

NORTHWEST ATHLETIC TRAINERS' ASSOCIATION

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From the Director

Happy Summer NWATA Members!



In *The Use of Life*, John Lubbock writes: "Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time." So I hope that all of you have taken some time to spend with family and friends enjoying this wonderful summer and what special gifts a Pacific Northwest Summer can bring.

It was great to see the NWATA Family at NATA 2018 in New Orleans. It is always a time to improve our skills and knowledge to better serve our patients and to reconnect with friends and colleagues, both near and far. For me, however, the highlight is always when NWATA Members are recognized for their contributions in advancing both our profession and association. This past June we celebrated a few of our own as they received national recognition. For their contributions to advancing the athletic training profession and association at the local and state levels were Athletic Trainer Service Award recipients Jennifer Carrol, Chris Dean, and Kasee Hildenbrand. For their commitment to leadership, volunteer service, advocacy and distinguished professional activities were



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Jennifer Carrol, ATC, PA-C
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Most Distinguished Athletic Trainer award recipients Dani Moffit and Forrest Pecha. This past June saw the awarding of the NWATA's second NATA Fellow status to Cathleen Brown Crowell. NATA Fellow status recognizes members of the association who have demonstrated outstanding professional scholarly achievement in combination with service to the profession. Only the *most* accomplished scholars in our profession earn this special designation. The pinnacle of NATA Awards Day is the NATA Hall of Fame Induction Ceremony. This year we saw one of our own bestowed with this honor: Martey Matney. To watch him be fitted with his NATA HOF Green Jacket, by both NATA and NWATA Hall of Famer, Mark Smaha, brought a tear to my eye and choked me up. To see any of our own family be recognized for their contributions and hard work is a wonderful experience. Congratulations once again to all of you!

Another hearty congratulations goes out to the NWATA-DIO Quiz Bowl Team from Eastern Washington University! The EWU Eagle team of Naomi Eastland, Keira Lathrop, Cassity Schreiber, and Lucas Uphaus did an *exceptional* job competing and representing not only the NWATA but also their university and program director, Garth Babcock. They battled hard and walked away with 2nd Place behind the District 8 team. Thank you Eagles; we are proud of you!

Many of you took the time to tell me of your positive experience at NATA 2018, regarding the energy, branding, and topics. I repeatedly heard: "I wish I could go to both sessions," when there was a conflict. That tells me that the Convention Program Committee was on point with relevant topics. With so many variables to consider when scheduling sessions, it's almost impossible to not have conflicts. But I was excited because you were excited! The accolades do not belong to the Board of Directors, but rather to the NATA Convention Program Committee, of which NWATA member Chris Dean was a member. To watch Chris move about the New Orleans Convention Center troubleshooting and making sure thousands of moving parts kept moving was a demonstration of commitment and service to the membership. Chris worked hard, along with the NATA CPC, ensuring that NATA members had an exceptional experience. I can tell you that the CPC is NEVER complacent or satisfied, always striving to improve the member experience. Chris is stepping down as the DIO rep to the CPC, so I just want to thank Chris for his time, efforts, and dedication in serving the members of the NATA, helping to ensure our annual meeting was the best it could be for us. Job well done, Sir!

Notes from the NATA Board Room

Over the course of five working days, two in May and three during NATA 2019, the NATA Board of Directors met to conduct the business and work for the profession and association.

May 2018

- Approved funding for ATs Care ICISF Approved Instructor Training
- Approved funding for an ATs Care Clinical Director
- Approved funding for the Honors & Awards Committee chairs to meet biennially at JCM beginning January 2019
- Approved funding for the Journal of Athletic Training Digital Media Initiative
- Approved funding for the Historical Commission to work on NATA Office Display Cases, to meeting in January 2019 and to begin working on Living History Interviews
- Approved funding requests from the NATA LGBTQ+ to create a Safe Space Signifier to accompany their NATA Safe Space training development, to conduct a Town Hall meeting June 2019 and to continue their Safe Space Training Development at JCM 2019
- Approved funding for initial literature research into best practices for spinal injury care. This was headed up by Stan Herring, MD from the University of Washington Harborview.
- Approved funding for the Employment Fair Practice Executive Task Force to meet to present current state of contracting for AT Services with the goal of determining resources needed to enable members to better advocate for themselves.
- Approved funding for EDAC ILead Leadership Grants
- It was announced that ILead will move to a yearly event instead of biennially and will coincide with the January NATA Joint Committee Meeting, beginning January 2019.
- The NATA Sexual Abuse Education Document is now available to the membership
- The ICSM (Intercollegiate Council for Sports Medicine) Transition to Practice document to assist new collegiate setting hires is now available.
- The 3rd Party Reimbursement Initiative (TPRI) is looking for state representatives for each region and to work with the Regional Coordinator.
 - The goal of the TPRI is to assist states in establishing a structure that can support their efforts toward 3rd party reimbursement.
 - The NWATA's regional coordinator is Chris Potvan and we have state reps from Washington and Montana.
- NATA Knowledge Initiatives are working with the Executive Committee for Education (ECE) on educational programs to address the new CAATE Standards and how best to deliver content.
- Updates on Future NATA Meetings were given:
 - 2019 - Las Vegas
 - 2020 - Atlanta
 - 2021 - Orlando
 - 2022 - Philadelphia
 - 2023 - Indianapolis (Pending a successful site visit)

June 2018

- Approved funding for NATA LGBTQ+ to offer an ILead Grant to students
- Approved funding for the US Bone & Joint Initiative to sponsor the Sports Injuries Section within the Burden of Musculoskeletal Diseases.
- Approved funding for an ATEC Conference Preceptor Forum.
 - This funding will help address the education of AT Educators and Preceptors in regards to the new CAATE Standards.
 - It will focus on Best Teaching Practices and Methodology.
- Approved funding for a face-to-face meeting in 2019 for the Spine Injury in Sport Group.
 - From that meeting a new consensus statement will be developed for Spine Injury Care.

- Approved funding for sponsorship and an FNATA Speaker to the International Sports Science Medical Conference: Diagnosis, Management, and Rehabilitation of injuries in Elite Upper Extremity Athletes. This will take place January 2019 in London, England
- Approved funding for an NATA Salary Survey
- Approved funding for the five Professional Sport Societies to meet at the NATA.
- Approved a new Vision, Mission and Strategic Goals/Purpose of the NATA Governmental Affairs Committee.
- Approved the Position Statement on Work-Life Balance
- Approved a Re-Structuring and Name Change for COPA.
 - They are now the Council on Practice Advancement instead of “Committee”
 - The move from a council to a committee will allow COPA to grow and adapt to the new settings that ATs are practicing in and to address their needs.
- Received a Consensus Statement Update regarding the Management of Medication by the Sports Medicine Team
 - The document is completed and out to the participating intra-associations for review and approval
- It was announced that the NATA OnLine Liability Took Kit will be taken to the next level.
 - Work is being planned to create, from this online tool available to members, a state specific liability tool kit based on individual state laws, concussion laws, sovereign immunity, practice acts, good samaritan law, mandatory reporting, pharmacy laws and other HCP practice acts.
 - This is going to be a HUGE endeavor but ultimately will benefit you as an athletic trainer.

Governmental Affairs

- NATAPAC updated both their Bylaws and Policies & Procedures
- The NATA President will select the NATAPAC Board Chair to run PAC Activities. The NATAPAC Chair term will coincide with the NATA President
- The NATA President will select the NATAPAC Secretary from the existing NATAPAC Board yearly
- NATA has hired TWO new employes who will work within the Governmental Affairs Department
- Deanna Kuykendall will be the Manager for State Governmental Affairs. Ethan Head will be the Governmental Affairs Coordinator

Notes from the our Strategic Partners

The information, from our Strategic Partners, that are important for the NWATA Membership

BOC Update

- The BOC convened the Model Legislation Workgroup to evaluate all 50 practice acts

CAATE Update

- The CAATE Accreditation Conference will be held in Tampa, Florida, October 12-14, 2018

NATA Foundation Update

- NATA Foundation announced a new research agenda that will focus on 5 areas
 - Effectiveness & cost-effectiveness of care provided by Athletic Trainers.
 - Studies documenting the outcomes of techniques used by ATs focusing on patient-oriented & quality-of-life outcomes measures
 - Prospective, longitudinal studies of the epidemiology of conditions typically managed by ATs which will help establish a firm scientific foundation for care provided by ATs.
- Examining outcomes of various procedures & approaches used in AT education

- Prospective, longitudinal studies of the epidemiology of conditions typically managed by ATs which will help establish a firm scientific foundation for care provided by ATs.
- Examining outcomes of various procedures & approaches used in AT education studies that elucidate mechanisms that have applicability to Athletic Training that could serve as a foundation for clinical practice.

Notes from the NWATA Homefront

As of this writing, the NWATA has five NATA Committee positions open and the response and applications have been amazing! It's great to see so many of you wanting to and ready to volunteer! The hard part is making the choice among so many qualified applicants.

I'd like to welcome as the new NWATA EDAC Chair, Grant Wilson, and the new DIO Director to NATA Foundation, Bill Drake. I'm excited to see what these two members will bring to the NWATA Table!

Mark Your Calendars!

I know it seems a ways off, but 252 Days will go by fast until we meet again in Spokane, WA for NWATA2019, March 28-31 at the Red Lion River Inn. Watch for updates and announcements.

Some Closing Thoughts

I'd like to briefly talk about Work-Life Balance. As I mentioned earlier, the NATA BOD approved what I believe to be a very important document, the Position Statement on Work-Life Balance. I hope that you will take the time to read it because it is important to the health and well-being of you the member! Without a healthy and active membership our association fails. Too often we as athletic trainers sacrifice a part of ourselves to do our jobs and to take care of our patient population. At its core, I believe this new position statement reminds us of what brings us joy and passion and not to abandon those tenants that make us who we are. What is it that helps you maintain your Work-Life Balance? I know life happens and it can be difficult at best to maintain work-life balance, but we have to find that balance for our own personal and professional wellbeing. So to help demonstrate and bring focus to Work-Life Balance, I'd like to start a new initiative for us to share, if you like, with the rest of the NWATA — to share what it is that we do to keep us balanced. So, if you are on social media, post a picture of what it is that helps you keep your work-life balanced and tag it using **#DioWLB**. Whatever it is that keeps you balanced, share it!

For me, what keeps me balanced is running races, particularly half marathons. I'm slow, but the journey from the start line to the finish line is cathartic! I find my peace. So share your passion, your joy, your balance! Let's see what it is that we do! Perhaps you will inspire somebody in the NWATA who needs to find balance and you are their inspiration.



As I close out my first year serving as your President/District Director, I want to THANK ALL OF YOU for your hard questions, forward thinking, passion, commitment, and involvement to the Northwest Athletic Trainers' Association. It is very humbling to work alongside you to make the NWATA better! I have made many new friends this past year in the NWATA and for those I've known for some time, I've gotten to know you better along the way. You all inspire me to work harder and to be a better athletic trainer and member. I've said from the beginning . . . we are family and you demonstrate it each and every time I'm with you.

"May love and laughter light your days, and warm your heart and home, May good and faithful friends be yours wherever you may roam." An Irish Blessing

Respectfully,
Tony Fitzpatrick
NWATA President/District Director

Treasurers Report

I am happy to report that the NWATA continues to be in good standing with regard to our finances. As mentioned at the Business Meeting at the NATA meeting in New Orleans in June, we continue to be charged with the task of assessing the future costs related to our annual meeting and how we can continue to be fiscally responsible at the same time provide our members with a high quality professional meeting that meets all of the standards we have come to expect in District 10. It is an exciting challenge to continue to meet these expectations on your behalf and our Board of Directors and committee chairs will continue to work for you in this capacity.

I was fortunate to attend a meeting with other district annual meeting coordinators while in New Orleans. Our Annual Meeting Registration Coordinator Greg Hill and I found it very helpful to meet with colleagues from other districts to discuss how we all run our respective meetings. While not all concepts and principles are transferrable between districts simply due to membership sizes (some districts have 15,000+ members compared to our almost 2,000 members) we were able to collaborate and see how we can continue to develop our own annual meeting.

Also, as mentioned in New Orleans we hope to be able to draw from our recent investment with Raymond James by March of 2018. We hope to have a dividend that will allow us to pay for one of our many \$1500 scholarships. We will keep you posted on the progress of this investment.

Thank you again for the opportunity to represent the NWATA. When Ben and I attend the NATA District Secretary/Treasurer (DST) Committee Meeting prior to the NATA meeting, we have the rewarding opportunity to collaborate with other district leaders with the intent to continue to provide better services for our respective members. At the same time, we gain an appreciation for how special our district is because of the professionalism and commitment our members have for the ownership of our association. I also look forward to meeting up with NATA Hall of Famers who are responsible for the history and shaping of our



profession, like Lindsay McLean who spoke at this year's NATAPAC breakfast (see photo). I hope you all get the chance to thank those who are responsible for the vision and growth of our profession – many of which come from District 10 and the NWATA. Have a great rest of your summer!

Respectfully,
Craig Bennett
NWATA Treasurer

Committee Updates

Thank you to all of our district committee chairs! Thank you for presenting all of your hard work in Portland. All Committee reports are on the NWATA Website: <https://www.nwata.org/meetingminutes>. Please check out all of the excellent information they presented in Portland.

Public Relations Committee - Kaleb Birney

The Public Relations committee has numerous new initiatives in the making. First off, we have a brand NEW PR Grant that will approve up to \$10,000 of total grants and up to \$4,000 per application. We are hoping the grant applications will be ready in July but we are still waiting for a few things to be completely approved.

On top of the PR Grant the PR committee has also changed up how we do our PR contest. In the past it has been that you would submit your PR contributions during the month of March. However, we have decided that we should be promoting the athletic training profession throughout the entire year. So we now judge entries on a yearly basis. Look for more information soon on nata.org.

NATA had a social media audit done by Public Communications Inc (PCI) over the last six months and they gave us a few ideas to help improve our social media usage. They believe we have numerous opportunities to improve how we use social media, so here are some of their tips so you can add them into your own social media practices:

1. Tag as many relevant EXTERNAL audiences (non-athletic trainers) as possible when posting news to grow your audience.
2. Engage with more generic hashtags relevant to external audiences to join in discussions. Ex. #concussion, #NFL, #hearthealth
3. include links before hashtags to generate higher click-thru rates
4. When developing original imagery to accompany social media posts, include NATA and/or AT logo (which is on nata.org) when possible to generate more brand awareness.

And remember to follow us on your social media accounts and to always share or tag us on facebook or in your tweets. @NWATA10 for both facebook and twitter.

Council on Practice Advancement - Luke Bahnmaier

The Committee on Practice Advancement has spent the last year working to re-organize its structure and expand representation across the country. The Committee on Practice Advancement was originally formed with 8 work-groups that functioned similar to sub-committees. These work-groups included Communications, Public Safety (which fell off in 2015), Physician Practice, Military, Performing Arts, Health Care Administration, Occupational/Industrial, and Worth to Value. There were anywhere from 3-15 members that made up these work groups.

At the 2017 Houston NATA meeting a proposal was made by members within COPA to re-structure the committee similar to the Intercollegiate Council of Sports Medicine. At the time, it was felt that re-organizing the structure would expand the representation of COPA and allow for more fluid mobility when healthcare opportunities or challenges for athletic trainers in these settings arose.

The Council on Practice Advancement was proposed to, and approved by the Board of Directors in June at NATA in New Orleans. The Council will now house 10 sub-committees with one sub-committee chair, and three additional sub-committee members. These Sub-committees will include Armed Forces, Rehabilitation Clinic, Health Care Administration, Occupational, Performing Arts, Physician Practice, Private and Emerging Practice, Public Safety, Community Outreach, and Analytics and Outcomes. The Council will also provide opportunity for 3-4 at-large members to contribute.

The Council on Practice Advancement is now working to select members for each sub-committee, refine the mission statement of the Council, and identify goals for the Council over the next year. The Council organization and direction is still evolving, but the foundation has been set and we are excited to move forward and support members of the NWATA and ATs in various settings across the country.

Committee on Professional Ethics - Tyler Beauregard

I am moving to District Four to start graduate school and will be stepping down as the D10 representative to the COPE. Anybody interested in serving in this role should please visit the Open Positions page on the NWATA website. Thank you very much for the opportunity to serve you.

Professional Education Committee - Dana Bates

iLead will be January 25-26 in conjunction with Joint Committee meeting. Registration (should be available in early Fall) is limited to 150 students and will be \$150.

Master Preceptor Level 1 now has a guide that contains suggestions and additional resources for Administrators and Coordinator of Clinical Education that may be used in conjunction with Master Preceptor Modules. Within the guide are recommendations for integrating the Level 1 into your programs preceptor training as you support preceptor's continued use of the concepts found in the modules.

Ethnic Diversity Advancement Committee - Grant Wilson

Mentoring

The EDAC wants to remind our membership that we have a mentor database, and we are looking for more people of all backgrounds who are interested in being mentors to join us in growing this resource. Having

additional members from District 10 as a part of the database would be great. If you are interested, please follow this link and submit your information: <https://www.nata.org/edac/mentors>

Be The Match

We have also partnered with the organization Be The Match over the past year. This is an amazing organization with whom we are working to help raise awareness of blood cancers and blood related illnesses. Our goal is to help get more people signed up for their bone marrow registry. We will be planning some fun outreach programs in our District in hopes to get more people involved. Stay tuned for further details on how you can participate. In the meantime, here is their website: <https://bethematch.org/>

State Representatives

I am also looking for a representative from each state in the District to help with EDAC initiatives. If you are interested, please reach out to me so we can chat: gwilson2@uoregon.edu

LGBTQ+ Advisory Committee - Dani Moffit

At NATA 2018 the LGBTQ+ Advisory Committee had the first meet and greet. It was well received and there are plans to make it an annual event. If you are interested in receiving news about this and other LGBTQ+ activities, please contact Dani Moffit (moffdani@isu.edu) and you will be added to the group.

The District 10 committee is slowly coming together. We are still looking for representatives from Alaska and Oregon. If you are interested in becoming involved (even if you're in one of our other states) please contact Dani Moffit. Keep in mind, this committee is not only for those who identify with this population, but also for Advocates and Allies. Our patients who identify as LGBTQ+ need our support.

Finally, LGBTQ+ is on Social Media! Follow us! Facebook, Twitter, and Instagram!

Honors and Awards - Greg Mitchell

It's not really "AWARDS SEASON" yet, but it's never too early to start thinking about honoring some of our own! Do you know someone who has done outstanding work to advance the Athletic Training profession locally, state-wide, and in our district? Well, the chance to get them some well-deserved recognition is coming!

There are three NWATA awards are open for nominations.

- **NWATA Outstanding Service Award:** This award recognizes those athletic trainers whose outstanding contributions and dedicated service have furthered the advancement of the NWATA and the athletic training profession.
- **NWATA New Horizons Award:** This award recognizes those athletic trainers who are relatively new to the profession and are making a significant contribution at the district level. The intent is to recognize members who are new to the profession (having been ATCs fewer than 15 years) but are making a very positive impact on the profession while still fairly early in their athletic training careers.
- **NWATA Hall of Fame.** Nominees must be a member of the NWATA for at least twenty consecutive years and may not be a current NWATA Elected Officer or Awards Committee Chairperson.

NWATA AWARDS Nominations can be found on the NWATA website.

Student Leadership Committee - Madelyne Barton

The SLC will have an upcoming opening for the DIO Representative, application will open tentatively in October. I will be the contact person for any information on that, I can be reached at madelyne.barton@umontana.edu.

The SLC would also like to report a very educational and successful Athletic Training Student Symposium, and thank all professionals that spoke and shared their knowledge with the students!

State Updates

Montana

The Montana State Meeting was held in June in Helena on the beautiful Carroll College campus. The meeting was a success with over 50 ATs in attendance along with several special guests including District Director Tony Fitzpatrick, Gen Ludwig and Lisa Kenney. The MTATA recognized Kaleb Birney, Kara Wesen, Kylie McKinney, and Dustin Burton with the Outstanding Service Award for their dedication and service to the MTATA. The MTATA has now approved a Vision and Mission statement for the association and is preparing for the next legislative session by planning a Capitol Hill Day for ATs in Montana.

Washington



Erin Rutledge was the Medical Officer for SPU, serving under Dr. Reisman the Venue Medical Director. She assisted with the care of the gymnastics athletes ranging from musculoskeletal injuries to blisters and cuts; and was responsible for facilitating any of the needs of the medical staff from ice to Band-Aids. Over the three days she worked with various other medical professionals alongside Dr. Reisman including a midwife, forensic nurse, and some general practitioners. She says, "If you ever have an opportunity to work with the Special Olympics, medical or non-medical, I highly recommend. These athletes were awesome and such a positive group to work with!"

Oregon

OATS AT Awareness Week will be September 21-30. We will be highlighting the unique role that ATs play in delivering health care to patients in the state of Oregon

Alaska

The AATA is excited to join other states in the Safety in Football Campaign this fall. The Secondary Schools and PR committees have been hard at work planning events and social media content to make this campaign a success. Follow our campaign on social media: Twitter- @AK_AthTrnAssoc, Facebook- Alaska Athletic Trainers' Association or visit our website AlaskaATA.org!

Final Thoughts



Is it really almost August? There's already so much to look back on in 2018 yet still some great things to look forward to the rest of the year. I'm looking forward to sitting down with both Craig and Tony in a few weeks to review how we've grown over the past year as well as those great new items on the horizon. As we meet as a board, we really have a chance to connect and discuss where the district can grow, areas where we can improve, and focus on you all, the members of the Northwest Athletic Trainers' Association. You are all the faces of this wonderful district and we want to make this association work as hard as you all do for this profession. I can't wait to share all of the great things we are working on!

Have a great summer, everyone!

Contribute to YOUR newsletter!

If you have a good story, news, information or feedback for this newsletter, please send to

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