

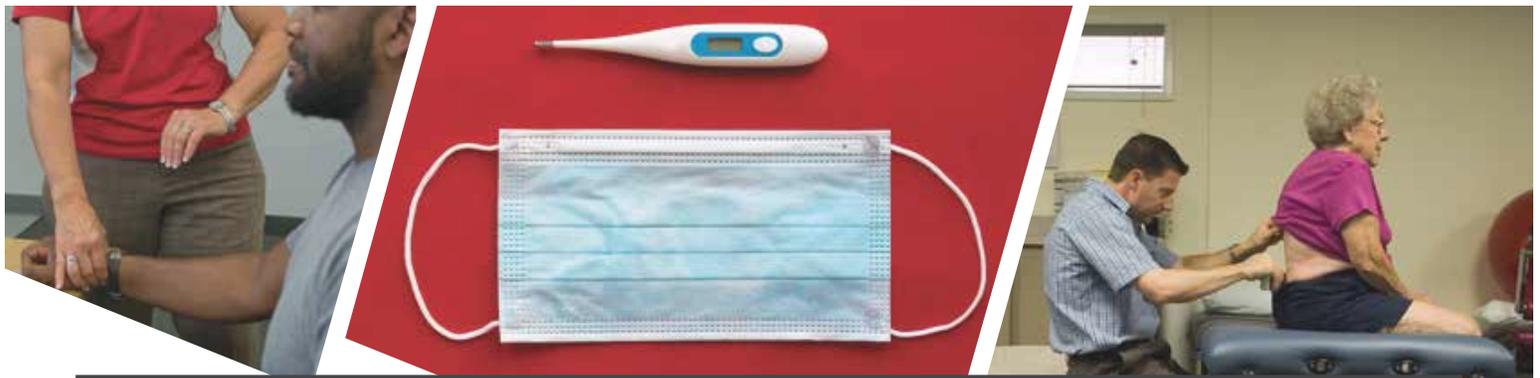
# INTEGRATING ATHLETIC TRAINERS AMIDST COVID-19 OVERCROWDING AND STAFF SHORTAGES

In the midst of the COVID-19 pandemic and worldwide health care shortages, ATs play an important role in patient care and providing critical services in their communities. While the specific roles and duties that ATs can perform vary state to state and person to person, below are a few of the many roles and responsibilities that ATs can assume as part of your health care team.

## INTEGRATING ATs INTO YOUR HEALTH CARE SYSTEM

- ATs are able to assist with the assessment and care of injuries and illnesses. ATs implement systematic, evidence-based examinations and assessments to formulate valid clinical diagnoses and determine patients' plan of care.
- ATs can assist with patient intake and screenings, and help move patients more effectively and efficiently through the health care system.
- ATs can educate patients on illness prevention strategies and promote overall wellness.
- AT skillset and training includes: triage, taking patient intake and documentation, clinical diagnosis, performing evaluations, and patient education.
- ATs can administer invasive and non-invasive diagnostic tests such as rapid strep, rapid flu and COVID-19 tests.
- ATs are trained in immediate and emergency care and can help fill appropriate roles in emergency rooms such as triage, intake or administrative support.
- ATs are educated and trained in communicable diseases, sanitization and sterilization processes and use of personal protective equipment to help prevent the spread of infectious diseases.
- There are emerging opportunities for ATs to participate in telemedicine and provide health care to patients at home.

To hire an athletic trainer to support the health care shortage due to COVID-19, visit [www.ATsReadyToHelp.com](http://www.ATsReadyToHelp.com).



# WHAT IS AN ATHLETIC TRAINER

Athletic trainers (ATs) are health care professionals who render service or treatment, under the direction of or in collaboration with a physician, in accordance with their education and training and the state's statutes, rules, and regulations. As a part of the health care team, services provided by ATs include primary care, injury and illness prevention, wellness promotion and education, emergent care, examination and clinical diagnosis, therapeutic intervention, and rehabilitation of injuries and medical conditions. Athletic training is recognized by the American Medical Association (AMA), Health Resources Services Administration (HRSA) and the Department of Health and Human Services (HHS) as an allied health care profession.

## ABOUT ATHLETIC TRAINERS

- Are not personal trainers. Unlike personal trainers, ATs follow a medical-based education model.
- Must graduate from an accredited educational program and pass a comprehensive certification exam.
- Are licensed and otherwise regulated in 49 states and the District of Columbia. Efforts continue to gain regulation in California.
- Must keep their knowledge and skills current by participating in continuing education.
- Work in educational institutions; secondary schools, colleges, universities; professional and amateur sports organizations; hospitals and clinics; corporate workplaces; the military; police and fire departments; and performing arts.

## HEALTH CARE TOPICS

Some of the health care topics that ATs are educated in include:

- Orthopedic Injuries
- Concussion
- Disease Transmission
- Cardiac Emergencies
- Eating Disorders
- Diabetic Episodes
- Exertional Sickling
- Early Onset Osteoarthritis
- Substance Abuse
- Weight Management
- Heat Stroke and other Heat Illnesses
- Environmental and Weather Related
- Health Conditions
- Dental and Oral Injuries

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