Athletic Training: an Education and Practice Overview

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Agenda

- Athletic Training Professional Preparation
- Athletic Training Practice and Reimbursement
- Concluding Remarks
- Questions and Discussion
Athletic Trainers as Healthcare Providers

- Must be Licensed by the Oklahoma Board of Medical Licensure and Supervision (LAT)
- Must be Certified by the national Board of Certification for Athletic Training (BOC-ATC).
- Must possess a Baccalaureate or Post-Baccalaureate degree in Athletic Training from a college or university accredited by the Commission on Accreditation of Athletic Training Education (CAATE)
- Athletic Trainers are listed providers in the National Plan and Provider Enumeration System (NPPES-NPI) as “Rehabilitation Practitioners.” CMS only allows professions meeting the definition of “healthcare provider” to obtain an NPI.
- 1990- Recognized as a Health Profession by the American Medical Association.
Oklahoma Board of Medical Licensure and Supervision

- Initial Licensure in 1981 (Title 59 O.S., Sections 525-535)

- "Athletic trainer" means a person with the qualifications specified in Section 530 of this title, whose major responsibility is the rendering of professional services for the prevention, emergency care, first aid and treatment of injuries incurred by an athlete by whatever methods are available, upon written protocol from the team physician or consulting physician to effect care, or rehabilitation;
"Athlete" means a person who engages in physical activity or is physically active.

"Physical activity" means activity that consists of athletic, recreational or occupational activities that require physical skills and utilize strength, power, endurance, speed, flexibility, range of motion or agility.

"Physically active" means individuals that engage in athletic, recreational or occupational activities that require physical skills and utilize strength, power, endurance, speed, flexibility, range of motion or agility.
Board of Certification

- Based in Omaha, NE
- Certification Exam
  - Based on Role Delineation Study (6th ed)
    - Establishes the Domains of Athletic Training and therefore the educational foundation
      - Injury/Illness Prevention and Wellness Protection
      - Clinical Evaluation and Diagnosis
      - Immediate and Emergency Care
      - Treatment and Rehabilitation
      - Organizational and Professional Health and Well Being
Board of Certification

- Standards of Professional Practice
  - Practice Standards
  - Code of Professional Responsibility
    - Patient Responsibility
    - Competency
    - Professional Responsibility
    - Research
    - Social Responsibility
    - Business Practices

- Continuing Education Requirements
  - 50 Hours every 2 years (from Approved Providers)
    - 10 hours required Evidence Based Practice coursework
Commission on Accreditation of Athletic Training

- Programs are evaluated according to the CAATE Standards for the Accreditation of Professional Athletic Training Programs
  - 109 Standards in 10 Categories
    - Standard 2: CAATE accredited professional athletic training programs must result in the granting of a master’s degree in Athletic Training.
      - Timeline for Compliance with Standard 2: 2022
Athletic Training to Masters: History of Comparable Professions

- Athletic Training - Transition to Masters in 2022
  TU, OSU, UCO already at the Masters Level.

- Occupational Therapy - Transitioned to Masters in 2007

- Physical Therapy - Transitioned to Masters in 2002
  Transition to Doctorate by 2020

- Physical Therapy Assistant - Associates Degree Only (reimbursed)
- Occupational Therapy Assistant - Associates Degree Only (reimbursed)
Athletic Training Professional Preparation

- Program Delivery
  - Athletic Training Educational Competencies (5th Edition)
    - 269 Educational Competencies; 8 content areas, including:
      - Clinical Examination and Diagnosis
      - Therapeutic Interventions
  - Clinical Examination and Diagnosis
    - CE-17. Use clinical reasoning skills to formulate an appropriate clinical diagnosis.
    - CE-20. Use standard techniques and procedures for the clinical examination of injuries, conditions, illnesses, and diseases.
    - CE-22. Determine when the findings of an examination warrant referral of the patient.
Commission on Accreditation of Athletic Training

- Program Delivery
  - Competency Examples from Therapeutic Interventions (page 22-25):
    - TI-10. Integrate self-treatment into the intervention when appropriate, including instructing the patient regarding self-treatment plans.
    - TI-12. Use the results of on-going clinical examinations to determine when a therapeutic intervention should be progressed, regressed or discontinued.
    - TI-15. Perform joint mobilization techniques as indicated by examination findings.
Commission on Accreditation of Athletic Training

- Competency Examples from Therapeutic Interventions (page 22-25):
  - TI-11. Design therapeutic interventions to meet specified treatment goals.
    - TI-11a. Assess the patient to identify indications, contraindications, and precautions applicable to the intended intervention.
    - TI-11d. Instruct the patient how to correctly perform rehabilitative exercises.
    - TI-11e. Apply the intervention, using parameters appropriate to the intended outcome.
    - TI-11f. Reassess the patient to determine the immediate impact of the intervention
Perform a comprehensive clinical examination of a patient with an upper extremity, lower extremity, head, neck, thorax, and spine injury or condition. This exam should incorporate clinical reasoning in the selection of assessment procedures and interpretation of findings in order to formulate a differential diagnosis and/or diagnosis, determine underlying impairments, and identify activity limitations and participation restrictions. Based on the assessment data and consideration of the patient’s goals, provide the appropriate initial care and establish overall treatment goals. Create and implement a therapeutic intervention that targets these treatment goals to include, as appropriate, therapeutic modalities, medications (with physician involvement as necessary), and rehabilitative techniques and procedures. Integrate and interpret various forms of standardized documentation including both patient-oriented and clinician-oriented outcomes measures to recommend activity level, make return to play decisions, and maximize patient outcomes and progress in the treatment plan.
Commission on Accreditation of Athletic Training

- Program Delivery
  - Clinical Experience - Standards Examples...Clinical education must:
    - Follow a logical progression that allows for increasing amounts of clinically supervised responsibility leading to autonomous practice upon graduation.
    - Address the continuum of care that would prepare a student to function in a variety of settings with patients engaged in a range of activities with conditions described in athletic training knowledge, skills and clinical abilities
    - Be completed over a minimum of two academic years.
An Example of Athletic Training Education

- Master of Athletic Training
  - 60 Credit Hours (all core) Ex:
    - Preventative, Immediate, and Emergent Care of Injury (6 cr)
    - Clinical Evaluation and Therapeutic Intervention I-III (18 cr)
    - Research for Practice (3 cr)
    - Psychosocial Strategies and Referral (3 cr)
    - Administration & Leadership in AT (3 cr)

- 2 years of immersed Supervised Practice (Approximately 1200 hours)
  - Supervised Practice I-IV
Athletic Trainers in Oklahoma

- Approximately 400 Athletic Trainers Practicing
- Where Athletic Trainers Practice
  - Colleges and Universities (30%)
  - Secondary Schools (20%)
  - Occupational Health, Military/Tactical, Performing Arts, Professional Sports (27%)
  - Hospitals and Clinics (23%) - Nationally 50%

*Statistics from February 2016 National Athletic Trainers’ Association Membership Database and Oklahoma Board of Medical Licensure and Supervision.*
Oklahoma Medical Board Statistics

- **Number of Active Physical Therapists**
  - 2193
  - 396 (18%) hold a bachelor's degree

- **Number of Active Physical Therapy Assistants**
  - 1585 - all hold an associate's degree

- **Total workforce providing therapy services in Oklahoma** = 3,778
  - 52.5% of workforce currently hold a bachelor's degree or associate's degree

- **Number of Active Athletic Trainers**
  - 398
  - 102 (23%) hold a bachelor's degree
  - 296 (77%) hold an advanced degree

*OK Medical Board does not require applicants to report the level of their degree.

Information provided by Chris Maloney - Database Administrator at the Oklahoma State Board of Medical Licensure and Supervision
Athletic Trainers and Reimbursement

  - 97005/97006 - Athletic Training Evaluation/Re-evaluation
  - 97003/97004 - Occupational Therapy Evaluation/Re-evaluation
  - 97001/97002 - Physical Therapy Evaluation/Re-evaluation
- All other Physical Medicine and Rehabilitation Codes are not exclusive to one profession and can be billed by any qualified healthcare professional (i.e. 97110 - Therapeutic exercise, 97140 - Manual therapy, 97014 - Electrical stimulation (Unattended), etc.)

- Currently there are at least 5 states with legislation requiring reimbursement for athletic training services
  - Indiana, Georgia, Missouri, Ohio, and Wisconsin
NATA and APTA Joint Statement on Cooperation

- “The APTA and NATA acknowledge that physical therapist and athletic trainers are health care professionals authorized to provide interventions within their scope of practice as defined by applicable state law and, within that scope, to the extent of their individual educational/training competencies”

- “the scopes of practice of the two professions (AT and PT) overlap to some extent.”

- “both believe that the current Physical Medicine and Rehabilitation codes other than 97001, 97002, 97005, and 97006 are not exclusive to any one particular health care professional. PT’s are not the exclusive providers of manual therapy.”

- “The NATA and APTA agree that the decisions about which professionals should be deemed qualified to provide particular services and which services provided by such professional should be reimbursed by insurers and public programs are issues to be determined in the marketplace by consumers, insurers, federal and state legislators, policy makers, and, in the case of athletic trainers (as dictated by state law) physicians.”
Athletic Trainers and Reimbursement

- Oklahoma Workers’ Compensation Commission
  - 2012 Schedule of Medical and Hospital Fees
    - Physical Medicine Ground Rules
    - Page 139 Covered Services
      - Item 2. f.: A licensed athletic trainer
    - Page 142 Athletic Trainer Services Description
    - Page 144 Physical Medicine Fee Schedule
Concluding Remarks

- Athletic Trainers are nationally certified and state licensed healthcare professionals.
- Athletic Training education requires intensive study and supervised clinical practice within the outlined domains and competencies, as well as the demonstration of clinical proficiency.
- Athletic Trainers are recognized as rehabilitation specialists who are also educated, trained, and proficient in clinical evaluation, immediate care, and treatment and rehabilitation of illness and injury.
- Athletic Trainers are a valuable component of the interdisciplinary care team.
- As a result of the professional preparation and clinical practice, athletic trainers provide reimbursable procedures in clinical settings.
- Athletic Trainers are seeking appropriate credentialing and reimbursement by Oklahoma Payer Networks.
Thank You

Questions?
Discussion?