The 10 Things That Every Newly Certified Athletic Trainer Must Know

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VEATA

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Disclosures

In compliance with continuing education requirements, we have no financial or other associations with companies having a direct link and/or financial relationship that is related to the topic/content of their presentation to disclose.
Learning Objectives- Goals and Skills

- Illustrate the critical steps necessary to take in order to transition effectively to AT practice.
- Recognize the clinical, ethical and professional responsibility required of each credentialed AT.
- Prepare a professional plan for success.
- Prepare a personal plan for success.
So, You are Officially an ATC.....
Top Ten Ways to Create Professional Success

- Protect Yourself
- Maximize our job setting’s transition to practice principles
- Maximize Onboarding
- Know your State Practice Act
- Heart Heat Head Hemoglobin
- Assess Organizational Health
- Learn the NATA Position Statement on Life Balance
- Know Your Job Description
- Build a Roadmap to your Clinical Specialization
- Be Deliberate in Career Advancement
- Be Ethically Responsible
- Give Back to the Profession
1. Protect Yourself

Protect Yourself

- Human Resources
- Performance Evaluation
- Risk Management
- Office of General Counsel
- Your personal liability coverage
2. Maximize Your Job Setting’s Transition To Practice Principles

Your Challenges

- Patient Needs
- Professional Responsibility
- Interprofessional practice
- Patient-centered Care
- Cultural Humility
2. Maximize Your Job Setting’s Transition To Practice Principles

Your Opportunity
- Practicing at the top of your skill set
- Challenging skills that need further development
- Physician/Health Care Provider Connectivity
- Demonstrating Value
- Versatility/Adaptability/Resiliency
- Identify your Professional Preceptor
- Identify your Professional Mentor
3. Maximize the On-Boarding Process

- Medical Autonomy
- Physician Direction
- Department Policy and Procedures
- EAPs/Mental Health Crisis
- EMR
- Professional and Ethical Boundaries Established
- It’s a Year, not a Day
4. Know Your State Practice Act

- Scope of Practice
- Out of State Considerations
- Physician Supervision
- Who Can or Cannot Employ You?
  - Under the direction of....
  - In collaboration with......
- Continuing Education (SC)
5. Heart, Heat, Head and Hemoglobin
6. Assessing Organizational Health

- Organizational Culture
  - Communication
  - Staff meetings
  - Shared Staff Values
  - Conflict resolution
  - Change management
  - Staff evaluation
  - Staff goals
7. You Can Have Life Balance


- **Objective** To illustrate the concept of work-life balance and those factors that influence it and provide recommendations to facilitate work-life balance in athletic training practice settings. To present the athletic trainer (AT) with information regarding work-life balance including those factors that negatively and positively impact it with the profession.
7. You Can Have Life Balance

- Saying No, Deflecting Guilt, Setting Boundaries and Delegating are all important techniques in avoiding self-sufficiency syndrome and achieving life balance.
- How do you successfully manage problem/challenging patients as a way to improve your work experience?
- Lack of resources and poor work conditions can affect job satisfaction and job demands, how have you avoided these pitfalls?
- Do you have any methods/techniques for creating more hours in the day?
- How do you use technology to improve life balance?
- Talk about your personal core values and tell me how they relate to achieving life balance.
8. Know your Job Description

- Clinical responsibilities
- Healthcare Administrative duties
- EMR skills needed or to be Trained?
- Expectations (daily, Weekly, monthly…)
- Autonomy
- Mastery
- Creativity
8. Know your Job Description

- Pre-Participation exams
- Patient care protocols
  - Return to Academics?
  - Return to Function
  - Pre and post functional testing
- Tele health protocols
9. Build a Roadmap to your Clinical Specialization

- Stop Counting CEs and Make CEs Count
- Self-assessment Modules
- Meaningful, Planned Continuing Education
- Can you perform the new skills?
- Can you teach the new skills?
- Can you perform presentations to other Healthcare providers?
9. Build a Roadmap to your Clinical Specialization

Post-professional Education

- Accredited Residency Programs
  - Orthopedics
  - Pediatrics
  - Performance Enhancement
  - Rehabilitation
  - Urgent and Emergent
  - Behavioral Health
  - Prevention and Wellness
9. Build a Roadmap to your Clinical Specialization

- Accredited Fellowship Programs
- Specialty Certifications – the next credential
  - Exam-based
  - Connected to Residency Completion
- Clinical Doctorate Degree (DAT)
- Academic Doctoral Degree (PhD, EdD)
10. Be Deliberate in Career Advancement

- Effectively manage professional firsts
- Be confident and trustworthy
- Be a great teammate
- Use mistakes to your advantage
- Be self-reflective
10. Be Deliberate in Career Advancement

- Set annual goals (far reaching)
- Have an annual professional development plan
- Author your personal values
  - How?
  - When?
- Make value-based career decisions
- IS THE GRASS ALWAYS GREENER?
11. Be Ethically Responsible

- NATA Code of Ethics
- State Code of Ethics
- Patient Confidentiality
- Providing Patient-centered Care
12. Give Back to the Profession

- Determine how you will Give Back to the Profession
  - Clinical Preceptor
  - Scholarly Activity
  - Professional Service
    - Volunteering
    - Leadership
  - Reach out to Your State Leadership
  - Mentoring
  - Professional Preceptor
Twelve Ways to Create Professional Success!!

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Summary...Questions...Discussion

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