

TRANSCRIPT OF MEDIA- OSF-ISU train the trainers to handle medical emergencies as fall sports approach

Athletic trainers from OSF and ISU simulated some of the most common conditions trainers see on the field.

"We had various stations going on, whether it was splinting and spine boarding, treatment of the spine-injured athlete. Dr. Rai, one of our sports medicine physicians, was here as well to help supervise. He was here giving pointers, walking around the stations, also working with our athletic trainers, giving them pointers and tips on skills that they can utilize out in the clinical field." (:22)

Whitson says the training helped reinforce how to identify symptoms of various conditions.

"Hitting tips on hydration, hitting tips on how to recognize the difference between sickle cell anemia, heat stroke and rhabdomyolysis. Unfortunately, with the increase in high school participation, high school athletes participating in sports, obviously, the incidence of these types of episodes are increasing as well." (:20)

Whitson says it's important for coaches to have support from medically trained professionals.

"That's really a benefit that we've been able to provide here at OSF within the community, to be able to have those athletic trainers as resources, so that the coaches at all of our high schools have a resource to be able to lean on that's clinically and medically trained to be able to handle those types of situations." (:17)

Whitson says athletic trainers provide education around ISHA safety and emergency protocols.

"The athletic directors obviously are in charge and kind of house enforcement of some of those things for student athlete safety. And that's the great thing where these athletic trainers from OSF, are able to come in and be able to educate the athletic directors, the student athletes, the coaches, and give those speaking points that are critical to be able to take care of them." (:21)