

Mission Statement

NHMI is dedicated to advancing knowledge in musculoskeletal care and sports medicine and to promoting and providing a safe sports environment for athletes.



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A MOM EXPLAINS HOW SAFE SPORTS HELPED HER

It can be a scary experience for a mother when her child is injured. Often, we as parents walk out of our child's doctor's appointment with more questions than we went in with. This can leave us feeling helpless and afraid. Thanks to Safe Sports Network, there are resources for parents in the area of sports injuries—especially concussions like my daughter's. I took my daughter to Safe Sports after seeing the doctor. The athletic trainers took the time to answer my questions and ease my mind. They explained the details of my daughter's injury in plain terms and helped me to understand the complicated nature of her recovery process. I called them several times for reassurance and more answers. They were never too busy to take the time to talk to me. They even helped point me in the right direction when we needed to see another doctor. It was a long recovery for my daughter and I will forever be thankful for the extra efforts and compassion from each and every health care professional at Safe Sports. Thank you very much for taking the time to help to calm a worried mother's nerves! *K.A., Manchester, NH*

2ND SOCIAL PLANNED FOR MARCH 2014

NHMI will host the 2nd Annual Safe Sports Social Event on March 26th, 2014 at the Derryfield Restaurant in Manchester. Last year's event raised \$50,000 to promote and provide a safe sports environment for young athletes in the greater Manchester area. Please contact Laura if your business would like to sponsor this event.



Thank you to all our
2013 sponsors!

NEW ENGLAND NFL ALUMS DONATE AGAIN

We recently received a \$2500 donation from the New England Chapter of the National Football League Alumni. Obviously these guys have personal reasons for valuing and supporting sports medicine services for kids. Donors like these NFL alums make it possible for several thousand young athletes to have the sports injury care they need through our Safe Sports program.



HOW YOU CAN HELP

Safe Sports Network is working on getting an automated external defibrillator (AED) for special event coverage. An AED is a device that helps save lives of people suffering from a cardiac emergency. At each of our high schools, the athletic trainer carries an AED with his equipment. However, when SSN is covering an event that is not school-related we don't always have access to an AED. We need about \$1500 for this item. Please help by donating — visit www.nhmi.net and click the DONATE button.

DAY FOR KIDS

Safe Sports participated in the Manchester Boys and Girls Club Day for Kids for the second year in a row. This day provides an opportunity to Safe Sports volunteers to teach sports safety. Our athletic trainers and other volunteers were busy! They taught the kids how to warm up before exercise. They also taught the importance of hydration. These were among



the important ideas "buried" in the fun of the obstacle course (which several kids did over and over again!). Thanks to USA Football, Coca-Cola, Johnson & Johnson, Amoskeag Beverages, Pats Peak, Arthrex/Kairos and NH Orthopaedic Center for supporting our participation at the Day for Kids!!

NHOC is the 2013 sponsor of the NHMI News



SAFE SPORTS NETWORK AND HARVARD PILGRIM HEALTH CARE TO BRING ATHLETES SAVING ATHLETES™ TO NH

ATHLETES SAVING ATHLETES.

Safe Sports Network is thrilled to announce its selection as one of two expansion sites for an exciting new program. Athletes Saving Athletes™ (ASA) is a unique peer-to-peer education program created by Advocates for Injured Athletes. It is designed to teach student athletes to recognize life-threatening conditions. The program uses the power of knowledge and kids talking to kids. It will increase the number of eyes on the field looking out for serious injuries.

NHMI Executive Director Laura Decoster first heard about ASA this past February. She saw an amazing potential to increase the safety of our student athletes. Harvard Pilgrim Health Care of New England will be making a \$5000 donation to NHMI to help launch ASA. This means 250 athletes at 3 schools will be receiving this training in 2014. Harvard Pilgrim leadership saw the need to help launch this innovative program to ensure the safety of our young athletes. A huge thanks to Harvard Pilgrim for making this possible!

COUNT US IN  **Harvard Pilgrim
Health Care of New England**

NHMI RESIDENCY FIRST TO GAIN NATIONAL ACCREDITATION

NHMI has run a residency for athletic trainers since 1994. The purpose of this residency is to advance preparation in primary care sports medicine. The program includes a structured curriculum and a series of rotations with healthcare providers. Residents learn to effectively manage a variety of patients. They give back during their year by working with NHMI's Safe Sports Network.

This was the first program of its kind in the country. It has now become the first residency program to receive national accreditation. Congratulations to the 2012-2013 Residents, pictured here, who were the first residents graduate from the newly-accredited program.



ORTHOPEDIC CME: JANUARY 24-25, 2014

Registration is now open for our 14th Annual Orthopedic Winter meeting, slated for January 24 and 25 in Stowe, VT. The meeting will be held at the beautiful Stowe Mountain Lodge. The schedule includes a wide range of orthopedic topics from ACL to Trauma. Speakers: Tom Minas, MD; Peter Brooks, MD; Greg Blaisdell; Rich Wilk, MD; Marc Michaud, MD; Matt Gammons, MD; and Mark Robbins, MD. Full course information and registration is available on our webpage at: www.nhmi.net/winter_meeting.php. As always, the registration fee for this meeting covers your hotel room for 2 nights.

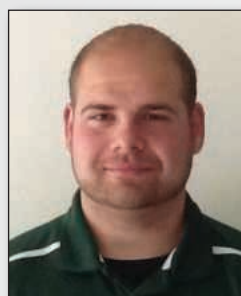
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2013-2014 RESIDENT PROFILES

Kevin Silva, MS, ATC

Kevin received his BS in athletic training from Plymouth State University in May, 2011 (Magna Cum Laude). He received his MS in athletic training from Ohio University in 2013. He's been excited about the Residency for years - he started hearing about it at the beginning of his undergraduate AT studies. Residency Alum Keith Belmore was one of his mentors! Kevin's hobbies include playing hockey, cooking and "attempting to play golf."



Max Cohen, ATC

Max graduated Magna Cum Laude with his BS in athletic training from Boston University in May, 2013. He is excited about the Residency for many reasons, including its focus on general medical education. He is also thrilled to be able to give back to the community via the Safe Sports Network. Max plays bass in a band, writes his own music, loves sports and is enthralled with technology!



EDUCATION UPDATE: QUICK HITS

- On October 17, NHMI held its third local evening CME meeting. Dr. John Y. Kwon from Mass General, provided a thought-provoking lecture called *Calcaneus Fractures: A Personal Journey*. We are looking forward to the next edition in the spring. Stay tuned.
- Anatomy dissection workshops continued in 2013. Plymouth State, Colby-Sawyer and Keene State athletic training students participated. The members-only dissection was held this past spring. Dr. Kathleen Hogan dissected a hip for the audience. What would you like to see next spring?
- The BERTRAND & BLANCHE LETENDRE SUMMER ATHLETIC TRAINING CAMP SCHOLARSHIP will be taking applications from January 1st to April 1st. The scholarship was created for high students who have an interest in sports medicine. If you know of a student who be interested, please go to www.NHMI.net for more information.



2012 Letendre Scholarship winner Courtney Barlotta continues to be very interested in athletic training. For two years she's worked with her Safe Sports Athletic Trainer as one of several students in his program.

RESEARCH UPDATES

PRELIMINARY RESEARCH RESULTS

Two studies were conducted by last year's residents (Theresa Chester and Brad Endres). The first project assessed head acceleration during helmet removal. Helmets were removed with and without facemask removal. Facemask removal did not reduce acceleration. It did increase the total time required to remove the helmet. The other study question was, "How long does it take to remove football clothing and equipment in preparation for cold water immersion in a heat stroke scenario?" Results here indicate that complete removal of equipment and uniform takes just under 3 minutes. The project included a comparison of traditional and quick-release shoulder pads. There was no difference in removal time between the two pads.



2013-2014 RESIDENT PROJECTS

This year's projects will focus on the football chinstrap. Max and Kevin will investigate the procedure for and the impact of chinstrap removal.

OUR PRESIDENT: Jim Vailas

I am very pleased to say that NHMI continues work on its research and education mission. As you will read in their bios on page 2, our residents continue to be top candidates. Max and Kevin have the insatiable lust for learning we've come to expect. Our 20th Annual Fall Symposium was a great success. The crowd loved the quality presentations. As always, people were happy with the great food and great value. Thank you to our sponsors for helping keep this program affordable. I am excited about our involvement with the Athletes Saving Athletes™ program. (See the story on the front page of this newsletter.) I think this is a great program which will improve the treatment and care of our injured athletes. Having more people on the field who are trained to recognize serious conditions will help ensure appropriate care is delivered in a timely manner. Harvard Pilgrim's dedication to the community makes this program possible. Thank you Harvard Pilgrim! I am looking forward to another exceptional Winter Orthopaedic Meeting in Stowe, VT in January. I hope to see many of you there!! To all who support our cause, thank you very much! Have a happy and health holiday season!



OUR EXECUTIVE DIRECTOR: Laura Decoster

How much does it cost?

Because our donors understand how important it is to ensure kids have a safe sports environment, the answer is, "It's free." The question is frequently posed to me and members of my staff. It's often about Safe Sports services like the drop-in injury clinic or ImPACT concussion testing. The answer, "it's free," usually results in a brief stunned silence. Recently a mother called looking for a baseline concussion test for her freshman son. Originally, he wasn't planning to play so he missed his group testing at school. "Oh! I'm not used to that!" was her response to "it's free." Safe Sports services are



free because of exceptional donor support. If you're passionate about ensuring great care for athletes by supporting NHMI's educational programs, you're helping too! Who's taking care of our kids? YOU are! Thank you!

SAFE SPORTS DIRECTOR: Amy Hollingworth

Another busy fall season is coming to a close at the high schools. Young athletes are working with their athletic trainers to return to their sports. The free injury drop-in clinic has also been busy with youth athletes. It seems that more and more athletes in the community have received the care they need for their injuries. A busy clinic means more kids who need sports medicine care are getting it. Most of these athletes would not have access to a sports medicine professional. Now they have the opportunity. The word is getting out to the youth leagues as well. The focus on concussions in the media has led to more youth groups contacting us to set up ImPACT testing. In fact, nearly 300 new baseline tests were administered to these youth athletes in the last few months. Efforts to increase overall safety in the sports community continue with efforts toward raising funds for an AED to be used by athletic trainers at event coverage. Please see the back page on ways to donate to help us get that AED. *As always we thank you for your support of the Safe Sports Network.*



SAFE SPORTS TARGETS YOUTH LEAGUES

Four youth sports leagues participated in neurocognitive baseline (ImPACT) testing in October. This year, nearly 300 youth athletes completed baseline concussion tests. Baseline tests are a valuable tool used in making return to play decisions following concussions. That means a safer return to play for these young athletes. Thank you to Saint Anselm College and Cawley Middle school for opening the doors to their computer labs for the testing.

THANKS TO OUR SYMPOSIUM BENEFACTORS

