

# Collaborative Education Series

## On-Demand: Lyme Disease in Sports & Sports Psychology CAT A Presentation

### MaineGeneral YouTube

#### 'On-Demand' Presentation

**Audience:** AT's, PT's, OT's,  
other medical professionals  
and students.

**Date:** On-Demand

**Time:** On-Demand

**Tuition:**  
\$20.00

**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 CEU certificates will be awarded! Evaluation link is located in the YouTube video description.**

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

[Steve.tosi@mainegeneral.org](mailto:Steve.tosi@mainegeneral.org)

Marketing and registration also located on BOC website

[Search for P2258](#)

Program Date: October 10, 2023  
Release as On-Demand Date: October 17, 2023  
Expiration Date: October 17, 2026

#### Presenters:

ON-DEMAND- **Sydney Sewall, MD** Maine-Dartmouth Family Residency

- Lyme disease is a tick-borne illness with unique and sometimes subtle presentation, especially the longer the infection is left untreated. Early recognition is key to preventing long-term effects that target the immune and musculoskeletal system and in rare cases can be fatal. In the northeast over the last decade, the prevalence of Lyme disease has nearly doubled and now we as athletic trainers are seeing our patients effected by this disease and are in the unique position to help detect the disease to improve patient outcomes. By participating in this program the medical professional will be able to explain the epidemiology of the disease, recognize early and long term signs and symptoms, and understand the importance of lab results and what treatment options are available for treating patients with Lyme disease.

#### Objectives:

- Explain the epidemiology of Lyme disease.
- Recognize the variety of skin manifestations of Lyme disease.
- Be able to interpret lab tests for Lyme.
- Identify common joint presentations of Lyme.

#### Presenters:

ON-DEMAND- **Corey Smith, PsyD** Family Medicine Institute

- In the world of sports, mindset is everything. Many athletes rely on their physical ability and sports performance to maintain self-confidence and their mental health. When an injury changes a person's ability to perform in the sport they love, the mental setbacks can often be more debilitating than the injury itself, lasting long after the physical injury has healed. Most athletic trainers are introduced to the concept of sports psychology as part of their education, but probably do not have the ability to implement a plan of action to address this concern. However, as medical professionals working closely with our athletes, athletic trainers are in the position to recognize when our patients have maladapted and need further help to regain control of their mental health as it relates to sports, injuries, and overall quality of life. Participants in this program will be able to recognize and identify specific athletes who suffer from the mental effects of an injury and be able to make the appropriate referral to best help the athlete.

#### Objectives:

- Discuss the Self Determination Model and how the impact of Autonomy, Competence and relatedness can contribute to and insulate from negative impacts of injury.
- Express confidence in understanding of the role of mental strength coaching and the difference between clinical psychology and sports psychology.
- Explain to athletes the impact of mental strength coaching and the value of better understanding the impact of their mindset, self-talk, confidence, etc. upon their sporting performance and recovery from physical setbacks.

To view all our BOC On-Demand Programs:

SCAN



For AT's, PT's, OT's EMT's, MA's



According to the education levels described by the PDC, the following continuing education course is considered to be **Advanced**.

#### Credits awarded:

CEU's awarded: 2 CAT A CEUs

MaineGeneral Medical Center (BOC AP#: P2258) is approved by the Board of Certification, Inc. to provide continuing education to Certified Athletic Trainers. This program is eligible for a maximum of (2) CAT A CEUs. ATs should claim only those hours actually spent in the educational program.

#### 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.

