Position Your Program for Success in 2016

The time is right to plan for more stringent provider requirements. BOC Approved Providers will be required to meet a new set of standards for their continuing education (CE) programs effective January 1, 2016. Action is required for your organization to maintain its BOC Approved Provider status.

The new standards require BOC Approved Providers to enhance aspects of administration, business practices, content, development and instruction, assessment, and review and evaluation – all to advance the BOC mission of assuring protection of the public.

We at the BOC recommend familiarizing yourself with the 2016 Standards sooner rather than later, in order to seamlessly maintain your BOC Approved Provider status. Depending on your program, dedicated time and attention to your program may be required to remain compliant.

The BOC wants to help you successfully enhance your program to comply with the new requirements. That’s why our website now offers more resources and examples to help you reach the next level.

Please take time to review the 2016 Standards, available on the BOC website and in the Spring edition of the AP Update. Additional details about the new requirements, applications and renewal processes will be shared with current BOC Approved Providers in early 2015.

(Continued on Page 3)
Dear BOC Approved Provider,

Have you been thinking about adding an Evidence Based Practice (EBP) program to your continuing education repertoire? Are you looking ahead to how to bring your program into compliance with the 2016 BOC Approved Provider Standards.

No matter your priorities, the BOC is here to help you take the next steps in offering great continuing education to Athletic Trainers.

This issue of AP Update contains information on how to develop an EBP program and complete the application. We’re also including a checklist to guide you through the application process to qualify your EBP program for BOC continuing education units (CEUs).

As for resources about the 2016 Standards, we have you covered there, too. On Page 3, you will find a list of all the new Approved Provider resources that have been added to the BOC website. These resources contain examples, templates and in-depth guides to help you take your CE programming to the next level for 2016.

Thank you, as always, for your dedication to the profession. Feel free to contact me with any questions at JessicaR@bocatc.org or (402) 559-0091 ext. 120.

Jessica Roberts, MS Ed, ATC
Professional Development Coordinator

Did You Know?

2015 AP Renewal
Don’t miss your chance to renew! 2015 BOC Approved Provider renewal invoices will be sent via email October 15, 2014. Fees, which are due December 31, 2014, will be announced in the email.

Make sure you get this important notice. Confirm your contact information in BOC Central today.

Resource Videos for the BOC Approved Provider
As you’re developing programs or seeking new ways to engage your Athletic Trainer audience, make sure to see our new online resources for additional help. These videos are great for new Approved Providers, and they are a good refresher for longtime member programs, as well.

Videos are available on the BOC’s YouTube channel under the playlist, Approved Provider Resources.

List Your CE Programs for Free
Need help getting the word out about your CE programs? The BOC website allows ATs to search for upcoming CE events. The feature includes a chart that displays all BOC Approved Home Study Programs, as well as a chart solely for BOC Approved Evidence Based Practice (EBP) Programs. Of course, you can also list your live events for free on the BOC website. To do so, just fill out our online form.

(Continued from the cover page)

2016 Standards

While transitioning into 2015, use this year to test where your program now stands with regard to the new standards and to identify any necessary updates. By acting now, you can position your organization for success in offering CE to ATs for years to come.

Resources for 2016 Standards

• (Section 1) Attendance Record
• (Section 1.3 & 2.5) Conflict of Interest
• (Section 1.7) Attendance Certificate
• (Section 2.3) Non-Discriminatory Practices
• (Section 2.4) Speaker Release Form
• (Section 3.4) Measurable Learning Objectives
• (Section 5) Example Assessment Methods for EBP Programs
• (Section 6) Course Evaluation

See Yourself Online!

TAKE ADVANTAGE OF THE BOC’S ONLINE ADVERTISING.

Call Today To Get Started! Mindy Lindquist will work with you to help you get the most of your advertising dollars. Don’t delay, call (402) 559-0091 or email MindyL@bocatc.org.

Jessica Roberts, MS Ed, ATC
As a BOC Approved Provider, you know that your continuing education (CE) programs must be appropriate for a professional-level Athletic Trainer. But what does “professional-level” mean within this context?

The Role Delineation Study/Practice Analysis (RD/PA) provides guidance into what is expected of professional-level athletic training practice. This document helps users identify the knowledge and skills necessary for a professional-level Athletic Trainer to perform critical tasks safely and competently. It also outlines the minimum requirements for continuing education (CE).

No matter the topic, CE must promote continued competence, development of current knowledge and skills and enhancement of professional skills and judgment. CE activities must focus on increasing knowledge, skills and abilities related to the practice of athletic training.

When you’re developing programs, identify programs that are truly intended for the healthcare provider. Programs that are composed and produced for the continuing education of physicians or nurses most likely meet BOC requirements. CE programs should not be targeted to personal trainers, fitness instructors, coaches, athletes or sport enthusiasts.

Language should also be appropriate for individuals who have received medical training. Accordingly, instructors and program materials should use medical terminology. For example, the term “patella” should be used instead of “kneecap.” Programs that include definitions of basic medical terminology may not meet BOC requirements.

The BOC Approved Provider Guidebook outlines program requirements and the roles and responsibilities of BOC Approved Providers. In this document, you will find information about the RD/PA (pages 4 and 5), program audience (page 10) and level of difficulty (page 10 and 11). A printed copy of the guidebook was mailed to you in April 2014 for your reference as well.

You are encouraged to review the above documents for additional information about professional-level practice or contact the BOC with questions.

Reach New Heights with the BOC’s Advertising Services

Take advantage of the everything the BOC has to offer you.

We have the largest and cleanest list of ATs in the United States and internationally. Whether you are a researcher, employer, educational provider, retail vendor or BOC Approved Provider, we will help you succeed. Leave the stress of marketing to us with these services:

- MAILING LIST SERVICES
- EMAIL LIST SERVICES
- PRINT ADVERTISING
- WEB ADVERTISING
- CUSTOM DESIGN SERVICES
- SPONSORSHIP OPPORTUNITIES

Warning: There Might Be a Reason Your CE Program Attendance Is Down!

Keep your Athletic Trainer audience engaged with these tips on selecting meaningful content for your program, and keep ATs coming back for more.

Not getting the attendee participation you were hoping for?

The harsh reality is, many Athletic Trainers (ATs) get tired of hearing the same topics over and over again. The healthcare provider world is constantly changing, but your continuing education (CE) tactics may not be. Give ATs something new!

Do your research and ask your athletic training audience what they want. Chances are, it’s not what you think.

We asked the question and were surprised to learn many ATs go into a CE program hoping to learn the latest and greatest, only to leave disappointed in the dated material presented at a basic level. Remember that BOC Approved Providers are required to deliver content at or above professional level for that of a healthcare provider. Essential level is acceptable, but strive for Advanced or Mastery as described on page 10 of the BOC Approved Provider Guidebook.

Bring It!

Here are four more ways to “bring it” to your next CE program:

• Do your research. Don’t just present on the same tired topic
• Keep it current. Skip the resources that are older than three years if it can be avoided. The latest and greatest is out there
• Make sure your presenter is prepared and full of energy. Everybody loves a good nap … but not during your CE event

Topic Tip

While all domains are important, try a topic pertaining to Domain 5, Organization and Professional Health and Well-Being. This is the most underutilized domain for topic generation, yet it is so vital to the athletic training profession.

Additional Resources

• TED Talk Takeaways: 8 Ways to Hook Your Audience
• The Art of Making a Brilliant Presentation

Get the word out! Visit the BOC website for marketing opportunities. We can help you target and reach the Athletic Trainer audience you need to be successful. Contact Mindy Lindquist at (402)559-0091 ext. 119 or MindyL@bocatc.org for more information.
How long have you worked in this setting?

Eleven years total. I worked two years with the New York Yankees, one year with the Atlanta Braves and eight years with the Kansas City Royals.

Describe your typical day:

My typical day for an evening game (7:00pm game time) begins around 12:00pm – 1:00pm with preparing the athletic training facility for the day, planning players’ rehab and injury prevention programs, and catching up on other duties such as organizing and preparing for our upcoming road trip, etc.

Players generally start reporting to the stadium around 1:00pm – 2:00pm. Treatments and rehab programs are conducted, in addition to assisting with our strength and conditioning coach for player workouts. Batting practice starts at 4:00pm. During this time I will conduct any on-field functional rehab progressions players may have; otherwise, I am out on the field in case an injury occurs during pre-game.

After batting practice I will continue with player treatments/rehab as needed and get players ready for the game. Typically games last from 2 ½ hours to 3 ½ hours on the field.

After the game I'll continue with post-game injury prevention routines and finish up any last minute treatments before players leave the stadium. Once my work in the athletic training facility is complete, I will enter all my daily notes into the MLB electronic medical records system and send out an end-of-day report to the Kansas City Royals front office, team physicians and other various staff. I generally am finished for the night around midnight.

What do you like about your position?

This is a fast-paced and demanding work environment that challenges you to have a strong work ethic and stay current on the latest research and medical information out there to provide the best care for our players.

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What do you like about your position?

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(Continued on Page 9)

Note: The following testimonial was submitted by The Back School. It is critical that Athletic Trainers (ATs) are able to identify BOC Approved Providers when looking at advertisements or program materials. The BOC recognizes BOC Approved Providers who follow the guidelines set forth in the BOC Approved Provider Guidebook. A BOC Approved Provider is featured each issue of the AP Update.

This issue’s featured BOC Approved Provider is The Back School. As you can see in the materials below, the company adheres to the policies found in the BOC Approved Provider Guidebook. Recently, the BOC asked Operations Manager Michael Dubin, MA, PHR, CEAS, to comment on the benefits of being a BOC Approved Provider. This is what he had to say:

Why did you become a BOC Approved Provider?

To assist Athletic Trainers in receiving credit for their professional development in the areas of ergonomics and industrial rehabilitation.

What are the advantages of being a BOC Approved Provider?

Enhanced recognition by Athletic Trainers of the value and importance of ergonomics and to help enhance their professional practice through offering additional skills and services.

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New BOC Approved Providers

The BOC would like to welcome all new BOC Approved Providers since the Fall 2013 issue of the AP Update. We encourage you to contact the BOC office at any time with questions. We look forward to working with each of you.

Advanced Orthopaedics
Airrosti Rehab Centers
Alaska Athletic Trainers’ Association
AMC Sports Medicine/Orthopedic Residency
American Institute of Healthcare Compliance, Inc.
Amy Jamieson-Petonic
AnatomyLive, LLC
Anne Arndel Medical Center
Athletic Orthopedics Research Foundation
Athletic Training and Conditioning, Inc.
Bardavon Health Innovations
Beaumont Health System
Bethel University, Sports Medicine Department
BIGBEAR CO., Ltd
Blue Ridge Orthopedics and Sports Medicine
Bon Secours Sports Medicine Institute
Bun Secours Physical Therapists, Inc.
Brookline Recreation
California Baptist University
Capital Health Systems, Capital Institute for Neurosciences
Central Vermont Medical Center
Cincinnati Children’s Hospital Medical Center Division of Sports Medicine
CMX Travel & Meetings
DCOnline
Defiance College
Desert Youth Sports Association
DMGEME
Dr. Ma’s Integrative Dry Needling Institute, LLC
Eastern Michigan University Athletic Training
Ellen L. Smith, MD, FACEP
EnduraCare Acute Care Services, LLC
FootCentric, LLC
Foundations in Myofascial Release Seminars
Full Stride Wellness
Georgia Orthopedics and Sports Medicine
GMP Fitness
Graceland University
Harmonix Health LLC
Harvard-Westlake
Harry County Schools
Hudson Valley Hospital
Indiana State University Strength and Conditioning
International Sports Massage Therapy Association
International Sports & Fitness Trainers Association
Longevity - Scott Persy’s Orthopedic Rehabilitation Services (S.P.O.R.T.S)
Marywood University
Massachusetts General Hospital/Harvard Medical School-Dept. of Continuing Education
Maximum Training Solutions, LLC
McCallum Place Eating Disorder Centers
Medical Academic Center
Mercy College of Ohio
MET Seminars USA
Metro Nashville Public Schools - MNPS
Middlesex Orthopedic Surgeons, PC
Midlands Orthopaedics, PA; a division of ARSIS Healthcare
NDS Co. LTD
New Dimensions Wellness & Education
Newton Sports
North Dakota Athletic Trainers’ Association
North Jersey Orthopaedic Specialists
Oklahoma Sports & Orthopedics Institute Foundation
Ortho Concepts, Inc.
OrthoIndy
OrthoIndy, Inc.
Orthopaedic Associates, Inc.
Orthopaedic and Fracture Specialists
Orthopaedic and Sport Rehabilitation, LLC
Orthopaedic Associates of Lancaster, Ltd/ Spooky Nook Sports
Performance Health
PlaySafe
Portage Physical Therapists, Inc.
Portneuf Medical Center Sports Medicine Institute
Regional One Health

Rehab Management Solutions
Scripps Health
Select OrthoDME Solutions
Southeast Sports Seminars
Southwest Suburban Conference Athletic Trainers
Sport and Spine Physical Therapy
Sports & Physical Therapy Associates
Sports Medicine Continuing Education Solutions
Sports Medicine Institute
SRC Research Society (SCRS)
Stamford Hospital - OSI
Texas Children’s Hospital
The American Academy of Sports Dieticians and Nutritionists (AASDN)
The National Center for Drug Free Sport, Inc.
The North American Institute of Orthopaedic Manual Therapy, Inc. - NAOMT
The Training Room, LLC
Thibodaux Regional Medical Center
Total Orthopaedics and Sports Medicine

UC San Diego Dept. of Family Medicine Residency Program
UHS Sports Medicine
United States Tennis Association
University of California, San Francisco School of Medicine (UCSF)
University of Colorado - Boulder Sports Medicine
University of Colorado School of Medicine - Office of Continuing Medical Education
University of Evansville Athletic Training Education Program
University of Maine Athletic Training Program - Orono
University of Tennessee at Chattanooga Athletics-Sports Medicine
University of Tennessee Sports Medicine
University of the Pacific - Health, Exercise & Sport Sciences
Dept.
University of Wyoming Athletics
VQ OrthoCare
Well Cornell Medical College: Department of Neurological Surgery
William Jewell College

In-Depth Look

Welcome New BOC Approved Providers

Utilize on our athletes. It provides the opportunity to work with elite players who are looking to improve their athleticism and skills in the game of baseball.

This position has also given me an opportunity to travel all over the United States and visit many cities and states I probably would have never seen or visited. The team and Royals organization are like a family, with the ultimate goal of the players and staff to advance their career to the major league level.

What advice do you have about your practice setting for a young athlete looking at this setting?

My biggest advice would be to apply for an internship with a professional baseball team through the Professional Baseball Athletic Trainers Society (PBATS) internship program to get a true experience and understanding what this job setting is like and if it’s something you would really like to pursue. There are a lot of hard working and knowledgeable Athletic Trainers in this work setting who have a real passion for the sports medicine field. A young Athletic Trainer just starting out can learn a great amount from them.

Welcome New BOC Approved Providers

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**EBP Programming: A How-To Guide**

### Part 1: Developing a Clinical EBP Program

Clinical Evidence Based Practice (EBP) programs are organized around a clinically oriented topic and must be designed in a way that reflects the basic principles of EBP. Examples of appropriate clinical topics include glenohumeral assessment, ACL rehabilitation and sport-related concussion. Use the following steps to formulate a clinical question.

**EVALUATE**
- Ask a searchable clinical question (Most important catalyst)
- A well-built question should direct an answer that is focused on patient-centered outcomes. This question will not only improve the quality of care, but will also help the practitioner increase patient satisfaction
- Clinical application requirement: Question C-1
- Resource: Formulating a Clinical Question

**FIND**
- Find the best evidence to answer the question (Sometimes time intensive)
- Requirement: Five current references
- Resource: PubMed Central, Google Scholar, other databases

**READ**
- Review the literature
- Answer:
  - What are the results of the study and are they reliable?
  - Can they be reproduced if the same study was conducted again?
  - Are the results of the study valid?
  - Are the findings of the study clinically relevant to the clinical question?

**APPLY**
- Apply the findings
- Combine the clinician’s expertise and best evidence found in literature, and take into consideration the patient’s values when applying findings/new techniques

**SHARE**
- Share findings through production of continuing education programs

### Part 2: Completing the Clinical EBP Course Application

Now that you have developed your Clinical EBP program, it’s time to complete the BOC Clinical EBP Application. Use the following checklist to guide you through the application process. Each section of the checklist corresponds with the questions in Appendix C – Instructional Content.

**C-1. Clinical question**
- What is the clinical question used to drive your research/program development?
- Does the clinical question focus on patient-centered outcomes?
- Is the clinical question in PICO format (defines Patient/Population, Intervention, Comparison and Outcome)?

**C-2. Reference**
- Minimum of five current journal articles answering the clinical question
  - Reference #1:
  - Reference #2:
  - Reference #3:
  - Reference #4:
  - Reference #5:

**C-3. Clinician experience**
- How is the presenter’s past experience integrated throughout the program?
- How do clinicians use their own experience to make informed decisions about the clinical topic?

**C-4. Preliminary conclusions**
- What conclusions are supported by the evidence/literature in response to the clinical question?

**C-5. Clinical bottom line**
- What are the clinical recommendations related to this topic?
- Do the recommendations address the following aspects of patient care?
  - Financial implications
  - Equipment needs
  - Practicability of implementation
  - Applicability to various patient populations
Is Your Program Making These Common Errors?

The BOC audits Approved Providers to verify compliance with the BOC Approved Provider Guidebook. As of the beginning of September, the BOC has audited 82 Approved Providers this year. Auditors found several common errors, shown at right.

The BOC strives to help organizations follow the BOC Approved Provider Guidelines. How can we help you prepare for a successful audit? Let us know via email, Facebook or Twitter.

The BOC Approved Provider Guidebook can be found on the BOC website. It outlines all requirements with which BOC Approved Providers must comply. In addition, a hard copy of the guidebook was printed and mailed to all BOC Approved Providers in April 2014.

Keep this reference in a safe location for easy access and to Be Certain™ your organization is compliant. Failure to comply with the guidelines can result in the loss of your status as a BOC Approved Provider.

Audit Materials to Double-Check
A few common errors arise during BOC Approved Provider audits. Avoiding these mistakes improves the continuing education experience for Athletic Trainers and prevents problems in the event of a BOC audit. See the list below for examples of these common errors.

- Incorrect CEU calculations
- Offering more CEUs than scheduled
- Certificate of completion does not meet BOC requirements
- Marketing materials omit one or more of the following:
  - Objectives
  - Instructors and/or instructor credentials
  - Level of difficulty

Connect with the BOC
Add the BOC to your social media list and get the latest on athletic training, certification, continuing education, hot topics in the AT profession and more from the BOC and our partners.