

Community College ATs

PROVIDE HEALTH CARE WITH IMPACT

Athletic Trainers in Community Colleges

About Athletic Trainers

- ✓ Must graduate from an accredited educational program and pass a comprehensive, national certification exam.
- ✓ Are licensed and otherwise regulated in 49 states and the District of Columbia. Efforts continue to gain regulation in California.
- ✓ Must keep their knowledge and skills current by participating in continuing education.
- ✓ In conjunction with the state practice act, the athletic trainer's individual education, training and skill set determines their unique scope of practice.

"The success of any athletic program is directly related to the skill-set, knowledge, relationship, and experience of the athletic trainer. They are the individuals that are the first to arrive, the last to leave, and ultimately spend most time with the athletes. Behind every successful athletic program is an even better athletic trainer."

-Roni Y. Negro, DC, DACBSP, Response Care Chiropractor

REDUCING RISK AND IMPROVING HEALTH CARE

Athletic trainers (ATs) are health care professionals who provide a safer approach to work, life and sport. Specifically trained in the prevention of injury and illness, ATs are essential in the community college setting. Community colleges, sometimes called junior colleges, technical colleges or two-year colleges, are all titles for public institutions that offer associate's degrees, diplomas and certificates.

Community colleges are designed for a variety of students, including those who want to stay close to home or are undecided on an educational path, or want vocational training, all while having the added benefit of reduced and sometimes free tuition. Many students use community college as a pathway to a four-year degree.

ATs in the community college setting predominately provide health care to their college's student-athletes, but also provide care to the visiting teams' student-athletes when hosting an event.

Depending on the athletic association's medical guidelines, athletic trainers make timely decisions surrounding concussion management, heat illness situations and spine boarding emergencies on campuses where there is often a void. Athletic trainers also assist in policymaking surrounding disease transmission. Not every community college has an athletic trainer providing health care to their student-athletes, does yours?

Injury and Illness Prevention and Wellness Promotion

Athletic trainers promote healthy lifestyle behaviors through education and communication to enhance wellness and minimize the risk of injury and illness among many different patient populations.



Examination, Assessment and Diagnosis

Athletic trainers provide on-site and evidence based examinations and assessments to formulate valid clinical diagnoses and determine patients' plan of care. This immediate access to health care improves patient outcomes, reduces time away from school or work and minimizes unnecessary trips to the emergency department.



Immediate and Emergency Care

Athletic trainers integrate best practices in immediate and emergency care for optimal outcomes. Athletic trainers are prepared to respond to many types of emergency situations, depending on the patients they are caring for. Some of the types of emergencies that athletic trainers are skilled to respond to include heat illness, fractures and dislocations, cervical spine injuries, and sudden cardiac arrest.



Therapeutic Intervention

Athletic trainers rehabilitate and recondition injuries, illnesses and general medical conditions with the goal of achieving optimal activity level using the applications of therapeutic exercise, modality devices and manual techniques. The provision of on-site rehabilitation minimizes time away from work or school for the patient.



Health Care Administration

Athletic trainers integrate best practices in policy construction and implementation, documentation and basic business practices to promote optimal patient care and employee well-being. In addition to the policy development, athletic trainers help manage referrals and play a valuable role as a care coordinator for their patients. In administrative roles, athletic trainers must manage a team of health care providers as well as the contracts and legal requirements for the provision of care across their community.

