Challenges as a Team Physician

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Orthopaedic Sports Medicine

What is it?

“The care of the muscles, bones, and joints of athletically active individuals”

Orthopaedic Sports Medicine

What ever it is, it’s a “team effort”!

Sports medicine encompasses a number of medical disciplines!

Sports Medicine is a hobby—almost a full-time hobby

Why Do We Do It?

• Community involvement and interest
• Because we enjoy it
• The right thing to do
• YOU ARE EXPECTED TO DO IT VOLUNTARILY!

The Modern Sports Medicine Team

Sports Doctor
Sports Orthopedist/Arthroscopist
Athletic Trainer
Physical Therapist
Strength and Conditioning Specialists
Medical specialist

Hand Surgeon
Neurosurgeon
Dentist
Sports Chiropractor
Massage Therapist
Nutritionist
Psychologist
EMT
Bioengineer / Biomechanist
+ Other para-medical personnel
Hallmarks of a Good Sports Medicine Physician

- Availability
- Compassion
- Gentleness
- Honesty
- Communication
- True love of being helpful to those who show good sportsmanship

The Athletic Trainer is the Glue That Keeps This S.M. Team on track

By the way:

I can’t emphasize how important physical therapy is in my practice:

For me, rehabilitation is often more important than the actual surgical procedure itself.

Physical Therapy and its role in my practice

- We work side by side with the P.T. and A.T.C.
- All f/u are seen together in the P.T. dept.

“Duties of the Medical Team”

Physicians, athletic trainers and other paramedical personnel are responsible for the health and well being of the athlete. i.e. “Sports Medicine”.

The team physician and athletic trainers must be prepared to identify and plan for medical care and services that promote the safety of the athlete, limit injury and provide medical care at the site of practice or competition or thereafter!

Priorities related to Responsibilities of The Sports Medicine Team

#1: To the player

#2: To the parents

Then to the: team, coaches and to management / ownership
Remember if “Mother Ain’t Happy Nobody’s Happy”

Andrews Patient Philosophy

- Always be open-minded
- Do not be the first person to make the BIG statement
- The patient is always right
- Make the patient feel he is treated properly by his previous physician
- Do not say anything bad about another physician, for that matter another person
- Listen to the patient
- Attitude, responsibility, knowledge, desire and availability are always necessary to be successful
- One must always be able to read the patient
- The physician must be confident with his skills. His confidence is reflected back and perceived by the patient
- Try to make every patient feel as though they are special!!

Challenges as a Team Physician in College

Pre-participation / Medical Eligibility Decision

Who Decides? Team physician vs. outside doctor

- It is pretty well accepted in the sports medicine world, that the head team physician has the final word on “disqualification for participation”
- He can certainly utilize outside consultants to help in HIS decision!

Medical Exemption (Disqualification) NCAA Rule

- If an athlete has a medical/orthopaedic condition of a sever nature that continued participation in their sport would in all likelihood result in adverse long term sequaelae
  - The athlete receives the remainder of their Educational scholarship
  - He/she no longer counts against that sport’s total scholarship number
  - He/she can not take part in another sport at that institution
  - He/she can not change their mind and return to play for that institution in any sport
  - He/she CAN transfer and play for another school!!

Who decides return to play after an injury in the heat of the battle or week to week practice?

Absolutely the answer is the head team physician

The team physician must use good judgment and can’t be caught up as a fan in the heat of the battle
Medical Communication

The Health Insurance Portability and Accountability Act (HIPAA) regulates the way the team physician and members of the health care team communicate and handle patient medical information.

The HIPAA law is a real paradox in this communication age of the new millennium. It certainly make life difficult for the sports medicine team!

I know we have to abide by federal regulations, but as with all of us in sports medicine...

The HIPAA Rule “GETS IN MY WAY”!

Unique Challenges Faced by the Team Physician “Conflicting Healthcare Goals”

Case Presentation
- The star college running back is hurt
- It’s “playoff time”
- Rapid rehabilitation may do it
- Get him back at all cost “Pressure Pressure”!
- New healing enhancement miracle drugs are exciting and hopefully spectacular!!
- They are usually not scientifically proven to be helpful, and may even be harmful!!
- Sensationalism for the player and to the public is a problem

The lesson to learn in this case presentation is..

The medical team must inform patient of his options and at all times inform him of what is best for his career over the long haul!

I.E. Do you take out the torn meniscus or do you repair it?
The bottom line though is doing what’s best for the player in the long run is usually what’s best for the team!

Advertising

Medical advertising including sports team affiliation raises particularly difficult ethical questions in sports medicine

- There is no question that these physicians have marketing advantages.
- These advantages should not be fueled by aggressive self promotion.
- There is no question that this notoriety comes with some ethical price.

The committee on Ethics for the AAOS has recommended that orthopaedic surgeons not use publicity in an untruthful, misleading or deceptive manner

Medical Economics

To be successful in sports medicine, you must also be successful in medical economics! But never let economics interfere with doing what’s best in medical care for the patient / athlete

Challenges in Professional Sports

- Return to play decision making must be predicted quickly to enable coaches about fielding a team next week and / or for the rest of the year!!
  - Estimate to coaches and management
  - Players and agents will have their own time table
  - Physicians are caught in the middle
  - Decisions should be made on known time tables and subjective / objective findings
  - Get more tests as needed!!

Challenges in Professional Sports

- Patient underestimates his injury and subsequent sequelae
  - Team physician must explain to athlete short term as well as long term sequelae
  - Informed consent is necessary however it is tricky from a legal standpoint
  - The informed consent should be in simple terms that the athlete can understand and he should be willing to sign it.
Special Challenges in Multiple 2nd Opinions

- 2nd opinions can be good or bad
  - No 2nd opinion physician will know the player and his medical situation as well as the day to day team physician
  - As a 2nd opinion MD on many occasions I know this 1st hand
  - Communication with the Team Physician and Team Athletic Trainer is critical
  - A common "Game Plan" is optimum and essential

"GET ON THE SAME PAGE"

Special Challenges in Professional Sports

- The over active role by agents and representatives in Players Healthcare decisions can be complicated
- If can be disruptive and lead to inferior Healthcare

Communication Lines in Sports Medicine

- Who releases the medical information?
  - There is no uniform way to do this
    - It is the policy of some teams for the head coach to do it
    - For some it is the athletic trainer
    - For others it is the team physician
- Most often it is the Sports Information Department
- As an outside physician, I must know how a specific team wants medical information released. As a general rule, I don’t ever talk directly to the press about a player condition and direct all inquiries back to the team’s sports information director!!

Challenges in The NFL

- Player under reports his condition
  - Not unusual especially for a lower level athlete trying to make the team or trying not to get cut
  - Must have a trusting relationship with the athletic trainer
  - An honest pre-participation "history" is essential
- Player over reports his injury
  - PE based on subjective complaints
  - The problem often arises in preseason for avoidance of mini-camp, OTA and preseason workouts and games
  - No great solution
  - Team physician is really put in a tough spot!!

Challenges Faced by the Team Physician in the NFL

- Injury settlement
  - Common problem for filler players used in pre-season practice and games
  - Teams want a quick release & minimal settlement, players want the most they can get!

Challenges Faced by the Team Physician in Professional Baseball

- 40 man roster problems
  - Player is sent down to minors - then claims injury while in the majors
  - Young players quite frequently hide injuries trying to make a major league team and when they don’t they get sent down!
  - This creates a medical / legal controversy
- When did a chronic injury occur?
  - Today this problem is compounded by frequent trades, free agency, and time spent on multiple teams
  - Therefore who or which team is responsible for injury treatment and / or compensation?

I.E. when did the tire tread start to wear and when did it blow out??????
Special Challenges as a “NBA Team Physician”

- Collective bargaining and guaranteed contracts
  - Presents special considerations related to injuries
  - Motivation for recovery and medical decisions can be difficult!

Challenges Faced by the Team Physician

In dealing with these challenging issues, the team physician gets caught in the middle and the ART is keeping both the player and the team happy! It’s like playing both ends from the middle..

Team Coverage

The AOSSM established the following guidelines in 2005

AOSSM Guidelines

The selection of a team physician should be based upon Sports Medicine capabilities through the best care available

The selection of team medical staff should not be based on financial incentives offered by the physician and/or his or her institution

Remuneration

If possible, the team physician should be a voluntary participant. If the team physician becomes a paid employee on contract, then his ethics will be challenged. They should never allow themselves to be considered in the back pocket of the club management

Remuneration

Of course a voluntary position is not always possible due to time away from one’s formal practice and of secondary loss of revenue. So especially in professional sports remuneration for many hours of service is a necessity
The Joy of Sports Medicine

Don’t let anyone tell you that winning is not important

I have had the privilege of developing a relationship with my patients and enjoyed their continued success!!

Orthopedics & Sports Medicine

The Future...

Everyone of you probably remember when man first walked on the moon and how unbelievable it was!

The future of Sports Medicine is just around the corner and is also just as exciting

The future Sports Medicine physicians will have to be more sophisticated than ever!

- Fellowship trained
- The holder of a Sports Medicine Subspecialty Certification
- They will need to possess administrative capabilities to formulate an efficient sports medicine team that includes all of the medical disciplines, athletic trainers, sports physical therapists and others
Challenges as a Team Physician

We are at the genesis of radical advancements in treatments of sports injuries. I am sure that as the arthroscope was a "transformational" event in the 70’s and 80’s that revolutionized sports medicine to the hereafter, there will be other breakthroughs in this millennium such as:

- Gene therapy
- Tissue engineering
- Biologics
  - stem cell research and clinical use
- Robotic surgery
- And other newer technology and instrumentation to make complex, diagnostic and surgical procedures fast, simple, and reproducible

We must still be careful about the use of emerging technology

- Sports medicine is a field of rapid technological advancements
- There is a natural environment for a rush to judgment and use in which research and evidence based medicine lags behind
- Patient reported outcome measures are needed now more than ever

Surgical Outcome System (SOS)

- SOS is important to be able to better understand the outcomes and improve overall patient care
- By data collection of patient reported outcome measures

Hopefully in the future Prevention will become more important than treatment especially with the epidemic rise in injuries in youth sports

This is a national initiative by the AOSSM www.stopsportsinjuries.com

I am often asked about the best advice I ever was given for my Sports Medicine career and it came from my wife Jenelle.

When she said remember:

“If you are still talking about what you did yesterday, you’re not doing much today”

- Jenelle Andrews
Most important, never underestimate the value of the supportive role that your spouse makes in your life and in your career. It’s a journey for both of you!

In Conclusion:
I want to leave you with this one last thought… if you haven’t heard anything or if you don’t remember anything I had to say today, remember this:

If you love what you do and do what you love, you will be successful in your career and in life!

As you establish your careers, use self analysis and self criticism to guide you. 
Tempered by Nature i.e. Be Patient!

Remember that the hardest thing to accomplish after success is maintaining success!

In Regards To Achieving Success in Your Careers
Remember What Captain John Miller said in: “SAVING PRIVATE RYAN”

For you young doctors, Also remember what Yogi Berra said: “If you get to a fork in the road, Take it!” 

i.e. Have fun!
Thank You for allowing me to present this information to you.