenter: Seth Gamradt, MD
Title: Surgical Management of Shoulder SLAP Tears in 2019
- Examine success rates of SLAP repairs in the overhead athlete.
- Discuss the role for a Biceps Tenodesis procedure in this injury.

Presenter: Kerry Gordon, ATC
Title: Injury Monitoring and Load Management at Cirque Du Soleil
- Understand how the use of injury key performance indicators can support objective decision making.
- Discuss the implementation of injury risk reduction strategies.
- Examine the utilization of workload management in injury risk reduction.

Presenter: Patrick Greis, MD
Title: Injuries in Football
- Recognize mechanism of injury of various injuries in football.
- Discuss effective evaluation and treatment strategies.

Presenter: Andy Guard, PhD
Title: Athlete Monitoring & Injury Prevention in Soccer
- Review tools for monitoring soccer players.
- Examine use of data for injury prevention and player return to play.
- Discuss management of data collected.

Presenter: Travis Halseth, ATC
Title: Rehabilitation Considerations for High-Ankle Injury in Athletes
- Demonstrate a functional return to play progression following syndesmotic ankle injury.
- Identify and address obstacles that may complicate a successful Return to Play from a syndesmotic ankle injury.
- Gain a better understanding of the differences in rehabilitative approaches between non-operative syndesmotic cases and operative syndesmotic cases.

Presenter: Sharon Hame, MD
Title: Early Sport Specialization in College Athletes
- Understand early sports specialization in athletes.
- Understand the relationship between early sports specialization and injury in athletes.

Presenter: Stan Herring, MD
Title: Setting the Stage for a Conversation About CTE
- Introduce the idea of conflicting research studies regarding long term neurocognitive effects of contact/collision sports.
- Briefly discuss the effects of lack of exercise on brain health and general health.

Presenter: C. Dirk Keene, MD
Title: Neuropathology of CTE: Where We Are, and Where We Need to Be
- Define current level of knowledge, and highlight gaps in knowledge, regarding chronic neuropathologic changes associated with neurotrauma.
- Discuss current level of knowledge, and highlight gaps in knowledge, regarding sensitivity, specificity, and prevalence of chronic neuropathologic changes associated with neurotrauma.
- Describe concepts of functional penetrance and extrinsic and intrinsic modifiers with respect to neuropathology.

Presenter: Chris Kweon, MD
Title: Trends in ACL reconstruction: 2019 Update
- Identify current trends in ACL surgery regarding graft choices, reconstruction techniques, and long-term outcomes.
- Synthesize best evidence knowledge surrounding management and counseling of high-level athletes with ACL injuries.

Presenter: Phil Lewis, MS, RD, CSSD, CSCS
Title: Probiotics in Performance Nutrition
- Identify where and how probiotics can be utilized.
- Determine benefits and contraindications of use.
- Construct guidelines on how to decide what strand is most appropriate to use with athletes.

Presenter: John Parsons, ATC
Title: Current Status Report from the NCAA & Sport Science Institute
- To identify and review the NCAA’s nine strategic priorities for student-athlete health and safety.
- To discuss the status of several initiatives in support of the NCAA’s nine strategic priorities for health and safety.

Presenter: Sourav Poddar, MD
Title: Non-Operative Considerations for High-Ankle Injury in Athletes
- Review non-operative options in the management of high-ankle injuries.
- Consider indications for non-surgical management for high-ankle injuries.
- Understand the epidemiology of high-ankle injury in the collegiate setting.

Presenter: Lindsay Shaffer
Title: Win the Mental Game: How meditation supports key aspects of preparation, performance, and recovery
- The state of meditation and mental training in sport.
- The science behind how meditation support key aspects of preparation, performance, and recovery.
- Best practices on integrating meditation into teams and athletes training regimens.

Presenter: Meeta Singh, MD
Title: Sleep and Sports Performance
- Learn why sleep is important for athletic performance.
- Learn about the detrimental effects of chronic sleep deprivation and jet lag on health.
- Understand biological processes that drive sleepiness and alertness.
- Learn about practical interventions.
The 2019 Pac 12 SAHC qualified for Athletic Training Board of Certification Category A Continuing Education Units.
Approved Provider: Arizona State University
Approved Provider Number: P2647
Contact Hours: 12

PAC-12 AWARDED GRANT RESEARCH POSTER PRESENTATIONS

Title: Health and Wellness: Assessing Student-Athlete Health and Performance
Pt: Dr. Matthew McQueen
Co-Pts: Dr. Theresa Hernandez, Dr. William Byrnes & Dr. Ken Wright - Univ. of Colorado

Title: Pac-12 Student-Athlete Project on Developing Coach Education
Pts: Dr. Kim Harmon & Dr. Emily Kroshus | Co-Pts: Dr. Sara Chrisman (UO), Dr. Ann Gang (UO)
University of Washington collaborating with Seattle Children's Research Institute, University of Oregon and University of Colorado, Boulder

Title: Injury Surveillance: Scaling Up Student-Athlete Exposure Tracking Using PacTrac
Pt: Dr. Marc Norcross
Co-Pts: Dr. Samuel Johnson (OSU) and Dr. Christopher Scaffidi (OSU)
Oregon State University collaborating with Stanford University, University of California, Los Angeles and University of Washington

Title: Injury and Prevention: Developing a Comprehensive, Quantitative Understanding of Hip Morphometrics and Biomechanics in Collegiate Athletes at Risk for Developing Femoroacetabular Impingement Syndrome
Pt: Dr. Andrew Anderson
Co-Pts: Dr. Ken “Bo” Foreman, Dr. Stephen Aoki and Dr. Travis Maak
University of Utah

Title: Mental Health: #DamWorthIt Campaign
Pts: Taylor Ricci and Nathan Braaten - Oregon State University

Title: Mental Health and Head Trauma: Brain Health in Male and Female Basketball Student-Athletes at the University of Utah
Pt: Dr. Deborah Yurgelun-Todd
Co-Pts: Dr. Charlie Hicks-Little, Dr. Perry Renshaw, Dr. Erin McGlade & Dr. Andrew Prescot
University of Utah

Title: Head Trauma: Roles of Nutritive Support and Supplementation
Pt: Dr. George Brooks | Co-Pl: Dr. Daniela Kaufer - University of California, Berkeley

Title: Overuse Injuries/Injury Prevention: Integration of Biomechanics-based Informatics for Prevention of Stress Fractures
Pt: Dr. Michael Hahn
Co-Pts: Dr. Scott Delp (Stanford), Dr. Rodger Kram (CU), Dr. Alena Grabowski (CU), Dr. Jill McNitt-Gray (USC), Dr. Lorraine Turcotte (USC), Dr. Brent Liu (USC), Dr. Kormelia Kulig (USC)
Univ. of Oregon collaborating with Univ. of Colorado, USC & Stanford University

Title: The STEALTH Project Pilot Study: Student-Athlete Health Assessment Using PROMIS Tools
Pt: Dr. Kenneth Hunt - University of Colorado, Boulder

Title: Head Trauma and Mental Health: From Head Impacts to Brain Injury, Determining the Mechanism Underlying Concussions in Pac-12 Football
Pt: Dr. David Camarillo
Co-Pts: Dr. Gerald Grant (Stanford), Dr. Michael Zeineh (Stanford), Dr. Charles Liu (USC)
Stanford University collaborating with University of Southern California

Title: Head Trauma: Strengthening Concussion Education by Engaging Medical Staff: Continued Program Development and Evaluation
Pts: Dr. Kim Harmon, Dr. Emily Kroshus and Dr. Sara Chrisman | Co-Pl: Dr. Ann Gang (UO)
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Special thanks to the 2019 Student-Athlete Health Conference Planning Committee:

Tandi Hawkey, UCLA
Michael Dillon, University of Washington
Sunday Henry, Washington State University
Albert Gea, University of Washington
Catherine Hill, USC
Ema Thake, University of Washington
Robin Scholefield, USC

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