

Collaborative Education Series

On-Demand: Burnout in Athletic Training: Know Your Role

& Patellar Instability CME 'Enduring' Presentation

Program Date: February 13, 2023
Release as Enduring Date: February 20, 2023
Expiration Date: February 20, 2026

Presenters:

Sherrie Weeks, EdS, Med, ATC

NorthernLight Sports Medicine

Sherrie Weeks has worked as an athletic trainer in a variety of settings since 1990. From high schools to NCAA Division 1 playoffs, CAATE program development and implementation to hospital outreach, and various jobs within the state association, Sherrie has experienced the ups and downs associated with this profession. She is here today to share what she has learned through a thorough literature review combined with expertise learned only through living it. Sherrie has earned her Bachelor of Science degree from Castleton State College, Master of Education in Athletic Training from University of Virginia, and Education Specialist degree with a concentration in Higher Education Leadership from Liberty University. Sherrie has served twenty six years at the University of Maine as an assistant athletic trainer and Program Director. Sherrie currently serves as the Outreach Athletic Trainer for Orono High School through Northern Light Health.

Statement of Need:

- There has been a great deal of research devoted to athletic training burnout pre COVID, but as attrition is still a big problem in this profession, athletic trainers are not aware of this information. This presentation is designed to educate the athletic trainer of relevant 'burnout' research and through this knowledge utilize recognition and coping skills to move from attrition to retention.

-By participating in this program, athletic trainers will be better equipped to recognize the signs and symptoms of burnout in themselves and their colleagues and apply appropriate strategies that can help mitigate burn out. Though implementing proper coping strategies, we hope to retain more athletic trainers in the profession and improve job satisfaction.

Objectives:

- Define burnout and list at least 3 signs and symptoms associated with it.
- Use appropriate tools to determine if you or a colleague is experiencing burnout.
- Design a plan to lessen the chances of experiencing 'burnout' that includes assessing the individual, determining factors, and implementing coping mechanisms.
- Apply this knowledge to assist others to prevent them from the trap of being 'burned out'.

Presenters:

Molly Nadeau, PA

MaineGeneral Orthopedics

Molly Nadeau is a physician assistant at MaineGeneral Orthopedics and has worked in sports medicine for 5 years. She completed her undergraduate degree at University of Maine at Presque in athletic training and went on to complete her Masters of physician assistance studies at Chatham University in Pittsburg. Molly is native to Maine and enjoys working with the younger sports population.

Statement of Need:

- Acute injuries or chronic conditions involving the patella in athletes can lead to pain and dysfunction that may effect that person for the majority of their lives. Early recognition and treatment is what makes the difference in short and long-term outcomes. Some athletic trainers may lack the experience necessary to correctly identify patellar instability early enough to help prevent further injury such as patellar subluxation or dislocation.

-By participating in this course, the athletic trainer will be better equipped to properly assess athletes with patellar instability. Early recognition and proper management of these injuries will lead to the athlete receiving appropriate care, improved outcomes, and a greater long term outlook of maintaining proper function of their knee.

Objectives:

- Identify a Patellar Dislocation.
- Differentiate between similar presenting injuries.
- Explain what surgical Intervention may be utilized for these injuries.

To view all our CME Enduring Programs: [CLICK HERE](#)
Physicians (MD's, DO's, PA's, and NP's)

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".

Disclosure Statements:

Faculty: Sherrie Weeks and Molly Nadeau 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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