

Collaborative Education Series

On-Demand: Cardiac Injuries in Sports & Non-Emergent Spine Injuries

CME 'Enduring' Presentation

Program Date: September 27, 2023
Release as Enduring Date: October 4, 2023
Expiration Date: October 3, 2026

Presenters:
Thomas Hoke, MD

MaineGeneral Sports Medicine

Statement of Need:

- Early in 2023 a shocking cardiac event happened in front of thousands of people. This sparked conversations at every level about an athletic trainers' role in emergency cardiac events, such as commotio cordis, or other injuries that would cause the heart of an otherwise healthy individual, to stop. While athletic trainers educate and train for the worst, in a moment where everything is going wrong, having the most recent information could mean the difference between life and death for our athletes. By participating in this program, athletic trainers will be provided with the most recent information and statistics regarding acute cardiac injuries, assessment tools, Emergency Action Plan pearls, and guidelines for immediate and long-term treatment. The athletic trainer will also gain knowledge about the likelihood of these athletes returning to play.

Objectives:

- Detect a possible Cardiac Emergency on the sideline and respond appropriately and swiftly.
- Create a pre-event plan (EAP) for a possible Cardiac Emergency on the sideline.
- Identify the risk factors for atrial fibrillation in athletes and help facilitate management and future participation.

Presenters:
Robert Stevens, DO

MaineGeneral Sports Medicine

Statement of Need:

- Injuries to the spine can be life threatening and life changing, and the need for fast and accurate diagnosis and treatment is critical in preventing further injury. On-field evaluations focus is on determining if the patient needs EMS transport or not. But what about when a patient is stuck in the grey area? Non-emergent spine injuries can be difficult to assess, and to treat. This program will review anatomy of the spine, potential injuries, evaluation tools, and provide techniques to determine when an injury is considered "non-emergent" and what to do after that decision is made. By participating in this program, athletic trainers will be given tools to assess an athlete with an acute injury to the spine and determine the best treatment option. The athletic trainer will also learn about the various injuries to be aware of, when referral and imaging may be necessary, and treatment options so that the athlete may return quickly and safely to activity.

Objectives:

- Identify unstable spinal fractures on field and in clinical setting.
- Recall spinal stabilization guidelines
- Apply return to play guidelines for spinal conditions and fractures
- Perform management of spondylolysis in the athlete
- Apply management of sacral stress fractures in the athlete

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".

To view all our CME Enduring Programs:

SCAN



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



Disclosure Statements:

Faculty: Dr. Hoke and Dr. Stevens 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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