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### Mission Statement

The New Hampshire Musculoskeletal Institute is a nonprofit organization established to promote, conduct, coordinate and disseminate musculoskeletal research and education and to ultimately improve musculoskeletal health care.

## The value of NHMI's Athletic Training Fellowship

By Becky Scanlon-Begalle, MS, ATC, PES 2002-2003

(Becky is currently an Assistant Athletic Trainer at Skidmore College in Saratoga Springs, NY.)

Huge personal growth is the best way for me to describe my experience as an NHMI athletic training fellow. After college there are so many possibilities to pursue with an athletic training degree. During my year with the institute I met and worked with amazing people, experienced surgeries and areas of medicine that most athletic trainers will never see, gained experience in a biomechanics lab, and further expanded my abilities in an athletic training setting.

This fellowship can open doors and create networking opportunities for a lifetime.

Honestly, there are daily situations where I draw from some of my experiences to help relate to athletes and to introduce learning experiences for my students.

The fellowship is a catapult into whatever you are willing to work for. It builds independence, confidence, and initiative which are invaluable personal traits.



Each year NHMI hosts two Athletic Training Fellows. Information about this program is available on our web page at [www.NHMI.net](http://www.NHMI.net)

**NHMI is a 501(c)3 Corporation. Donations are tax-deductible.**

Please make checks payable to NHMI and mail to:

NHMI, 35 Kosciuszko Street, Manchester, NH 03101

## Thanks to our Winter Meeting Gold Sponsors



# NHMI NEWS

New Hampshire Musculoskeletal Institute

A nonprofit organization established to conduct research and education

## 9th Annual Orthopedic Winter Meeting

REGISTER EARLY FOR JANUARY, 2009

Brochures will soon be in the mail and online info is up and ready now. Remember, **your registration fee includes your room** and the CME activity -- considering that the fee barely covers the room at this great resort, this is an outstanding bargain. Our sponsors make that low fee possible and they will be glad to receive your thanks during exhibit hours. **Early-bird registrants save \$75 ..... be sure to register as early as possible. This meeting was sold out by the early-bird deadline last year!**

We have not made any changes to the meeting schedule, so it still allows for a great combination of continuing education, collegial interaction and recreation. Eight hours of Category 1 CME are spread over three sessions beginning Friday afternoon at 3 p.m. Following that educational session is a cocktail/hors d'oeuvre reception that allows attendees to connect with colleagues and spend time with exhibitors. Several hours off between the Saturday morning and afternoon sessions allow attendees free time to enjoy Stowe's many recreational offerings.

As always, speakers and topics focus on issues in orthopedic surgery. The faculty consists of: Chris Bono, Don Craven, Greg Fanelli, Richard Iorio, Andrew Marcantonio, John Macy and Anthony Schepsis. Please visit NHMI's webpage ([www.nhmi.net](http://www.nhmi.net)) for full program and registration information.

For the seventh year, this meeting will be held at the Stoweflake Mountain Resort and Spa. Stoweflake is conve-



niently located in the heart of Stowe, VT. The Resort has grown into a four-season, world-class resort with spa and restaurant awards. It is also a premier conference center certified by the International Association of Conference Centers (IACC) with several conference awards to its credit as well.

### CHIME IN ABOUT THIS NEWSLETTER

The NHMI News is now in its 14th year. Over those years our list of recipients has grown to more than 800. However, because we send the newsletter out via bulk mail (which does not generate return mail), we don't know how or if the newsletter is received. So...

... if you receive this newsletter but would rather not, or ... if you would prefer to receive this newsletter via e-mail or a link to its online version,

please let us know. Send an email to [laura@nhmi.net](mailto:laura@nhmi.net) and share your preferences. Thanks!

### In This Issue:

- Symposium Follow-Up
- President's Comments
- Fellowship Curriculum
- Scanlon on NHMI's Fellowship

## ATHLETIC TRAINING FELLOWSHIP HEADS FOR THE NEXT LEVEL

The Athletic Training Fellowship is NHMI's largest educational effort. Now in its 15th year, we have hosted 24 of the best and brightest young athletic trainers in the country (plus one from Canada and one from Japan!). Each year, two athletic trainers are awarded fellowships. This allows them the opportunity to observe physicians and allied health professionals over the course of a 20-rotation schedule. Those who are familiar with the field of athletic training recognize that a good athletic trainer knows a little bit about a lot of things -- the better to help them with their triage role. The Fellowship program is founded on that concept and places the fellows for one to two week rotations with many specialists. They observe in the ambulance, the emergency department and the operating room. Specialty rotations include orthopedics (of course), primary care, chiropractic, PT and OT, ophthalmology, radiology, dermatology, podiatry, orthotics and prosthetics and neurosurgery.

What's new? NHMI has embarked on a project to formalize and structure a curriculum associated with rotation content. Another focus of the Fellowship -- research -- is also receiving attention. Pamela J. Russell, PhD, a longtime member of NHMI's Advisory Board and Research Committee, is using her sabbatical from Bridgewater (MA) State College to serve as a consultant to develop this program. The program will be delivered online on the Blackboard Academic Suite and fellows will complete learning and assessment activities throughout their year here. This year's fellows, Dawn Schisler, MEd ATC and Sarah Philipp, ATC, as well as Fellowship faculty are making significant contributions to the design and content of the new program. Ultimately the Fellowship faculty and Fellowship alumni will be able to participate in course-related discussion boards and will serve as additional resources for each year's current fellows.



**Sarah Philipp, ATC and Dawn Schisler, MEd, ATC are NHMI's 2008-2009 Athletic Training Fellows.**

## Fall Symposium Plays to a Packed House

NHMI's 15th Annual Symposium took place on Saturday, September 13 in Bedford, New Hampshire. All the talks were well received but attendees were especially excited and challenged by NHMI Advisory Board member Bill Dexter's talk, "Red Flags for Medical Referral: Don't Miss Signs of Tumors, Aortic Pathology, DVTs, or Infections in Your Patients." Dr. Dexter reviewed his own cases, sometimes noting where he had missed signs that might have led him to a proper diagnosis sooner, to educate the crowd. Thanks to all of our speakers (Andy Chen, Irene Davis, Dain LaRoche, Dan O'Neill, Jim Vailas and Ge Wu) for putting on a stellar program. Looking forward to our 16th on September 12, 2009. See you then!



Heather Killie, MD and Scott Evans, PA-C point out anatomical features during the members-only anatomy workshop.

We hope that if the National Athletic Trainers Association ultimately implements a post-professional education program accreditation, this program enhancement will help us qualify. However, even without that possibility, we're very excited about this project. The program has always offered an excellent experience and this will just take it to the next level!

## NHMI COMMENTS FROM THE PRESIDENT



It is that wonderful time of year here in New England; the foliage colors are brilliant; the nights cool; days warm; and football is in full swing. This coincides with the completion of our annual fall Symposium, the 15th. Again, Laura organized a wonderful program. The speakers were educational; the venue great; and the networking engaging. I am pleased and proud to say that it was sold out a few weeks ahead of registration. Once again, the corporate sponsors were gracious. The support level has remained steady despite the changes occurring in the economy and government restrictions placed on industry sponsorship.



The Fellowship program is again enhanced by two great fellows, Dawn Schisler and Sarah Philipp, who have shown enormous ability and enthusiasm. We look forward to having an enjoyable learning experience with them. As you can read in the newsletter, NHMI is formalizing its curriculum. We believe this will better the Fellowship and improve our chances for future accreditation.

Overall, the state of affairs with NHMI remains strong and the prospects are favorable. We stand in line with our Mission. I thank each and every one of you who have supported us and continue to support the Institute.

Thank you for your time and support.  
Sincerely yours,  
Jim Vailas