



## Utilizing the Medical Resources in Your Area That You Don't Know You Have

John Neidecker, DO, ATC, FAOASM  
Primary Care Sports Medicine Physician  
Association of Ringside Physicians

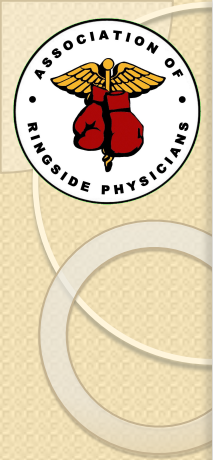
# Disclosure

- I am the Vice President of the Association of Ringside Physicians
- Views expressed are my own which coincide with the views of the ARP
- These views do not represent any specific commission views
- I have worked with multiple commissions
  - Large to small
  - Gives me a perspective of the landscape of combat sports medical coverage



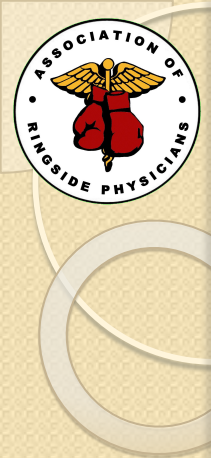
# Poll Questions

- How many of you feel that your commissions have a hard time finding medical coverage for your events?
- How many do not have trouble?
- For those of you who have trouble - this talk is for you.



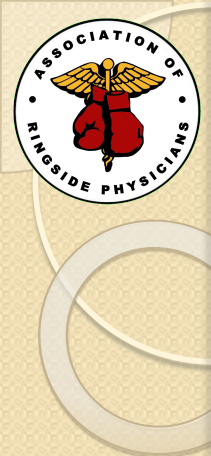
# Objectives

- Better understanding of different medical professionals
  - Training
  - Potential use ringside
- Resources for recruitment



# So you want to be a doctor...

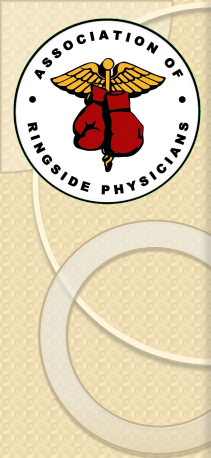
- 4 years of college
  - Any major you want
- 4 years of medical school (MD/DO)
  - Exposure to all aspects of medicine through rotations
- Residency
  - 3-5 years depending on specialty
- Fellowship
  - 1-3 years depending subspecialty
  - You can decide to do multiple fellowships



# Doctors & Ringside Physicians

- “There is big difference between a Doctor and and a Ringside Physician.”
  - -John McCarthy
- Ringside medicine is a subspecialty in medicine and should be treated as such.
- Any doctor can become a ringside physician!





# Ringside Medicine

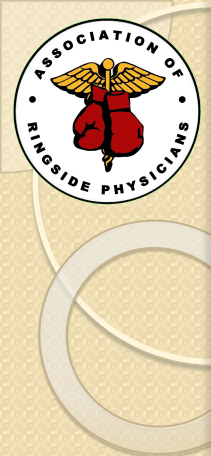
- Has components of all facets of medicine specialties
  - Neurology
  - Orthopedics
  - Emergency Medicine
  - Internal Medicine
  - Ophthalmology
  - ENT
  - Dermatology
  - Psychology
  - Anesthesiology
  - And more.....
- The ringside physician needs to be familiar with all these specialties and how they can impact combat athletes before, during and after the ring.



# Poll Questions

- Do you have requirements for your Ringside Physicians?
  - Shadowing experience
  - Certification
- If you don't – is it time to think that you should?

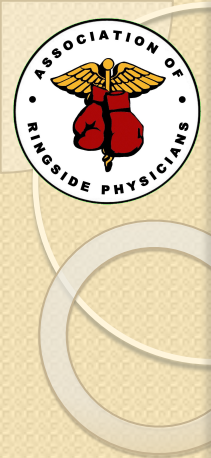




# To serve, protect and EDUCATE all those involved in combative sports

- Conferences
- Online materials
- Medical journal updates
- Certification
  
- Associate Membership
- Allied Healthcare Professional Membership

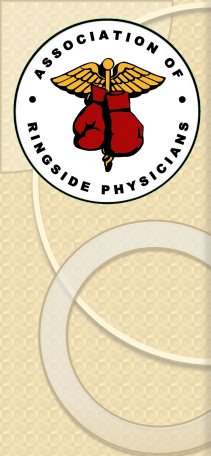




# Allied Healthcare Professionals

- Physician Extenders
  - Medical Assistants
  - Nurses
- Mid-level Providers
  - Physician Assistants
  - Nurse Practitioners
- EMTs & Paramedics
- Chiropractors & Physical Therapist
- Athletic Trainers

\*\*\* And others



# EMTs and Paramedics

- EMT

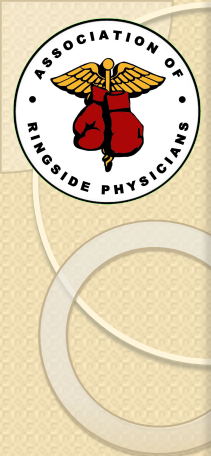
- Basic Life Support

- Paramedic

- Much more extensive training than EMTs.
- Advanced life support training
  - Can administer life saving medications and airways

- Potential Use Ringside

- Athlete hospital transport
- Monitor athlete vitals and status post-bout



# Physician Extenders

- Medical Assistant

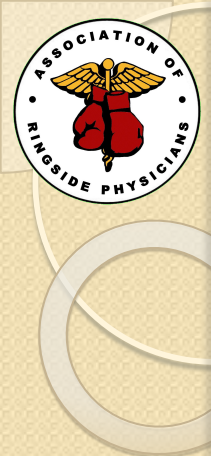
- Associate Degree

- Nurse

- Associate/College Degree

- Potential Use Ringside

- Help with pre-fight physicals
- Help organize medical paperwork for physician
- Monitor athlete vitals and status post-bout
- Assist physician with minor procedures



# Mid-level Providers

- Physician Assistant

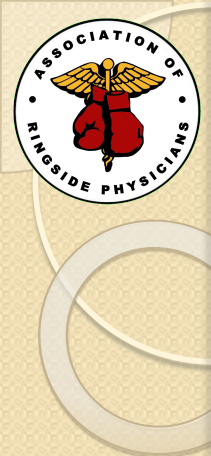
- College Degree
- PA School

- Nurse Practitioner

- College Nursing Degree
- Advanced practice Nursing School

- Potential Use Ringside

- Help with pre-fight physicals
- Help organize medical paperwork for physician
- Monitor athlete vitals and status post-bout
- Suture lacerations



# Chiropractors & Physical Therapist

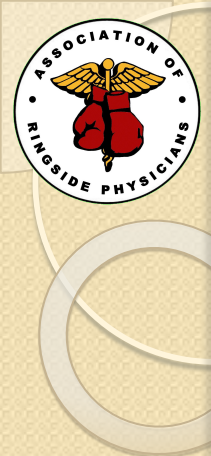
- Chiropractor
  - College Degree
  - Chiropractor school
- Physical Therapist
  - College Degree
  - PT school
  - \*\*\* Some schools offer combined college and graduate degree
- Potential Use Ringside
  - Help with pre-fight physicals
  - Help organize medical paperwork for physician
  - Monitor athlete vitals and status post-bout
  - \*\*\* State differences



# Poll Question

- What's the difference between these trainers?



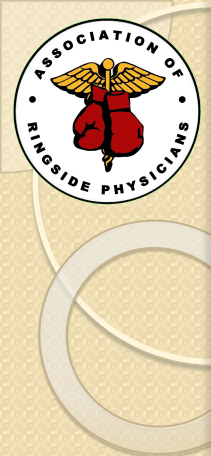


# Athletic Trainers

## ● Education

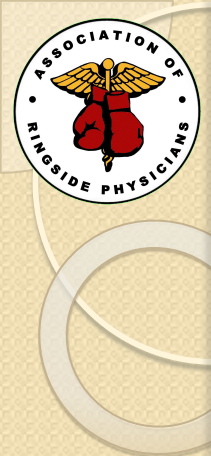
- College Degree
  - & now Required Master Degree
  - NATA Goal is to become Mid-Level Provider
- Need to pass a national certification exam at the end of training





# Athletic Trainers

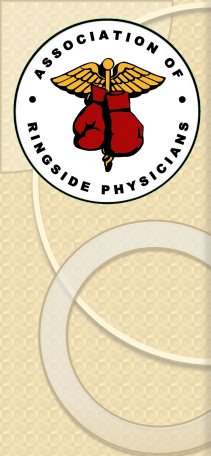
- Scope of Care
  - Injury Prevention
  - Injury Assessment & Identification
  - Emergency Injury Assessment
  - Injury Physical Therapy & Progression of Return to Play
- Extensive knowledge base on orthopedics, concussion & other medical conditions that can impact sports participation/performance



# Athletic Trainers

- Traditional Setting

- Work with non-combat sports teams on the High School, College and Professional levels
- On the college and professional setting are often the gate keepers to physician involvement.

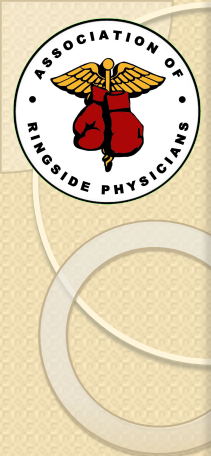


# Athletic Trainers

## ● Potential Use in Combat Sports

### ○ Ringside

- Help with pre-fight physicals
- Help organize medical paperwork for physician
- Monitor athlete vitals and status post-bout
- Provide assessment of injuries
  - Orthopedic
  - Concussion
  - Other
- Suture in the near future



# Athletic Trainers

- Potential Use in Combat Sports
  - Ringside
    - Become cutmen
      - Formal training of anatomy and first-aid





# Athletic Trainers

- Potential Use in Combat Sports
  - In the gym
    - Start to create a niche to where major gym/camps start to employ
    - Work like they do in the traditional sports medicine world

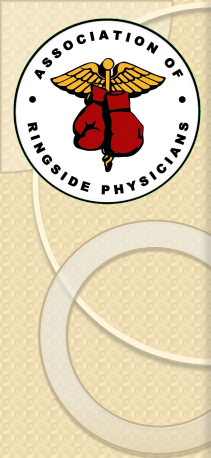


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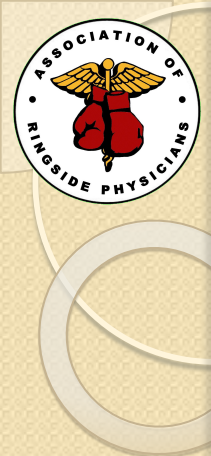
Primary Care Sports Medicine Physician

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# Medical Students

- 1<sup>st</sup> and 2<sup>nd</sup> Year
  - More in the classroom
- 3<sup>rd</sup> and 4<sup>th</sup> Year
  - Out on clinical rotations and are acquiring skills
- Potential Use Ringside
  - Depending on experience can help assist all providers in their duties



# Residents & Fellows

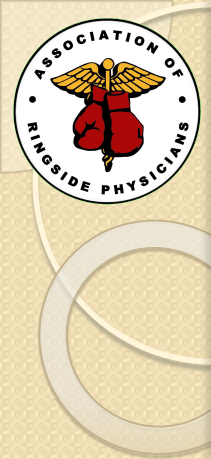
- They are physicians that graduated medical school but are still technically in training in his/her respective specialty.
- They are licensed physicians depending on state guidelines
- Potential Use Ringside
  - Help with pre-fight physicals
  - Help organize medical paperwork for physician
  - Monitor athlete vitals and status post-bout
  - Suture lacerations
  - \*\*\* I tend to give them more autonomy based on experience and my trust





# Poll Questions

- How many of you allow events to occur with single physician covering?
- Cost?
- Physician Availability?



# Suggestions

- If you are having trouble finding coverage look to employ/recruit healthcare professionals to help under a Ringside Physician lead.





# Suggestions



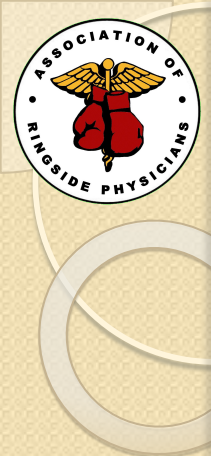
- Identify Ringside Physician mentors in your jurisdictions
- Open to train New Ringside Physicians
- Open to include Allied Healthcare Professionals



# Suggestions



- Identify opportunities for this mentoring to happen.
- Smaller shows

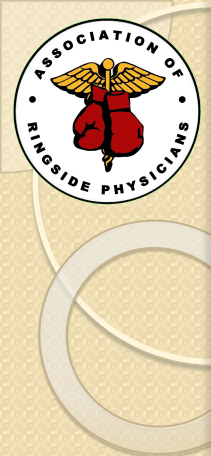


# Help us – Help you!!!

- The ARP gets inquiries from medical students, residents, fellows, physicians and allied healthcare professionals who want to be involved in combat sports.







# Resources

- Who to reach out to
  - Hospital/University Healthcare Systems
    - See if they have GME programs
      - Graduate Medical Education
    - Ask to speak to residency/fellowship program coordinators – Get the conversation started!
  - State Athletic Trainer Associations



# Resources

- Primary Care Sports Medicine Fellowships
  - American Medical Society of Sports Medicine
    - AMSSM
  - American Osteopathic Academy of Sports Medicine
    - AOASM



# www.amssm.org/FellowshipsPositions.htm

https://www.amssm.org/FellowshipsPositions.html

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## SPORTS MEDICINE FELLOWSHIPS IN THE USA AND CANADA

Below is a list of all AMSSM affiliated sports medicine fellowship programs that are accredited and participate in the NRMP Primary Care Sports Medicine Fellowship Match. Canadian, Military and AOA sports medicine fellowship programs that are accredited but not eligible to participate in the NRMP Match are noted. AOA fellows are eligible to sit for the AOASM CAQ exam but not the ABFM CAQ exam.

*If you are unable to open a link, click on the link with your right mouse button & choose the option Open in New Window.*

All Specialties  All States

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### Alabama [United States]

- American Sports Med. Institute - St. Vincent's East FM/SM Fellowship Program –
- University of Alabama - Tuscaloosa Fam. Med. - PCSM Fellowship –
- University of South Alabama - PCSM Fellowship –

[Top](#)

### Alberta [Canada]

- University of Alberta Sports Medicine Fellowship (Edmonton) – NOT ELIGIBLE FOR NRMP MATCH OR ABFM CAQ

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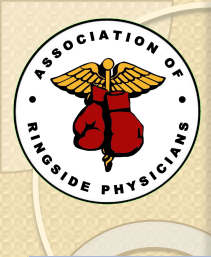
### Arizona [United States]

- University of Arizona – Primary Care Sports Medicine
- University of Arizona College of Med. - Phoenix PCSM Fellowship – ACGME #1270312121

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### Arkansas [United States]





# www.aoasm.org/page/SM\_Fellowships



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## AOA PCSM Fellowships

AOA PCSM Fellowships

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## AOA Primary Care Sports Medicine Fellowships

Updated: 07/03/2018

[Click here](#) for the Sports Medicine Evaluation Form

Click on any of the states listed below to view all the AOA Primary Care Sports Medicine Fellowships in that state!

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  - Chino Valley Medical Center
  - San Diego
- **Florida**
  - Manatee Memorial Hospital
  - Nova Southeastern University
  - Larkin Community Hospital
- **Michigan**
  - St. John Providence Health
  - Metro Health- University of Michigan
- **New Jersey**
  - Inspira Health Network
- **New York**

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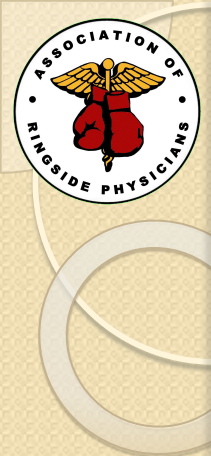
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[Winners for Case and Research at 2019 Clinical Conference!](#)



# In conclusion

- Think about how you train ringside physicians – How can you improve?
- Recruit!!!
- There are plenty of people out there who are medically qualified to help and want to help in some capacity.
- Medicine is changing/improving – Why can't Ringside Medicine?

Thank You – neidy13@yahoo.com



*To serve, protect and educate all involved in combat sports*

*[www.ringsidearp.org](http://www.ringsidearp.org)*