



## Connecticut Athletic Trainers' Association

### Updating the AT Scope of Practice – 2016

#### **Supporting public health**

1. Ensure standing orders are communicated and reviewed between AT and Physician helping protect the public
2. Will allow ATs access to all athletes and individuals in terms of acute and emergency care of medical conditions for proper referral and immediate management of an injury related to or exacerbated by physical activity.
3. Will allow ATs to provide conditioning and wellness programs to non-traditional athletes in the prevention of workplace injury.
4. Clarify the role of the AT in caring for illnesses related to an athlete's or individual's role in physical activity.

#### **Standing Orders**

1. Athletic Trainers work under the direction of a physician/healthcare provider as defined in the AT state statute
2. Referral if no improvement after 4 days from day of onset.
3. Referral for a condition that is contraindicated to have AT services or outside an AT's SOP.
4. An annual review and closer communication between AT and physician regarding Standing Orders.

#### **Acute and Emergency Services**

1. The current statute, as written, is **the only state that** defines how many times someone must participate in order to be considered an athlete.
2. Youth athletes often practice less than the required 3 days a week requirement.
3. Youth athletes, whom tend to have relatively high injury rates, would benefit from having access to Athletic Trainers.
4. With changes to the current SOP, ATs would be able to provide health care to youth athletes.
5. The current statute limits ATs in the industrial workplace setting.
6. Proposed changes would allow ATs to administer immediate emergency care in the workplace.
7. Proposed changes would allow ATs to administer preventative measures in the workplace to potentially avoid workplace injury and emergency situations.
8. Would lower healthcare costs, especially from work-time loss by incorporating Athletic Trainers **as part of** the comprehensive wellness care team.



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### Rehabilitative Care

1. Would enhance and be very beneficial as a wellness and performance **team member** in the workplace setting.
2. Would permit ATs to apply their expertise beyond the traditional athlete for those patients referred by a health care provider.
3. Would allow for expanded AT presence in the post-rehabilitative environment when individuals have been released from Physical Therapy services, when they may not be full recovered.

### Workplace Setting

1. Proposed changes would allow ATs to apply preventative and musculoskeletal knowledge beyond the traditional athletic setting, reducing healthcare costs.

Eleni Diakogeorgiou, MBA, ATC  
Connecticut Athletic Trainers' Association  
Chair, Governmental Affairs  
Chair, Committee on Revenue  
Sacred Heart University  
Clinical Assistant Professor  
Academic Clinical Coordinator  
Office: 203 365 4475

James W Doran Jr, MS, ATC  
Connecticut Athletic Trainers' Association, President  
University of Connecticut  
Assistant Athletic Trainer  
Men's Basketball  
Office: 860 486 0481