Evidence Based Practice to Enhance Clinicians’ Skills

Beginning in 2014, all Athletic Trainers (ATs) will be required to complete a minimum number of BOC Approved Evidence Based Practice (EBP) events. Programming in this category is intended to promote EBP within the profession by enhancing clinicians’ ability to find and evaluate evidence, as well as apply it to their practice.

Utilizing the best available evidence, clinical expertise and patients’ values and expectations can improve patient outcomes, said BOC Standards Committee member Kitty Newsham, PhD, ATC.

“There is some great research, or evidence, available in athletic health care, but if we are not able to evaluate and apply that evidence, it is not helpful.”
- Kitty Newsham, PhD, ATC

“Ultimately, EPB is clinically relevant and patient-centered care,” Newsham said.

EBP integrates evidence, expertise, and patient values to support clinical decisions in patient care. The new CE courses will address theoretical or practical aspects of EBP. In addition, topics relevant to EBP, such as critical appraisal or statistical analysis, also will be explored.

Standards Committee Chair Mark Doughty, MS, ATC, said having EBP as part of the continuing education (CE) process requires professionals to seek out new information in two ways. First, many people need to learn how to use EBP. Second, professionals have the opportunity to attend presentations that are based on current evidence and practice.

(Continued on Page 3)
Letter from the Professional Development Coordinator

I would like to thank you for continuing to serve as a BOC Approved Provider in 2013! As you know, BOC Approved Providers have achieved an elite status that is recognized by Athletic Trainers (ATs) across the spectrum. Your dedication to providing continuing education (CE) opportunities ensures that ATs are on the cutting edge of the profession and able to provide top-quality care to their patients.

Be Certain.™ that you are reaching ATs as they seek CE opportunities by completing a brief questionnaire about your organization’s programs. This information will be used to update our AP Directory – a directory that ATs use to identify BOC Approved Provider and approved CE courses. Please feel free to review the information currently listed for your organization to determine if updates are needed.

Additionally, I want to let you know about a few new opportunities and resources. As you saw on Page One of the AP Update, all ATs will soon be required to complete a minimum number of BOC Approved Evidence Based Practice (EBP) CEUs. Please review the story and consider which courses in your catalog may be applicable for the EBP category.

New BOC Approved Provider resources are available for your review. Please take a moment to look at the new information and retain it for future reference as you hold CE events. Resources include the following:

- Updated AP Guidebook, which now includes a checklist for event planning and EBP guidelines
- Updated certificates of attendance, including home study courses, and a conference speaker letter of acknowledgement
- New AP evaluation tool that can be completed electronically or on paper

Finally, please note I will be your new primary contact for CE related events. Mindy Lindquist is now focusing on sales and advertising. Mindy and I will continue to work together in the BOC Approved Provider Program to assist you with all your provider needs.

Once again, thank you for your hard work in helping provide quality CE to fellow ATs. If you have any questions, please contact me by phone at (877) 262-3926 ext. 120 or by email at JessicaR@bocatc.org.

Jessica Roberts, MS Ed, ATC
Professional Development Coordinator

Did You Know?

Athletic Trainers (ATs) depend on quality courses to maintain their certification. Show your appreciation of the athletic training profession by donating BOC approved home study courses. Donated courses will be provided to ATs who participate in a drawing at the BOC booth during the 2013 National Athletic Trainers’ Association Clinical Symposia.

Don’t have any BOC approved home study courses, but still want to participate? The BOC will also share continuing education discounts and/or special promotions being offered by BOC Approved Providers at the BOC booth.

Remember, all ATs are required to renew their certification by December 31, 2013. Be Certain.™ to include a coupon code or other means for redemption along with your offer.

For more information on donating a BOC approved home study course or including your course promotions, please contact Mindy Lindquist at MindyL@bocatc.org or (877) 262-3926 ext. 119.
"With any dynamic profession, where things change quite frequently, it is important that beyond historic-type continuing education programs, that we take a long hard look at what the current evidence is showing," Doughty said.

Diversity among topics is encouraged in order to provide appropriate content for all clinicians relative to their level of expertise with EBP. BOC Approved Providers are encouraged to review their current listings of CE courses and apply for the EBP category when appropriate. All EBP category events, including live events and home study courses, will undergo review for BOC pre-approval.

In addition, all CE programs wishing to use the label “LEVEL I – EBP Category: Enhanced Continuing Education Program” must be pre-approved through a BOC application process. Events will be categorized as either Clinical EBP or Foundations of EBP. Clinical EBP events will be approved for two years, while Foundations of EBP events will be approved for five years.

ATs certified prior to 2013 will be required to complete 10 EBP CEUs per 2-year certification period. Newly certified ATs will be required to complete five EBP CEUs for their initial recertification period. The BOC will post all BOC approved EBP courses online as a resource for ATs.

Patients will benefit as ATs integrate EBP into their practice. Newsham said that providing the busy clinician with “quick and effective methods of finding and evaluating the appropriate evidence is critical to advancing EBP” in athletic training.

“There is some great research, or evidence, available in athletic health care, but if we are not able to evaluate and apply that evidence, it is not helpful,” Newsham said.

For additional information or for assistance in determining whether a course meets BOC guidelines for the EBP category, contact Jessica Roberts, JessicaR@bocatc.org or (877) 262-3926 ext. 120.

---

### Course Icon

<table>
<thead>
<tr>
<th>Course Icon</th>
<th>Course Type</th>
<th>Methods of Instruction</th>
</tr>
</thead>
<tbody>
<tr>
<td>📅</td>
<td>EBP Category - Live Event</td>
<td>Includes webinars, labs, conferences, workshops, symposia, etc. See below for requirements.</td>
</tr>
<tr>
<td>🏡</td>
<td>EBP Category - Home Study Course</td>
<td>Home study courses may be text-based or web-based. See below for requirements.</td>
</tr>
<tr>
<td>📅</td>
<td>Category A - Live Event</td>
<td>Includes webinars, labs, conferences, workshops, symposia, etc. See below for requirements.</td>
</tr>
<tr>
<td>🏡</td>
<td>Category A - Home Study Course</td>
<td>Home study courses may be text-based or web-based. See below for requirements.</td>
</tr>
</tbody>
</table>

Above: New icons help users quickly identify the type of course listed.
Right now, Athletic Trainers (ATs) are working to complete continuing education (CE) requirements that are due December 31st. Some have as many as 75 continuing education units (CEUs) to complete by the end of 2013.

What does this mean to you, as a BOC Approved Provider? It means 2013 is the perfect time to offer courses to the many ATs who have CE requirements yet to complete by December 31st.

In the past, ATs were on a staggered 3-year reporting period. Under this format, about 12,000 ATs reported each year. As of January 1st, 2014, all 42,000 ATs will be on the same 2-year reporting period.

The growing demand for CEUs presents the perfect opportunity for BOC Approved Providers to increase their CE course offerings. As a BOC Approved Provider, are you maximizing your opportunities to get in front of ATs this year? Here are a few tips to help you make the most of this reporting period:

- Design courses that are at or above the level of an entry-level AT – not for a lay audience
- Offer courses at varying levels of difficulty to reach ATs at different career stages (see Page 9)
- Target specific AT audiences by scheduling an email blast through the BOC
- Make sure to get applications for home study courses in early; BOC approval takes 10-12 weeks
- Place ads for a course on the BOC website or in the Cert Update publication

By planning for the rest of 2013, you can achieve success through increased course enrollment. Be Certain.™ to offer a variety of CE activities, and let the BOC help you reach the thousands of ATs who need your services.

BOC Holiday Hours

The BOC will be closed for the following holidays:

- Memorial Day May 27, 2013
- Independence Day July 4, 2013
- Labor Day September 2, 2013
- Thanksgiving November 28-29, 2013

The BOC office will close at 3:00pm CT on Fridays during the summer.
Tips to Pass a BOC Approved Provider Audit

BOC Approved Providers participate in mandatory audits to ensure adherence with BOC guidelines. Here are two ways to avoid common errors.

1) Award continuing education correctly

The BOC uses the term “continuing education units” (CEUs) to define course credits. CEUs are based on contact hours, or time actually spent in the educational portion of the program. One contact hour equals one CEU. Looking ahead, Athletic Trainers (ATs) must obtain 50 CEUs during each 2-year reporting period.

When calculating contact hours, credit may not be given for time spent in registration, breaks, exhibits, business meetings and social activities. Meal functions also must be deducted, with the exception of a content speaker’s actual presentation time. Portions of a full hour may be rounded to the nearest quarter hour.

See the example schedule at top right for guidance on how to calculate CEUs.

2) Include all necessary information on the attendance certificate

Ten components must appear on the certificate of attendance. See the example certificate at right for suggestions on layout, or download a certificate from the BOC website.

The required certificate components include: participant’s name, title of the activity, provider name, date of the event, signature of the individual verifying attendance, BOC Approved Provider statement, BOC Approved Provider logo, BOC Approved Provider number, number of hours of actual participation and number of CEUs available.

Sample Course Schedule

<table>
<thead>
<tr>
<th>Continuing Education Course Schedule</th>
<th>Contact Hours</th>
<th>CEUs Awarded</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:00-8:30 Registration</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>8:30-10:00 Lecture</td>
<td>1.5</td>
<td>1.5</td>
</tr>
<tr>
<td>10:00-10:15 Break</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>10:15-12:15 Lecture</td>
<td>2.0</td>
<td>2.0</td>
</tr>
<tr>
<td>12:15-1:00 Lunch</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>1:00-2:00 Exhibits</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>2:00-5:00 Lecture</td>
<td>3.0</td>
<td>3.0</td>
</tr>
<tr>
<td>Total</td>
<td>6.5</td>
<td>6.5</td>
</tr>
</tbody>
</table>

Sample Attendance Certificate

This certificate is presented to Participant Name A for attending the Title of the Activity B Provider Name C on Date D.

Company Name is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program has been approved for a maximum of (#) hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the CE activity.

BOC Approved Provider number: PXXXX Number of hours actually participated:____
Not Your Typical AT: Greg Marr

Greg Marr, MS, LAT, ATC, works for the United States Navy in Camp Lejeune, North Carolina.

Describe your setting:
We are a satellite sports medicine clinic. The treatment area is utilized as an athletic training facility similar to one at the collegiate or high school level from 5:30am until 7:00am. Then from 8:00am until 10:00am, the facility is utilized as an open bay physician setting, where the sports medicine physicians evaluate patients both new and for follow-up appointments. Then from 1:00pm until 3:30pm we have afternoon rehabilitation.

How long have you worked in this setting?
Since June 2009.

Describe your typical day:
The typical day begins for me by opening the athletic training facility for morning rehabilitation, where I may have on average between 20-25 patients per day. The athletic training facility opens at 5:30am and my last patient is at 7:00am.

I also take part in tracking injuries to help identify which commands have the greatest number of injuries each month. This allows us to go out and speak with the leadership, just as you would speak to a coach on a team about injuries, and how to possibly reduce the rate and keep the Marines in the fight.

The athletic training facility is then utilized beginning at approximately 8:00am for Warrior Call. This is where active duty Marines and Sailors see the physicians for either new patient appointments or follow-up appointments. The staff Athletic Trainers (ATs) then perform initial intake on the patients and assist in physician extender duties. These duties may include getting injections ready, printing off previous notes and reports from outside physician offices and rehabilitation facilities, showing patient exercises for home programs and fitting proper braces.

When Warrior Call is finished, this is the time to complete morning treatment notes. We keep two types of notes: a paper chart and a chart in the computer system. Also, three days of the week, after the morning athletic training facility hours are finished, I go out to a Group Aid Station on base and have a schedule of 8-10 patients. I complete an evaluation just as if an athlete would come into the athletic training facility for an injury evaluation. I then make sure they are instructed on how to start rehabilitation and follow up with our sports medicine physicians.

What do you like about your position?
The satisfaction of helping these warrior athletes get better and return to the field able to do their job. One of my most memorable happenings was when a Marine returned from having shoulder surgery and thanked me for pushing him to complete his rehab program. He stated that it was instrumental in having an accelerated recovery after surgery, which allowed him to deploy with his unit on time.

What do you dislike about your position?
The Marines or Sailors who expect to be healed with one treatment. Patients not keeping their scheduled appointments and delaying treatment, thus delaying getting better.

What advice do you have about your practice setting for a young Athletic Trainer looking at this setting?
To be patient. When applying for a job with the federal government, there is a process that you have to go through and it takes time.
Featured BOC Approved Provider: University of Florida’s Department of Applied Physiology and Kinesiology

It is critical that Athletic Trainers (ATs) are able to identify BOC Approved Providers when looking at advertisements or attendance certificates. The BOC recognizes BOC Approved Providers who follow the guidelines to help identify the BOC in continuing education event materials. A BOC Approved Provider is featured in each issue of the AP Update. This issue’s featured BOC Approved Provider is the University of Florida’s Department of Applied Physiology and Kinesiology.

The University of Florida has been a BOC Approved Provider since July 2009. As you can see in the advertisement below, the university adheres to the policies found in the BOC Approved Provider Guidebook. Recently, the BOC asked Patricia Tripp, University of Florida Undergraduate AT Program Director, to comment on the benefits of being a BOC Approved Provider. This is what she had to say:

“We value the educational contribution of our clinical preceptors and find it rewarding to provide them with quality continuing education options at no cost. Our interdisciplinary collaboration with the College of Medicine’s UF Running Medicine Conference demonstrates the positive support our department shares with colleagues across campus.”

Featured Providers

If you would like to be considered for recognition as a Featured BOC Approved Provider, please submit your advertisements, evaluations and certificates of completion for review. You can email your electronic promotional materials to JessicaR@bocatc.org or mail your printed promotional materials to:

Board of Certification
Attn: Professional Development Coordinator
1415 Harney St, Suite 200
Omaha, NE 68102-2205

UNIVERSITY OF FLORIDA
RUNNING MEDICINE CONFERENCE 2013

Participant Name, ATC

The University of Florida, Department of Applied Physiology & Kinesiology is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. This program (Running Medicine 2013) has been approved for a maximum of 10.75 hours of Category A continuing education. Certified Athletic Trainers are responsible for claiming only those hours actually spent participating in the continuing education activity.

BOC Approved Provider Number: P8159
Number of hours actually participated: 

Patricia M. Tripp, PhD, ATC, LAT, CSCS
February 15-16, 2013

BOC CE Coordinator, University of Florida, Dept. APK
Date
New BOC Approved Providers

The BOC would like to welcome all new BOC Approved Providers since the Fall 2012 issue of the AP Update. We encourage you to contact the BOC office at any time with questions and we look forward to working with each of you.

Access Therapy Seminars, LLC
Advanced Orthopedics & Sports Medicine
AdvantageCEUs.com
All Children’s Hospital
Alpert Medical School of Brown University
American Society for Surgery of the Hand
Banner Concussion Center
Barrow Neurological Institute at Phoenix Children’s Hospital
Blount Memorial Hospital
Brielle Orthopedics P.A.
Brigham and Women’s Hospital
Care2Learn
Catalyst Coaching Institute
Central Utah Clinic
Chagrin Valley Wellness Institute, LLC
Chicago Cubs Baseball Club, LLC
Clinical Orthopaedic Society
Coaches Edu, LLC
Coastal Carolina University
Columbia University Center for Shoulder, Elbow and Sports Medicine
Daemen College
Datalys Center for Sports Injury Research and Prevention, Inc.
Dekalb Health
Excel Physical Therapy
Fairchester Athletic Association
Fit-N-Wise Sports Medicine
Freedom Physical Therapy
Gillette Children’s Specialty Healthcare
Goodlife Physical Therapy DBA Evidence Based Seminars
Great Plains Regional Medical Center
Hands-On Seminars, Inc.
Health & Ideas
Horace Mann School
Immaculata University
Independent School League
Institute of Advanced Musculoskeletal Treatments
Intrinsic Motion
Joints in Motion Medical, LLC
Kansas City University of Medicine and Biosciences
Kinetic Physical Therapy
Korey Stringer Institute
KTSS
Livingston HealthCare
Loras College
Medical Minds in Motion
Medicomp Physical Therapy
Memorial Health University Medical Center
Missouri Academy of Physician Assistants
Montana Neuroscience Institute
Motus Therapeutic Methods
Nacogdoches Medical Center
Nebraska Orthopaedic Hospital
Neurosport Education International
New England Society of Orthopaedic Technologists
North Mississippi Medical Center
Northern Westchester Hospital
Orthopaedic Associates of Michigan
Pearson Clinical Assessments Division
Perfect Cross, LLC
Performance Orthopedics
Physical Therapy Association of Georgia
PhysicalTherapy.com
Precision Sports Performance
Professional Therapies Northwest
ProHealth Care
Puig Rehabilitation
Rocktape
Skyland Conference
Society for Tennis Medicine and Science
SOMC Sports Motion
Southeastern Sports Medicine
Sports Legacy Institute
Sports Neuropsychology Society
Stephenson Strength Clinic
Super Spine, Inc. - Primal Reflex Release Technique Seminars
Texas Physical Therapy Specialists
The Institute for Continuing Education
The Learning and Training Center
The University of Mississippi
Therapy Partners, Inc.
Touch For Health Kinesiology Association
Treating the Weakest Link Biomechanical Seminars
Twin City Orthopedics
University of Missouri - Athletic Training Education Program
University of Toledo Sports Medicine
University of Wisconsin - Whitewater
Ursinus College
US Lacrosse
Victory Sports Medicine
Walsh University
Weber State University
Wilson Memorial Sports Medicine
Get Your Message in Front of Industry Leaders at the BOC’s Regulatory Conference

As a BOC Approved Provider, it is critical your organization is in front of athletic training leaders. This is why we want to Be Certain™ you know about a special sponsorship opportunity.

The 6th biennial BOC Athletic Trainer Regulatory Conference in Omaha, Nebraska, will convene more than 130 distinguished representatives from across the nation. Slated for July 12-13, 2013, the conference connects state athletic training leaders and state regulatory agencies.

We invite you to join us at the sponsorship level that best suits your needs. We have 13 options to help you reach industry leaders not just during conference, but on through March 2014. An outline of the sponsorship options and benefits can be found at www.bocatc.org.

Let us know how we can best help you share your company’s message this July – and beyond. To take advantage of one of our unique sponsorship opportunities, please contact Mindy Lindquist by calling (877) 262-3926 ext. 119 or by emailing MindyL@bocatc.org today.

Frequently Asked Question

Q. How do I determine the difficulty level of a course?

A. The levels of difficulty relative to athletic training continuing education (CE) were developed by the National Athletic Trainers’ Association’s Continuing Education Committee (CEC). The CEC has developed three education levels: Essential, Advanced and Mastery. The knowledge and skill content of each level builds upon the previous level. Use the diagram below to determine the level of difficulty for your CE events.

The BOC and the CEC encourage all BOC Approved Providers to use the three levels of education in program descriptions and marketing materials. ATs look for these levels to optimize their CE experiences.

Please use the following statement when referring to education levels: “According to the education levels described by the CEC Committee of the NATA, the following continuing education course is considered to be Essential/Advanced/Mastery Level.”

Mastery
Includes the highest levels of theory, concepts and applications of knowledge of technique within a specific area

Advanced
Includes in-depth theory, concepts and applications of information and/or techniques that are presented beyond the Essential Level

Essential
Includes core theory, concepts and applications
BOC Honored for ‘AP Update’ Redesign

The BOC recently was honored to receive a Paper Anvil Award of Excellence for the AP Update by the Public Relations Society of America (PRSA) Nebraska Chapter. The award was given in the electronic publication category and came on the heels of the AP Update’s redesign. A panel of public relations professionals from the Nashville, Tennessee, chapter of PRSA judged the entries. Judges evaluated entries on the merits of research, planning, execution and evaluation.

We want to hear what you think of the new design. Share your comments on BOC’s Facebook Page.

Awareness Campaign Highlights ATs’ Role in Youth Safety

As healthcare professionals, Athletic Trainers (ATs) are seldom in the limelight. Being noticed generally means an athlete has been injured – something no one wants to happen. However, that can make it difficult for everyone to understand the important work ATs do. That’s why the BOC is working to raise awareness of the work that ATs do everyday to keep people healthy and active.

An advertising campaign is just one way the BOC is helping increase the profession’s visibility. Current ads – which so far are running in the BOC’s home of Omaha, Nebraska – highlight the role of the AT in keeping young athletes safe, particularly as youth sports grow increasingly demanding and competitive. Now, more than ever, children at play face risks like head trauma, adverse cardiac events and heat illness.

ATs are the professionals who best know how to respond when young athletes get hurt or sick; ATs are the ones (Continued on next page)

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

www.bocatc.org
who can best help youth recover from injuries and safely return to the game. It is time parents and coaches, as well as community leaders and fans, realize the value of having a qualified, certified professional protecting their youth. Raising visibility of the profession helps the public understand what ATs figured out long ago: that ATs are not just a luxury – they are a necessity. Check out one of our ads below.

WE’VE GOT YOUR KID’S BACK

As a parent you know that sports are great for your kids. Physical activity, teamwork and fun can combine to make for a healthy, happy child.

An active life comes with risks. Injuries happen – pulled muscles, broken bones, even head trauma. Heat can take its toll while youth get used to warming temperatures or play under a blazing sun.

Athletic Trainers (ATs) can make the difference between safe play and dangerous injuries for your young athletes. Who’s got your kid’s back?

ATs AT WORK WHILE YOUR KIDS ARE AT PLAY.

BOC certified ATs are health care professionals who work to prevent, diagnose and treat injuries. They are also uniquely qualified to respond to other emergency, acute and chronic medical conditions – including cardiac abnormalities and heat stroke.

LEARN MORE ABOUT ATHLETIC TRAINERS AT BOCATC.ORG

The AP Update is published twice a year by the BOC to share information about the athletic training profession and to provide the most up-to-date news about the Approved Provider program. Unauthorized reproduction of the BOC’s articles is prohibited. Please contact the BOC for permission to reprint or use an article.