

# Collaborative Education Series

## [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

## On-Demand: Burnout in Athletic Training: Know Your Role & Patellar Instability

### CAT A Presentation

Program Date: February 13, 2023  
Release as On-Demand Date: February 20, 2023  
Expiration Date: February 20, 2026

#### Presenters:

ON-DEMAND- **Sherrie Weeks, EdS, Med, ATC** NorthernLight Sports Medicine

- There has been a great deal of research devoted to athletic training burnout pre COVID, but as attrition is still a big problem in this profession, athletic trainers are not aware of this information. This presentation is designed to educate the athletic trainer of relevant 'burnout' research and through this knowledge utilize recognition and coping skills to move from attrition to retention.

-By participating in this program, athletic trainers will be better equipped to recognize the signs and symptoms of burnout in themselves and their colleagues and apply appropriate strategies that can help mitigate burn out. Though implementing proper coping strategies, we hope to retain more athletic trainers in the profession and improve job satisfaction.

#### Objectives:

- Define burnout and list at least 3 signs and symptoms associated with it.
- Use appropriate tools to determine if you or a colleague is experiencing burnout.
- Design a plan to lessen the chances of experiencing 'burnout' that includes assessing the individual, determining factors, and implementing coping mechanisms.
- Apply this knowledge to assist others to prevent them from the trap of being 'burned out'.

#### Presenters:

ON-DEMAND- **Molly Nadeau, PA** MaineGeneral Orthopedics

- Acute injuries or chronic conditions involving the patella in athletes can lead to pain and dysfunction that may effect that person for the majority of their lives. Early recognition and treatment is what makes the difference in short and long-term outcomes. Some athletic trainers may lack the experience necessary to correctly identify patellar instability early enough to help prevent further injury such as patellar subluxation or dislocation.

-By participating in this course, the athletic trainer will be better equipped to properly assess athletes with patellar instability. Early recognition and proper management of these injuries will lead to the athlete receiving appropriate care, improved outcomes, and a greater long term outlook of maintaining proper function of their knee.

#### Objectives:

- Identify a Patellar Dislocation.
- Differentiate between similar presenting injuries.
- Explain what surgical Intervention may be utilized for these injuries.

To view all our BOC On-Demand Programs: [CLICK HERE](#)  
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.

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