

Collaborative Education Series

On-Demand: 'Gen Med' in Athletic Training

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:
\$33.75

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

Marketing and registration also located on BOC website

Search for P2258

Program Date: February 20, 2024
Release as On-Demand Date: February 20, 2024
Expiration Date: February 20, 2027

Presenters:

ON-DEMAND	James Dunlap, MD	MaineGeneral Sports Medicine
	Kevin Connolly, DO	Maine-Dartmouth Family Residency
	James Poulin, MD	Maine-Dartmouth Family Residency
	Chris Lutrzykowski, MD	MaineGeneral Sports Medicine
	Elizabeth Rothe, MD	MaineGeneral Sports Medicine

Topics- Skin conditions, VCD, overtraining syndrome, asthma/EIB, exercise in pregnancy

- General medicine is a broad branch of medicine that covers the treatment and management of a range of long-term illnesses such as diabetes and respiratory problems, but also shorter-term health problems such as skin conditions. This range of conditions is extremely common in the general population and an active one, regardless of age. As the front line of care for their patients, athletic trainers need to understand proper management and recognition for these conditions. Most AT's receive only a single semester in general medicine while in college and athletic trainers generally lack knowledge and experience on handling these conditions properly.

- By participating in this program, the viewer will gain identification tools for on field and in the clinic evaluations for a wide range of general medicine topics, such as common skin conditions in athletes, warning signs of overtraining syndrome, and Vocal Cord Dysfunction (VCD). As well as, differentiate between similarly presenting conditions like VCD, Exercise Induced Bronchospasms, and asthma. Along with Integrate treatment techniques for VCD, overtraining, asthma and EIB, skin conditions and discuss healthy exercising options while pregnant.

Objectives:

- Identify different skin conditions in athletics.
- Differentiate the treatments for specific skin conditions.
- Identify Vocal Cord Dysfunction (VCD) in athletes.
- Apply treatment for VCD.
- Identify and detect the warning signs of overtraining syndrome.
- Perform preventative and treatment options for overtraining syndrome.
- Differentiate the signs of asthma and EIB clinically
- State the different treatments for asthma and EIB
- Identify the dangers and the value in exercising when pregnant.

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: 2.25 CAT A CEUs

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 (2.25) 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. 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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