911 Medical Emergency Action Plan & Response Team

National Athletic Directors Conference
December 15, 2014
James Onate, PhD ATC FNATA

Researcher
NFHS Sports Medicine Advisory Committee
Thank You

Bobby Guthrie - Hall of Fame
EMERGENCY ACTION PLAN = EAP

1. EMERGENCY ACTION PLAN = EAP
2. EMERGENCY ACTION PLAN = EAP
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5. EMERGENCY ACTION PLAN = EAP
6. EMERGENCY ACTION PLAN = EAP
7. EMERGENCY ACTION PLAN = EAP
Should Young Athletes Be Screened for Heart Risk?

By ANAHAD O'CONNOR  APRIL 30, 2012 5:17 PM  •  118 Comments


Teen athletes’ sudden deaths spur call for heart screening

Better testing could help identify those at risk for sudden cardiac death, experts say

Reggie Garrett, a Texas high school senior, died in September when his heart stopped after he threw a touchdown pass.

The Future of High School Football: Can concussion concerns sack an American pastime?

BUDDLEWRAPPED AMERICA: 50 PERCENT DO NOT WANT BOYS PLAYING FOOTBALL
Third high school football player dies in a week
By Marina Carver, CNN
updated 10:13 AM EDT, Mon October 6, 2014
FOOTBALL FATALITIES
2013

- There were eight fatalities directly related to football during the 2013 football season.
- All fatalities were in high school football:
  - 1 in the spring 2013
  - 7 in the fall 2013
- There were no direct fatalities reported in college, professional, semi-professional, or sandlot levels.
Thank you for visiting the National Center for Catastrophic Sport Injury Research (NCCSIR) website.

The mission of the National Center for Catastrophic Sport Injury Research (NCCSIR) is to conduct surveillance of catastrophic injuries and illnesses related to participation in organized sports in the United States at the collegiate, high school, and youth levels of play. In working through a Consortium for Catastrophic Injury Monitoring, the NCCSIR aims to track cases through a systematic data reporting system that allows for longitudinal investigation of athletes suffering from catastrophic injuries and illnesses. The goal of the Center is to improve the prevention, evaluation, management, and rehabilitation of catastrophic sports-related injuries.

http://nccsir.unc.edu/
Goals EAP

#1 Develop the Emergency Action Plan

#2 Disseminate the Emergency Action Plan

#3 Practice the Emergency Action Plan

#4 Review the Emergency Action Plan
What is an Emergency Action Plan

- A written document that defines the standard of care for the management of emergencies.
- Provides an outline of the policies and procedures well in advance of an emergency to establish protocols and avoid debate/confusion about critical decisions during the emergency.
- Helps facilitate a prompt, efficient, coordinated response in a medical emergency.
National Athletic Trainers’ Association Position Statement: Emergency Planning in Athletics

J. C. Andersen*; Ronald W. Courson†; Douglas M. Kleiner‡; Todd A. McLoda§
1. Each organization must have a written emergency plan. EAP must be comprehensive and practical, yet flexible and adaptable.

2. Emergency plans must be written documents and should be distributed to all personnel and developed in consultation with local emergency medical services personnel.
3. Identifies the personnel involved in carrying out the EAP and all involved personnel should be trained in AED, CPR, first aid, and prevention of disease transmission.

4. The emergency plan should specify the equipment needed to carry out the tasks and location of equipment. The equipment available should be appropriate to the level of training of the personnel involved.
5. Establishment of a clear mechanism for communication to appropriate emergency care providers and identification of the mode of transportation for injured participant.

6. EAP should be specific to the activity venue. Each activity site should have a defined emergency plan that is derived from the overall organizational policies on emergency planning.
7. Emergency plans should develop, incorporate, and notify the emergency care facilities to which the injured individual will be taken.

8. The emergency plan specifies the necessary documentation supporting the implementation and evaluation of the emergency plan.
9. The emergency plan should be reviewed and rehearsed annually or as frequent as necessary. The results of these reviews and rehearsals should be documented.

10. All personnel involved with the organization and sponsorship of athletic activities share a professional responsibility to provide for the emergency care of an injured person.
11. All personnel involved with the organization and sponsorship of athletic activities share a legal duty to develop, implement, and evaluate an emergency plan for all sponsored athletic activities.

12. The emergency plan should be reviewed by the administration and legal counsel of the sponsoring organization.
NFHS ONLINE

- http://nfhslearn.com/self_courses/

Fundamentals
Have An Emergency Action Plan

Fundamentals

#7 Develop an Emergency Action Plan with clearly defined, written and practiced protocols. This should be in place before any emergency happens.
ANYONE CAN SAVE A LIFE

MEDICAL EMERGENCIES

Get First Aid Kit  Get AED  Call A.D.
Get Trainer  Start CPR  Call 911
AED Inspection Readiness Inventory

Name of Inspector(s): 

Building __________________________ Device Location __________________________

Please complete this checklist for the current program in your school (one form per AED):

<table>
<thead>
<tr>
<th>Date (weekly)</th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>R-Routine P-Post event</td>
<td></td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

**Inventory Items**

| Storage cabinet/case intact |    |    |    |    |
| AED exterior intact         |    |    |    |    |
| Battery light on/functioning|    |    |    |    |
| Spare battery available     |    |    |    |    |
| AED Self Test–operational   |    |    |    |    |
| AED user guide available    |    |    |    |    |
| CPR guide available         |    |    |    |    |
“Drop the Dummy” Drill Report Card

SEASON: ___________________ SPORT: _________________ COACH RUNNING THE DRILL: ___________________

Time drill started: _________________

Time drill stopped: _________________

1. Time victim discovered (Rescuer 1): ____________________________

2. Staff member’s response (check one):
   - [ ] Called for help (vocal): ____________________________
   - [ ] Called for help (phone):
   - [ ] Assessed victim first, then called for help:
   - [ ] Ran for help:
   - [ ] Other: ____________________________

3. Time rescue team arrived on scene: ____________________________

4. How many people responded to scene: ____________________________

5. Who was contacted by phone: 911, Athletic Director, Athletic Trainer, other? ____________________________

6. Time 911 was called: ____________________________

THE OHIO STATE UNIVERSITY
Sample EAP’S

Emergency Action Planning Program
for after-school practices and events

Plan. Learn. Save.

Sample Athletic Emergency Action Plan
1. Establish scene safety and immediate care of the athlete:
   This should be provided by the most qualified individual on the medical team.

2. Activation of Emergency Medical Services:
   This may be necessary in situations where emergency transportation is not already present at the sporting event. Time is the most critical factor and this may be done by anyone on the team. However, the person chosen should be someone who is calm under pressure, communicates well, and is familiar with the location and address of the sporting event.

3. Equipment Retrieval:
   May be done by anyone on the emergency team who is familiar with the types and locations of the specific equipment needed. Athletic training students, managers, and coaches may be good choices for this role.

4. Direction of EMS to the Scene:
   One of the members of the team should be in charge of meeting the emergency medical personnel as they arrive at the site. This person should have keys to locked gates or doors.
Emergency Response Plan Worksheet: Student Response Team

Coach/Advisor Name: ______________________ Activity: ______________________ Level: ____________

Call 911 for all medical emergencies. If unresponsive and not breathing normally, begin CPR and get the AED.

### 911 TEAM

- **CALL 911.** Explain emergency. Provide location.

<table>
<thead>
<tr>
<th>Nearest Phone:</th>
<th>PRACTICES</th>
<th>EVENTS</th>
</tr>
</thead>
<tbody>
<tr>
<td>EMS Access Point:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cross Streets:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Student 1:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Student 2:</td>
<td></td>
<td></td>
</tr>
</tbody>
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- **MEET AMBULANCE** at EMS Access Point. Take to victim.

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- **CALL CONTACTS.** Provide location and victim’s name.

<table>
<thead>
<tr>
<th>Athletic Trainer:</th>
<th>Cell:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletic Administrator:</td>
<td>Cell:</td>
</tr>
<tr>
<td>Principal:</td>
<td>Cell:</td>
</tr>
<tr>
<td>Student 1:</td>
<td></td>
</tr>
<tr>
<td>Student 2:</td>
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### CPR/AED TEAM

- **START CPR.**

1. Position person on his/her back.
2. Put one hand on top of the other on middle of person’s chest. Keeping arms straight, push hard and fast, 100 presses/minute. Let chest completely recoil after each compression.
3. Take turns with other responders as needed

| Coach/Advisor: | | |
|----------------|------|
| Student 1: | | |
| Student 2: | | |
| Student 3: | | |

- **WHEN AED ARRIVES, TURN IT ON AND FOLLOW VOICE PROMPTS.**

1. Remove clothing from chest.
2. Attach electrode pads as directed by voice prompts.
3. Stand clear while AED analyzes heart rhythm.
4. Keep area clear if AED advises a shock.
5. Follow device prompts for further action.
6. After EMS takes over, give AED to Athletic Administrator for data download.

### AED TEAM

- **GET THE AED.**

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- **GET THE ATHLETIC TRAINER.**

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<td>Student 2:</td>
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Typical location:

| Student 1: | | |
| Student 2: | | |
### 911 TEAM

**CALL 911.** Explain emergency. Provide location information.

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AED TEAM

GET THE AED.

Nearest AED:

EVENTS

GET THE ATHLETIC TRAINER.

Take to victim.

Typical location:
“GET THE ATHLETIC TRAINER”
“GET THE AT”

- “TRAINER TRAINER TRAINER”

- Do you have an Athletic Trainer?

- If yes, how are they utilized?

- If no, then go get one – now?
  - How?
Emergency Action Plan (EAP)

- Why an EAP is necessary and why it is difficult:
  - Rare events
    - Will never happen to me!
    - What do I do now?
  - Multiple venues
    - Must be venue specific
  - Multiple individuals involved
    - School and local EMS folks
  - Constant turnover in personnel
    - AD’s, Coaches, AT’s
  - Takes prep time and practice
The Emergency Action Plan

- Can be recommended or mandated at state level
- Only works on a very local level
  - Building by building
  - Field by field
  - Sport by sport
- Must have a plan in place:
  - Must be for each team and each venue
  - Phone access
  - Field access
  - AED access
  - Local EMS has to be involved from beginning
Most Common Causes of Death/Catastrophic Injury

- **Medical Conditions**
  - Sudden cardiac arrest
    - PPE, AED, EAP
  - Asthma
    - Medical management plan
  - Diabetes
    - Medical management plan
  - Exertional sickling
    - Suspicion/screening, individual adjustments

- **Behavioral**
  - Exertional hyponatremia
    - Don’t overhydrate
  - Suicide
    - Awareness-Communication

- **Environmental Conditions**
  - Lightning
    - Recognize and respond
  - Exertional heat stroke
    - PLAN, MONITOR, COOL, TRANSPORT

- **Traumatic Injury**
  - Catastrophic brain injuries
  - Cervical spine injuries
EAP for Everybody

- Everyone is at risk for a medical emergency
  - Athletes, coaches, students, fans, and officials.
- Facilities used for PE classes, rec and youth leagues
- Guidelines can be applied to entire campus
- Great opportunity for cooperation between school and local EMS
EAP PLANNING TO AVOID CONFLICTS

- **Helmet/Facemask** removal must be addressed when pertinent

- **Must discuss with home team if you are on the road**

- **Must have someone in charge at each level - in organization, sport, site**

- **Must practice at least yearly with all involved**
AED Training and Availability

- Multiple programs across US to increase AED access and availability
EXERTIONAL HEAT ILLNESS DEATHS ARE PREVENTABLE

- Leading **PREVENTABLE** cause of death in HS athletics

- Heat stroke
  - HIGH CORE TEMP
  - MENTAL STATUS CHANGES—confusion, lethargy, seizures

- Medical Emergency- active cooling and call 911
  - COOL FIRST
  - TRANSPORT SECOND
  - Strip clothes, get to cool place
  - Ice water immersion in tub is best
    - Cold towels/ice to armpits and groin, if not available
KSI

Heat Acclimatization Recommendations

The Korey Stringer Institute suggests the following recommendations:

1. Days 1–5 are the first formal practices. No more than 1 practice occurs per day.
2. Total practice time should not exceed 3 hours in any 1 day.
3. 1-hour maximum walk-through is permitted on days 1–5, however there must be a 3 hour minimum between practice and walk-through (or vice versa).
4. During days 1–2 of first formal practices, a helmet should be the only protective equipment permitted (if applicable). During days 3–5, only helmets and shoulder pads should be worn. Beginning on day 6, all protective equipment may be worn and full contact may begin.
   A. Football only: on days 3–5, contact with blocking sleds and tackling dummies may be initiated.
   B. Full-contact sports: 100% live contact drills should begin no earlier than day 6.
5. Day 6–14, double-practice days must be followed by a single-practice day. On single-practice days, 1 walk-through is permitted, separated from the practice by at least 3 hours of continuous rest. When a double-practice day is followed by a rest day, another double practice day is permitted after the rest day.
6. On a double-practice day, neither practice day should exceed 3 hours in duration, and no more than 5 total hours of practice in the day. Warm-up, stretching, cool-down, walk-through, conditioning and weight-room activities are included as part of the practice time. The 2 practices should be separated by at least 3 continuous hours in a cool environment.
7. Because the risk of exertional heat illnesses during the preseason heat-acclimatization period is high, we strongly recommend that an athletic trainer be on site before, during and after all practices.
In states that have passed these heat acclimatization guidelines, there have been ZERO heat-related deaths in high school athletics!!
EAP
Practice Practice Practice

- Takes prep time and practice
- “Typically don’t rise to the occasion, but default to level of training”
PEOPLE ARE WATCHING
Goals EAP

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