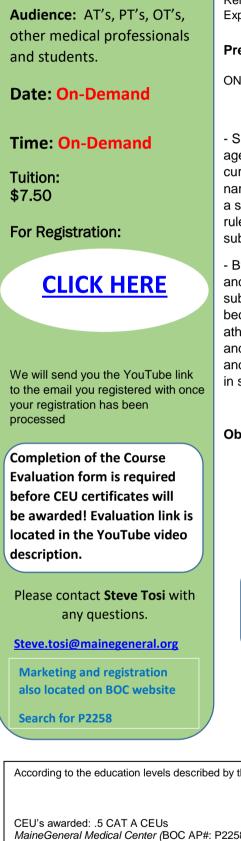
# **Collaborative Education Series**



**MaineGeneral** 

YouTube

'On-Demand' Presentation

## **On-Demand: Substance Abuse in Athletes and PEDs**

**CAT A Presentation** 

Program Date: July 22, 2024 Release as On-Demand Date: July 22, 2024 Expiration Date: July 22, 2027

### **Presenters:**

ON-DEMAND James Poulin, MD Kevin Connolly, DO Maine-Dartmouth Family Residency Maine-Dartmouth Family Residency

- Substance abuse comes in many forms for athletes, starting potentially at young ages. Within the athletic setting, there is a certain number of our patients who are currently using, have used, or will in the future abuse performance enhancing drugs, narcotics, ergogenic aids and other banned substances. Athletic trainers must have a solid, current and reliable knowledge base about the various governing bodies, rules and regulations, physiological changes, and risks for our athletes in relation to substance abuse.

- By participating in this program, the viewer will gain identification tools for in clinic and on field recognition of signs and symptoms of someone abusing certain substances. Integrate knowledge of substance abuse physiologic changes and become more aware of these symptoms or behaviors being displayed by the athlete. Prepare educational information for the athlete, parent and coach to prevent and discourage the use and abuse of banned performance enhancing substances and ergogenic aids for the athlete. Outline guidelines and risks for substance abuse in sports.

#### **Objectives:**

- Review epidemiology, risks, and guidelines for substance abuse in sports.
- Gain knowledge in the introduction of substance abuse and PED's in athletics.
- Review different ergogenic aids including banned substances, physiological changes to substances and performance advantages.





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

#### Credits awarded:

MaineGeneral Medical Center (BOC AP#: P2258) is approved by the Board of Certification, Inc. to provide continuing education to Athletic Trainers. This program is eligible for a maximum of (.5) 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 preregistration. 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.

