

# Comprehensive Sports Medicine Update and Board Review Online CME

## Activity Description

The Mayo Clinic Comprehensive Sports Medicine Update and Board Review Course is a one-of-a-kind, award-winning course designed to provide a comprehensive review of all subjects contained in the sports medicine board examination. The course faculty includes internationally recognized experts in the field of sports medicine. Participating in this comprehensive sports medicine course will increase the attendee's sports medicine knowledge and assist in preparation for the sports medicine board examination.

## Target Audience

This course is designed for Physicians who practice sports medicine, internal medicine, pediatrics, orthopedics, family medicine, emergency medicine, or physical medicine and rehabilitation. Physician assistants, athletic trainers, nurse practitioners, physical therapists, and chiropractors would also benefit from attending the course.

## Learning Objectives

Upon conclusion of this activity, participants should be able to:

- Identify the role of the team physician.
- Analyze the medical and administrative responsibilities of the team physician.
- Recognize the role of the team physician and potential ethical conflicts between the players and coaches.
- Describe the steps that should be taken to ensure a player safely returns to play.
- Recognize specific liability issues surrounding the care and return to play of the injured athlete
- Describe and administer a pre-participation examination in an individual or group setting.
- Identify the appropriate timing and frequency of pre-participation examinations.
- Describe screening tests to detect conditions and general health of athletes
- Recognize which tests are appropriate for screening the cardiovascular system.
- Develop or adopt a screening tool for assessing central nervous system conditions or previous injuries

Attendance at this Mayo Clinic course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

## Accreditation Statement



In support of improving patient care, this activity is planned and implemented by Mayo Clinic College of Medicine and Science and American Medical Society for Sports Medicine (AMSSM). Mayo Clinic College of Medicine and Science is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

## Credit Statement(s)

### AMA

Mayo Clinic College of Medicine and Science designates this other activity (live and online content) for a maximum of 38.25 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Disclosure Summary

As a provider accredited by Joint Accreditation Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course Director(s), Planning Committee Members, Faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of these relevant financial relationships will be published in activity materials so those participants in the activity may formulate their own judgments regarding the presentation.

**Listed below are individuals with control of the content of this program who have disclosed...**

### **Relevant financial relationship(s) with industry:**

<b>Name</b>	<b>Nature of Relationship</b>	<b>Company</b>
Cindy Chang, M.D.	medical advisor (stock options)	Neuroslam, Baseline Global, Agency for Student Health Research
Jonathan Finnoff, D.O.	Royalties	Demos Publishing
Mederic Hall, M.D.	Consultant, Stock Shareholder (self-managed)	Tenex Health, Sonex Health
Michael Stuart, M.D.	Consultant	Arthrex

### **No relevant financial relationship(s) with industry:**

#### **Name**

Justin Anderson, Psy.D.	Francis O'Connor, M.D.
Chad Asplund, M.D.	Jenny Ollila
Kristina Colbenson, M.D.	Amy Powell, M.D.
Luke Corey, R.D.	Cara Prideaux, M.D.
Arthur De Luigi, D.O., M.H.A.	Neha Raukar, M.D., M.S.
Shannon Halvorson	Jacob Sellon, M.D.
Aaron Hellem, PT, DPT, SCS	David Soma, M.D.
Gerry Malanga, M.D.	Jeff Tanji, M.D.

### **References to off-label and/or investigational usage(s) of pharmaceuticals or instruments in their presentation:**

<b>Name</b>	<b>Manufacturer/Provider</b>	<b>Product/Device</b>
Jacob Sellon, M.D.	no specific manufacturer	platelet-rich plasma/bone marrow aspirate concentrate

For disclosure information regarding Mayo Clinic School of Continuous Professional Development accreditation review committee member(s) please visit: <https://ce.mayo.edu/content/disclosures>.

## Disclaimer

Participation in this Mayo Clinic educational activity does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course. You should be aware

that substantive developments in the medical field covered by this recording may have occurred since the date of original release.

## **Prerequisites for Participation**

There are no prerequisites needed prior to participating in this education activity.

## **Method of Participation**

Participation in this activity consists of reviewing the educational material, completing the learner assessment and evaluation.

## **How to Obtain Credit**

To obtain credit, complete the assessment, evaluation and submit.

## **Release and Expiration Dates**

Release Date: June 15, 2021

Expiration Date: June 15, 2024

## **Acknowledgement of Commercial Support**

No commercial support was received in the production of this activity.

## **Faculty and Course Director Listing and Credentials**

Course Director(s)

Chad A. Asplund, M.D.

Kristina (Kristi) M. Colbenson, M.D.

### **Mayo Faculty**

Chad Asplund, M.D.

Kristina Colbenson, M.D.

Arthur De Luigi, D.O., M.H.A.

Aaron Hellem, PT, DPT, SCS

Cara Prideaux, M.D.

Neha Raukar, M.D., M.S.

Jacob Sellon, M.D.

David Soma, M.D.

Michael Stuart, M.D.

### **Guest Faculty**

Justin Anderson, Psy.D.,

Premier Sport Psychology

Cindy Chang, M.D.

University of California, San Francisco

Luke Corey, R.D.

EXOS

Jonathan Finnoff, D.O.

United States Olympic & Paralympic Committee

Mayo Clinic Department of PM&R

Mederic Hall, M.D.  
University of Iowa Sports Medicine

Gerry Malanga, M.D.  
New Jersey Sports Medicine and New Jersey Regenerative Institute

Francis O'Connor, M.D.  
Uniformed Services University of the Health Sciences

Amy Powell, M.D.  
University of Utah

Jeff Tanji, M.D.  
UC Davis Sports Medicine

## **Bibliographic Resources**

Mountjoy M, Sundgot-Borgen JK, Burke LM, Ackerman KE, Blauwet C, Constantini N, Lebrun C, Lundy B, Melin AK, Meyer NL, Sherman RT, Tenforde AS, Klungland Torstveit M, Budgett R. IOC consensus statement on relative energy deficiency in sport (RED-S): 2018 update. *Br J Sports Med.* 2018 Jun;52(11):687-697. doi: 10.1136/bjsports-2018-099193.

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