



Saturday July 20, 2024 General Education Session Schedule

- 8:00am** **Welcome**
- 8:05am** **Evaluation and Management of Hip Pain in the Young Athlete (1 CEU)**
Linnea Welton, MD
- 9:00am** **Motivational Interviewing: Communication Tools to Enhance Behavior Change (1 CEU)**
Ashley Nelson, LICSW
- 10:00am** **Break**
- 10:15am** **Lettuce Eat: How to Utilize Nutrition in the Healing Process (0.75 CEU)**
Kelsey Ramsey, MS, ATC
- 11:05am** **Myofascial Decompression: Theories and Fascial Lines (0.75 CEU)**
Cynthia Wright, PhD, ATC, LAT
- 12:00pm** **Lunch**
- 12:45pm** **Pediatric Athlete Pearls (1 CEU)**
Laura Fralich, MD, FAAFP, CAQSM
- 1:45pm** **Enhancing Healthcare through Poverty Simulation and Empathy (1.25 CEU; meets WA State Health Equity CE)**
Kasee Hildenbrand, PhD, LAT, ATC, FNAP
- 3:00** **Break**
- 3:15** **Emergency Preparedness: What I Didn't Expect and Wish I Had Known (1.25 CEUs)**
Russ Richardson, EdD, ATC, LAT and Josh Holliday, ATC, LAT
- 4:30** **Closing Remarks**
- 5:00** **Tentative no-host social (location TBD)**

THANK YOU TO OUR SPONSORS!



2024 Washington State Athletic Trainers' Association Annual Meeting and Clinical Symposium

Location: MultiCare University, 1317 E Main Ave., Puyallup, WA 98372

Register using this [link](#). Fee schedule and refund policies are available [here](#). Learning objectives are below.

Evaluation and Management of Hip Pain in the Young Athlete (1 CEU)

Linnea Welton, MD

- Participants will know the most common hip pathologies that can arise in the young athlete
- Participants will be able to develop a differential diagnosis based up history and examination
- Participants will know the next steps in terms of higher level care & potential need for advanced imaging for certain conditions
- Participants will understand the treatment strategies for the most common hip pathologies in the young athlete

Motivational Interviewing: Communication Tools to Enhance Behavior Change (1 CEU)

Ashley Nelson, LICSW

- Participants will be able to define motivational interviewing.
- Participants will be able to describe the guiding elements of MI.
- Participants will be able to describe ambivalence and its relationship to behavior change.
- Participants will be able to analyze the Stages of Change.
- Participants will be able to use OARS to elicit change talk.

Lettuce Eat: How to Utilize Nutrition in the Healing Process (0.75 CEU)

Kelsey Ramsey, MS, ATC

- Participants will be able to identify the impacts of nutrients during the healing process.
- Participants will be able to counsel patients on beneficial food choices during the healing process.
- Participants will be able to identify common injuries that may benefit from nutritional co-interventions.

Myofascial Decompression: Theories and Fascial Lines (0.75 CEU)

Cynthia Wright, PhD, ATC, LAT

- Participants will compare/contrast myofascial decompression (MFD) vs. Cupping.
- Participants will identify main theories supporting the therapeutic effect of decompression/cups.
- Participants will define and identify fascial lines/chains that may be targeted in MFD treatments.

Pediatric Athlete Pearls (1 CEU)

Laura Fralich, MD, FAAFP, CAQSM

- Participants will be able to recognize common activity-related pediatric musculoskeletal injuries & known treatment options
- Participants will be able to address the risks of overtraining and overuse injuries in pediatric athletes
- Participants will identify sports participation clearance and return to play guidelines in specific populations

Enhancing Healthcare through Poverty Simulation and Empathy (1.25 CEU)

Kasee Hildenbrand, PhD, LAT, ATC, FNAP

- Participants will be able to identify and articulate the key barriers that patients living in poverty face when accessing healthcare services.
- Participants will develop a deeper empathy for patients in poverty by experiencing their challenges through a simulation tool, leading to improved patient-provider relationships.
- Participants will learn and implement practical strategies to address and mitigate the impact of poverty on patient health outcomes in their clinical practice.

Emergency Preparedness: What I Didn't Expect and Wish I Had Known (1.25 CEU)

Josh Holliday, ATC, LAT

Russ Richardson, EdD, ATC, LAT

- Participants will be able to understand and appreciate the complexities of emergency action planning based on real life scenario-based instruction.
- Participants will be able to identify the current best practices when addressing a sudden cardiac arrest.
- Participants will be able to identify appropriate strategies to manage a drive-by shooting on campus during an athletic event/practice.
- Participants will be able to identify the risks and intervene in a potential opioid overdose during rehabilitation of a patient.
- Participants will be able to identify and intervene with appropriate stakeholders, best practices for ATs when faced with the suicide of a student-athlete/patient.



The Washington State Athletic Trainers' Association (P347) is approved by the Board of Certification, Inc to offer continuing education to Certified Athletic Trainers. This program is eligible for up to 7 Category A CEUs for the Athletic Trainer as approved by the BOC. ATs should claim only those hours actually spent in the educational program.

Contact for registration or refunds:

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