Creating an Emergency Action Plan for Catastrophic Sports Injuries: Guidelines for States and Schools

Michael Koester, M.D., ATC, Chair of NFHS SMAC
Jody Redman, Associate Director, MSHSL

NFHS Summer Meeting Workshop #16
3:00 p.m. – 4:00 p.m.
Nashville, TN
July 9, 2012
Creating an Emergency Action Plan for Catastrophic Sports Injuries: Guidelines for States and Schools

Michael C. Koester, MD, ATC
July 9th, 2012
Chair, NFHS Sports Medicine Advisory Committee
Chair, OSAA Medical Aspects of Sports Committee
Slocum Center for Orthopedics and Sports Medicine
Eugene, OR
Catastrophic Injuries and Fatalities in Sports

- Millions of children and adolescents participate in sports
- Many known benefits
- Unfortunately high school athletes can and do die or become seriously injured
- You need to be prepared!!!
Need for 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
    - ADs, coaches
      - Positive- rural EMS usual very stable
  - Takes prep time and practice
EAP- Value added

- Everyone is at risk for a medical emergency!!
  - Athletes, coaches, students, fans, and officials.
- Facilities used for PE classes, rec and youth leagues
- Principles can be applied to entire campus
- Great opportunity for cooperation between school and local EMS
Most common causes of death/catastrophic injury

- Asthma
- Catastrophic brain injuries
- Cervical spine injuries
- Diabetes
- Exertional heat stroke

- Exertional hyponatremia
- Exertional sickling
- Head-down contact in football
- Lightning
- Sudden cardiac arrest

THE RISK FOR ALL OF THESE CAN BE PREVENTED OR MINIMIZED THROUGH PREPARATION
Most common causes of death/catastrophic injury - Categorized

- **Medical Conditions**
  - Sudden cardiac arrest
    - PPE, AED, EAP
  - Asthma
    - Medical management
  - Diabetes
    - Medical management
  - Exertional sickling
    - Suspicion/screening, adjust practices
- **Behavioral**
  - Exertional hyponatremia
    - Don’t overhydrate!

- **Environmental Conditions**
  - Lightning
    - Recognize and respond
  - Exertional heat stroke
    - Watch the course!!

- **Traumatic Injury**
  - Catastrophic brain injuries
  - Cervical spine injuries
  - Head-down contact in football
    - See what you hit!!, EAP
Catastrophic Injuries and Fatalities in High School Sports- 1982-3 to 2009-10

- **Fall sports**
  - Direct injuries- 771 total (747 football)
  - Indirect injuries- 266, 263 deaths (196 football)

- **Winter sports**
  - Direct injuries- 133 total, 8 deaths (60 wrestlers)
  - Indirect injuries- 177, 167 deaths

- **Spring sports**
  - Direct injuries- 143 total, 38 deaths
  - Indirect injuries- 139, 70 deaths (40 track)

Source-National Center for Catastrophic Sports Injury Research
The Emergency Action Plan

- Can be recommended or mandated at state level, but only works on a very local level - building by building, field by field!!!

- 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
The Emergency Action Plan

- 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
  - Examples can be found online at www.nata.org, google searches and in the NFHS Sports Medicine Handbook, 4th edition
Sudden Cardiac Death

- Leading cause of death in high school athletes.
- Coaches must be certified in AED/CPR
- Assume SCA in unconscious athlete - not having a seizure
- Use AED as quickly as possible - 3-5 minutes!!
- Availability of AED increases chance for survival in young athletes with cardiac arrest, as well as coaches, official and fans
AED Training and Availability

- Approx $1500/unit
- Multiple programs across US to increase AED access and availability
  - Anyonecansavealife.org
  - Project Adam at CHW
- There is no increased legal liability in having an AED on site
Exertional Heat Illness

- Leading PREVENTABLE cause of death in HS athletics!!
- Heat stroke- athlete has high core temp and MENTAL STATUS CHANGES- confusion, lethargy, seizures.
- Medical Emergency- active cooling and call 911.
  - Ice water immersion in tub is best, cold towels to armpits and groin, if not available.
  - Strip clothes, get to cool place
Exertional Heat Illness: NFHS Coaches Course coming soon!!!
Conclusions

- One or more athletes will suffer a potentially catastrophic injury or die in your state this year
- Multiple causes, but focus can be narrowed:
  - Heart, Head and Heat!!
- Safe and effective concussion management is a great start, but only a small fraction of the problem
- An AED/SCD focused EAP provides the structure for a more comprehensive EAP
Thank you all very much!!!!!!

michael.koester@slocumcenter.com
Cell 541-359-5936
An Emergency Response Program for After School Practices and Events

Presented by the

Minnesota State High School League and

The Medtronic Foundation
A first-of-its-kind, education based program, designed to save lives at after school practices and events.
Emergency Preparedness is not only for the school day…

• Schools have an **Emergency Action Plan** for responding to school day emergencies.
• Few are prepared at 3:00 when the office closes
• 20% of the U.S. population congregates on school grounds.
• **Life Threatening Emergencies Will Happen!**
TEDDY
Saved June 16, 2009
‘So you don’t think it can happen to you? Think Again!’
Anyone Can Save A Life Provides Schools with the Necessary Tools to Create an Effective “Game Plan” for Emergencies that Happen at After School Practices and Events
Preparing the School Community

Three Primary Focus Groups

1. Coaches / Athletes
2. Event Staff
3. Parents
Preparing Coaches

- Training Video with facilitator’s guide
- E-learning module
- Importance of Pre-Participation Form – Family History / Signs / Symptoms
- EAP for Practice/Game Venues
- Student Response Team Component
Preparing Event Staff

- Training Video and facilitator’s guide
- Emergency Action Plan
- Protocol for Response at Events
- Training
Preparing Parents & Athletes

✓ Informational Video with facilitator’s guide
✓ Pre-Participation Health Questionnaire – Family History / Signs /Symptoms
✓ Information regarding Schools Emergency Action Plan
Coordinate with EMS
Conduct Training – “Drop the Dummy / CPR Anytime”
Media Response Guidelines
After Use of the AED
Event Summary Form
SCA Event Debrief Session
AED Inspection Readiness Inventory
Creating a Response Protocol that is Sport and Level Specific

RESPONSE PROTOCOL - Athletics & Activities

<table>
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<th>SPORT</th>
<th>LEVEL</th>
<th>SEASON</th>
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EMERGENCY CONTACTS

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Nearest Phone Practice: Game: Nearest AED Practice: Game: EMS Access Point Practice: Game: EMS Cross Street Practice: Game:

In the event of a cardiac emergency, the trained coach/advisor will be the lead responder and will activate the student response teams as follows:

**Lead Responder and CPR/AED Team**

If someone collapses, is not breathing normally, and is unresponsive to shaking, initiate response protocol:

1. Instruct Emergency Call Team to call 911 and staff numbers listed and to go to EMS Access Point.
2. Instruct AED Retrieval Team to get the AED from nearest location and find the Athletic Trainer.
3. Position the person on his/her back.
4. Put one hand on top of the other in the middle of the victim's chest. Keeping your arms straight, push hard and fast, at about 100 presses a minute. Let the chest completely recoil after each compression.
5. Take turns doing CPR with fellow responders. Keep CPR interruptions to a minimum.
6. Once the AED arrives, turn it on, and follow the voice prompts.
   a. Remove clothing from chest.
   b. Attach electrode pads as directed by the voice prompts.
   c. Stand clear while the AED analyzes the heart rhythm.
   d. Keep the area clear if the AED advises a shock.
   e. Follow the device prompts for further action.
   f. After EMS takes charge of the victim, deliver AED to Athletic Director for data download.

**911 Team**

Student 1. Call 911: Provide the dispatcher with a quick description of the medical emergency. Provide the dispatcher with the EMS Access Point and Cross Street/Intersection as listed above.

Student 2. Go to the EMS Access Point to meet the ambulance.

Student 3. Call Emergency Contacts (2nd-5th) as listed above.

Provide a quick description of the medical emergency and provide the victim's name and location.

**AED Retrieval Team**

Student 1. Retrieve the AED and give it to the Coach/Lead Responder.

Student 2. Locate the Athletic Trainer and escort to the medical emergency.
THE KEY COMPONENT

Empowering Students to be a part of the Response Team
Save a Life Story

Dale Wakasugi Saved by Lindsay Paradise
December 13, 2007
Student Response Teams

STUDENT RESPONSE TEAMS

This form is to be completed by the coach and returned to the Athletic/Activity Administrator.

CPR/AED TEAM (Those trained in CPR)
This team is responsible for administering CPR and for applying the AED. It is recommended that the student-athletes on the CPR/AED Team be trained in CPR and AED use. If there are students who are interested in being on this team who are not currently trained, contact the Athletic/Activities Administrator for training options.

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911 TEAM
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AED RETRIEVAL TEAM
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Note: The computer-generated Response Protocol worksheet and Response Teams worksheet (pages 24/25 in the workbook) should be printed on one sheet of paper, front to back.
Student Response Teams
CPR/AED Team

• Responsible for CPR and for using AED
• Must be trained in CPR and AED use
## Student Response Teams

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Student Response Teams

911 Team

• Responsible for calling 911

• Providing EMS with the details including the location and nearest access point to the victim.

• Aware of the nearest accessible landline phone.

• Meet EMS at designated location
Student Response Teams

### STUDENT RESPONSE TEAMS

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Student Response Teams
AED Retrieval Team

• Retrieving the AED bringing it to the victim as quickly as possible.

• Aware of the location of the nearest AED.

• Responsible for locating the Athletic Trainer if there is one on staff.
**STUDENT RESPONSE TEAMS**

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2 Tracks of Implementation

- State Wide Initiative
- School Level Initiative
State Wide Initiative
Top Down!
STATE ASSOCIATION

1. Deliver the Resources
2. Assist in Implementation
3. Provide Training
4. Create Awareness
5. Provide Support
Program Success

• 35% of Schools Implemented
• Based on Administrator’s Comfort Level with the Content
• Evaluation of the Program
School Level Initiative
Bottom Up!
## ANNUAL REQUIREMENTS

- CER must be complete to access link on available date
  - General Rules Module
  - 2012 Basketball Rules Interpretation Meeting
    - Link Available November 9 - Due November 28
  - 2013 Softball Rules Interpretation Meeting
    - Link Available March 13 - Due March 28

## CONTINUING EDUCATION REQUIREMENTS (CER)

- Required Every 3 Years
  - High Five to Effective Coaching
  - Concussion Management
    - Print Concussion Completion Certificate
  - Anyone Can Save A Life
    - Print Response Worksheet
  - MSHSL Bylaw Review

## PRINT CER COMPLETION CERTIFICATE

## MN HEAD COACHES EDUCATION COURSE REQUIREMENTS

- You meet the State Law to be a Head Coach and DO NOT need to attend the in-person class or complete the online components below.

## IN-PERSON COURSE REQUIREMENTS

- NONE

## ON-LINE REQUIREMENTS:

- NFHS Code:
  - [ ] NFHS Fundamentals of Coaching
  - [ ] First Aid for Coaches

## PRINT CERTIFICATE: Course not completed
Team’s Response Protocol

RESPONSE PROTOCOL - Athletics & Activities

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Nearest Phone Practice: Game:
Nearest AED Practice: Game:
EMS Access Point Practice: Game:
EMS Cross Street Practice: Game:

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Provide the dispatcher with the EMS Access Point and Cross Street/Intersection as listed above.

Student 2. Go to the EMS Access Point to meet the ambulance.

Student 3. Call Emergency Contacts (2nd-5th) as listed above.

Provide a quick description of the medical emergency and provide the victim’s name and location.

**AED Retrieval Team**

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# Student Response Teams

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<tr>
<td>Meet EMS here</td>
<td>Practice:</td>
<td>Game:</td>
</tr>
<tr>
<td>Nearest Phone</td>
<td>Practice:</td>
<td>Game:</td>
</tr>
</tbody>
</table>

**AED RETRIEVAL TEAM**

This team is responsible for retrieving the AED and bringing it to the victim as quickly as possible. This team should know the location of the nearest AED and, if there is an Athletic Trainer on staff, where the ATC is usually stationed during practices and games.

<table>
<thead>
<tr>
<th>Get AED</th>
<th>Student 1:</th>
<th>Student 2:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Get Athletic Trainer</td>
<td>Student 1:</td>
<td>Student 2:</td>
</tr>
<tr>
<td>AED Location</td>
<td>Practice:</td>
<td>Game:</td>
</tr>
<tr>
<td>Typical Location of the Athletic Trainer</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Note:** The computer-generated Response Protocol worksheet and Response Teams worksheet (pages 24/25 in the workbook) should be printed on one sheet of paper, front to back.
Athletic Administrator’s Role

Collect the Completed Response Protocol Forms and Check-in with each Team
“Last week, I reminded our fall coaches to make sure they had gone over the Student Response Worksheet with their team and to fill in the names of the students assigned to each job. I told them I would come to practice this week to collect the completed form and do a practice run. Volleyball was on my schedule for tomorrow morning.

This morning one of our volleyball players had a seizure at practice and our coaches and students responded immediately. They all knew their responsibilities and followed the plan perfectly. 911 was called right away, the ambulance was met outside, and the AED was retrieved immediately. Our coach had done a great job of preparing her team and in doing so was able to focus on the student who needed her instead of panicking and trying to give directions to get help.

As an AD, it is a great feeling to know that there is a Emergency Action Plan in place and that everyone knows what to do. “Anyone Can Save A Life” is one of the best things that the MSHSL has provided. Thank you.”

--Scott Ross, Athletic Administrator

Two Harbors High School
What’s Next

1. ACSAL 2.0
2. Self-Contained e-learning Module
3. Continue to Promote
4. Survey - Biggest hurdle is time
Sustaining the Program by Creating Awareness
Captured Audience

• Media Interviews
• Hands-On AED Training
• Halftime AED Training Demonstration
• Award Presentation
• Concourse Displays
Focus and Follow-Through Can Also Restart a Heart

Sudden cardiac arrest is the leading cause of death in young athletes. It often strikes without warning, taking a life in minutes. But we can be prepared.

The Minnesota State High School League has teamed up with the Medtronic Foundation to introduce "Anyone Can Save A Life," a statewide effort preparing Minnesota high schools to respond quickly to SCA emergencies while also training a new generation to save lives, making our schools and communities safer.

To learn more about the "Anyone Can Save A Life" program and what you can do in an SCA emergency, visit AnyoneCanSaveALife.org.

You’re Prepared Before Every Pitch
Are You Prepared To Save A Life?

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Make the Save.
SAVING STUDENTS FROM CARDIAC ARREST

AnyoneCanSaveALife.org
Zach

Saved January 20, 2011

‘Making it Real’
Making it Real

“Like many of my peers, I was slow in implementing the program” Anderson said. “We acquired four AEDs and I started an Action Plan, but hadn’t gotten around to implementing it fully. When the worse injuries you’ve seen are broken bones and mild concussions, it’s hard to imagine a life-threatening incident happening at your school…BUT IT DID!”

- Craig Anderson, AD – D.G.F. High School
Making your School Community a Safer Place
An Emergency Response Program for After School Practices and Events

AWARENESS RESOURCES
Life-threatening emergencies will happen.
Is Your School Community Prepared?

STATES TAKING ACTION
Choose Your State
Your state not on the list?
Find out how to implement

GETTING STARTED
- State Associations
- Athletic Administrators / Principals
- Coaches
- Students / Parents
- Communities
Questions

Jody Redman, MSHSL
763-569-0481
jredman@mshsl.org