

2019 WSATA Annual Meeting Learning Objectives

Eye Know How - Steven Brady, DO - Cascade Eye and Skin Centers

- Identify anatomical vocabulary as it relates to ocular and periocular regions of the eye
- Enhance exam techniques associated with common eye pathology
- Identify treatment for common eye problems and be comfortable discussing with ophthalmologist

Best Practices in the Secondary Schools Setting. An In Depth Look at Documentation Strategies and Your Concussion Management Paper Trail - Josh Holliday, MS, LAT, ATC, CSCS - Yakima School District

- Explain the benefits of using EMR vs. handwritten documentation
- Describe what should be documented, as well as consequences for a lack of sufficient documentation
- Evaluate different EMR options, including cost, positives, negatives, and user feedback
- Summarize examples of documentation pieces that should be included in the concussion management process

Examination of the Non-acute Athlete: Diagnosis Before Treatment - Jill McVey, DPT, LAT, ATC - Movement Systems Physical Therapy

- Identify the difference between the "cause" versus the "source" of symptoms in order to more effectively guide examination and treatment decisions
- Develop specific intake questions to ensure to explore all possible causes of symptom provocation
- Demonstrate proficiency in assessing movement quality for the lower quarter with tests such as the active straight leg raise test, prone straight leg raise, and monitoring the femoral head center of rotation path.
- Demonstrate proficiency in assessing movement quality for the upper quarter through movement observation/alteration of the shoulder girdle
- Demonstrate proficiency in assessing movement quality for the trunk through ventilation mechanics observation
- Utilize test results to specifically inform a more streamlined exercise/movement intervention.

Using Wellness Surveys to Monitor Mental Health - Cari Wood, ATC - Redmond School District

- Identify the necessity for mental health monitoring.
- Develop educational strategies for their coaches and patients
- Appraise the need to design a mental health protocol for their program
- Construct monitoring systems and follow up strategies, specifically using a Google Form for a Wellness Survey as a mental health monitoring tool

Exercise Rehabilitation for Sport Related Concussion: Where do we stand? - Emily Kosderka, MS, ATC, ITAT - Concordia University

- Outline the rationale for the inclusion of physical activity/exercise in the management of concussion
- Summarize the research on exercise as a therapeutic intervention for recovery from concussion
- Identify possible uses for the Buffalo Concussion Treadmill Test (BCTT)
- Describe how to conduct the Buffalo Concussion Treadmill Test
- Describe how it may be used to develop an individualized exercise prescription that addresses the physiological treatment needs of a concussed individual.