

Collaborative Education Series

On-Demand: 'Gen Med' in Athletic Training

CME 'Enduring' Presentation

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".

Program Date: February 20, 2024
Release as Enduring Date: February 20, 2024
Expiration Date: February 20, 2027

Presenters:

On-Demand James Dunlap, MD
Kevin Connolly, DO
James Poulin, MD
Chris Lutrzykowski, MD
Elizabeth Rothe, MD

MaineGeneral Sports Medicine
Maine-Dartmouth Family Residency
Maine-Dartmouth Family Residency
MaineGeneral Sports Medicine
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Topics- Skin conditions, VCD, overtraining syndrome, asthma/EIB, exercise in pregnancy

Statement of Need:

- 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 CME Enduring Programs:

SCAN



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



Disclosure Statements:

Faculty: Dr. Dunlap, Dr. Connolly, Dr. Poulin, Dr. Lutrzykowski, and Dr. Rothe 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: 2.25

The MaineGeneral Medical Center designates this enduring activity for a maximum of 2.25 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. 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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