Essentials of Athletic Injury Management 11th edition Prentice Solutions Manual

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Chapter 2
Organizing and Administering an Athletic Health Care Program

Chapter Overview

Operating an effective athletic health care program requires careful organization and administration. It is first necessary to decide exactly who will be taken care of in the athletic health care facility. Policies must be established concerning how to best provide coverage to various athletic teams. The athletic health care facility should be used only for the prevention and care of sports injuries. The practice of good hygiene and sanitation is of the utmost importance in an athletic health care program. To promote good health among the athletes, the coach and/or the athletic trainer should encourage sound health habits.

Record keeping is a necessary responsibility in an athletic health care program. The primary purpose of preparticipation health examination is to identify whether an athlete is at risk before he or she participates in a specific sport. The preparticipation examination should consist of a medical history, a physical examination, and a brief orthopedic screening.

One of the major problems administrators face is to obtain a budget of sufficient size to permit the institution to perform a creditable job of providing health care to the athlete. Many high schools experience difficulty in providing sufficient funding for athletic health care except for the purchase of tape, bandages, and a medical bag that contains a minimum amount of equipment.

The athletic health care facility is a multipurpose area used for first aid, therapy and exercise rehabilitation, injury prevention, medical procedures such as the physical examination, and athletic training administration. It is essential to have sufficient storage space for supplies and equipment. The athletic health care program can be enhanced by designing or renovating a facility to maximize the potential use of the space available.

Learning Objectives

After studying Chapter 2, the student will be able to accomplish the following:

- Identify the rules of operation that should be enforced in an athletic health care program.
- Explain budgetary concerns for ordering supplies and equipment.
- Explain the importance of the preparticipation physical examination.

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- Identify the records that an athletic health care program must maintain.
- Describe a well-designed athletic health care facility.

Key Terminology

- *Equipment* – Those items that are not expendable
- *Fixed Equipment* – Equipment that is usually not removed from the athletic health care facility (icemakers, weight equipment, and electrical therapeutic modalities)
- *Family Educational Rights and Privacy Act (FERPA)* – A law that protects the privacy of student educational records
- *Health Insurance Portability and Accountability Act (HIPAA)* – An act regulates how any member of the sports medicine team who has health information about an athlete can share that information with others
- *Nonfixed Equipment* – Nonexpendable items that are less fixed, that may be part of an emergency or field kit, or that may be at the sport site (blankets, scissors, and training kits)
- *Occupational Safety and Health Administration (OSHA)* – Has established regulations and guidelines that should be met while designing an athletic health care facility
- *Orthopedic Screening* – An exam used to assess strength, range of motion, and stability at various joints
- *Preparticipation Exam* – A health exam used to identify whether an athlete is at risk before he or she participates in a specific sport
- *Supplies* – Expendable portion of the budget and usually are for injury prevention, first aid, and management (athletic tape, germicides, and massage lotion)

Discussion Questions

1. How large should an athletic health care facility be, and what are the specific areas that should be included?
2. Why is it important to keep an athletic health care facility clean?
3. What are the components of a preparticipation exam? Why is it important?
4. In developing a budget, what are the challenges that an individual might encounter?
5. Describe the method of record keeping in your school and discuss some alternative methods.

Class Activities

1. Design an athletic health care facility. Include the size, location, and layout of the space.
2. Organize a station method of preparticipation physical exam, and discuss the number of athletes, the personnel needed, and the time that it may take to complete the examination of

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an athlete.

3. Have students create a working budget with several different amounts of money and discuss the difficulties they experienced.
4. Invite a representative from a supply company to talk about bidding and ordering supplies.
5. Design a policies and procedures manual for an athletic health care facility.

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