

Collaborative Education Series

On-Demand: Altitude Training in Athletics

CME 'Enduring' Presentation

MaineGeneral YouTube

'On-Demand'- Enduring Presentation

Audience: Physicians, NP's,
and PA's

**Date: On-Demand
Enduring Presentation**

No Tuition

For Registration:

[CLICK HERE](#)

We will send you the YouTube link to the email you registered with once your registration has been processed

Completion of the Course Evaluation form is required before CME certificates will be awarded! Evaluation link is located in the YouTube video description.

Please contact **Steve Tosi** with any questions.

Steve.tosi@mainegeneral.org

Marketing and registration also located on MGH Connect landing page under "What's Happening".

Program Date: December 5, 2023
Release as Enduring Date: December 12, 2023
Expiration Date: December 12, 2026

Presenters:
Christopher Ummer, MS

Retired Athletic Trainer

Summary: Chris Ummer served as Head Athletic Trainer at Lyndon State College for 18 years and three years as Head Athletic Trainer for the Vermont Mountaineers Collegiate Baseball Team. He has also volunteered as an Athletic Trainer for Olympic Training Center in Colorado Springs (2001) and has served 30 years of Collegiate Cross Country Coaching. Christopher has personally completed seven Trekking/Climbing Expeditions at High Altitude including Africa, Argentina and Nepal. He has trekked over 700 summits of 4,000 foot and higher mountains in USA (Rainier, Hood, Adams, Elbert, Healey, White Mountains 48X3, NY Adirondack 46) Mexico (Pico de Orizaba), Africa (Kilimanjaro).

Statement of Need:

- Continuing to develop our understanding of adventure sports, one of the more extreme and exciting activities is high altitude training and climbing. Most athletic trainers do not cover these events or have exposure to this type of athlete, but they may encounter them within their community or in the athletic training room. Knowing how these athletes train and how their bodies respond to these various extreme conditions will help the athletic trainer be more proficient and effective in treating injuries and conditions specific to these athletes. We will also discuss treatment options for the various types of altitude sickness and other conditions associated with these activities.

-Participants in this presentation will be able to accurately discuss the benefits and risks of high-altitude training. They will also be able to quickly recognize the symptoms of high-altitude sickness and other conditions specific to high altitude training when presented in the athletic training room, recommend appropriate treatment options, and prescribe prevention strategies for these athletes.

Objectives:

- Identify how your body is effected in temperature changes.
- Prepare yourself and athletes for changes in altitude.
- Perform training preparation for high altitude adventures.
- Summarize dietary preparation for high altitude adventures.

To view all our CME Enduring Programs:

SCAN



For Physicians (MD's, DO's, PA's, NP's)



Disclosure Statements:

Faculty: Christopher Ummer have provided a signed disclosure indicating no financial interest in any commercial interest that affect the content of this program (kept on file in the Medical Education Coordinator Office MGMC).

Credits awarded:

CME's awarded: 2

The MaineGeneral Medical Center designates this enduring activity for a maximum of 2 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity. This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of MaineGeneral Medical Center and Colby College. MaineGeneral Medical Center is accredited by the ACCME and the Maine Medical Association's Committee on Continuing Medical education to provide continuing medical education (CME) for physicians.

Each physician should claim only those credits that he/she actually spent in the activity.

This activity has been planned and implemented in accordance with the Essentials and Standards of the Maine Medical Association Committee on Continuing Medical Education and Accreditation through the partnership of MaineGeneral Medical Center and Colby College Sports Medicine Department.

Cancellation and Refund policy:

It is our priority at MaineGeneral Medical Center to provide quality Continuing Education. For certain events, a fee will be collected during pre-registration or at the event. This fee will be refunded in the event that the course is cancelled or is unable to take place. As part of our policy, we recognize that unforeseen circumstances can occur. Therefore, a refund will be granted to individuals who pre-register but are unable to attend the course.

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