

Mayo Clinic Sports Medicine Board Review Online Course

Activity Description

Mayo Clinic's Sports Medicine Update and Board Review is a one-of-a-kind online course offering a comprehensive review of topics covered on the sports medicine board exam. The course faculty includes internationally recognized experts; this course enhances participants' knowledge and supports their preparation for both the board exam and clinical sports medicine practice.

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.
- Recognize the medical and administrative responsibilities of the team physician.
- Identify the role of the team physician and potential ethical conflicts between the players and coaches.
- Recognize 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.
- Identify the appropriate timing and frequency of pre-participation examinations.
- Identify appropriate screening tests used to detect conditions and assess the general health of athletes.
- Identify appropriate tests for screening the cardiovascular system.
- Recognize screening tools used to evaluate central nervous system health and detect 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, 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 enduring material for a maximum of 36.00 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other Healthcare Professionals

A record of attendance will be provided to all registrants for requesting credits in accordance with state nursing boards, specialty societies or other professional associations.

Disclosure Summary

As a provider accredited by Joint Accreditation for Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science must ensure balance, independence, objectivity and scientific rigor in its educational

activities. All who are in a position to control the content are required to disclose all financial relationships with any ineligible company. Faculty will also identify any off-label and/or investigational use of pharmaceuticals or instruments discussed in their content for FDA compliance.

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

Relevant financial relationship(s) with ineligible companies:

Name	Nature of Relationship	Company
Luke Corey, RDN	Full/Part-time Employee	EXOS
Jonathan Finnoff, D.O.	Grant or Research Support	Regenerative Medicine Minnesota
Francis O'Connor, M.D.	Other for-profit entities for which you consulted and received personal compensation	UpToDate section editor on topics related to Sports Medicine e.g. exertional heat illness.
Michael Stuart, M.D.	Other-Intellectual Property	Protective Hockey Undergarment, PCL Trans-Tibial Guide, Product and Surgical Technique Development for Arthrex by Dr. Michael Stuart

All relevant financial relationships listed for these individuals have been mitigated.

No relevant financial relationship(s) with ineligible companies:

Name

Justin Anderson, Psy.D., LP, CMPC	Jennifer R. Maynard, M.D.
Brennan J. Boettcher, D.O.	Jeffrey M. Payne, M.D.
Kristina (Kristi) Colbenson, M.D.	Neha P. Raukar, M.D., M.S.
Arthur J. De Luigi, D.O., M.H.A.	Jacob L. Sellon, M.D.
Marci Goolsby, M.D.	David B. Soma, M.D.
Aaron R. Hellem, P.T., D.P.T., SCS	Jeff Tanji, M.D.
Shelby E. Johnson, M.D.	Corinne Irish
Ryan C. Kruse, M.D.	Michelle Cooper
David Liddle, M.D.	

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

Name	Manufacturer/Provider	Product/Device
Jacob L. Sellon, M.D.	Multiple Product	Orthobiologics (eg, PRP) for MSK conditions

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.

Prospective attendees, please note that the content for this online activity has been repurposed from the live education activity 10th Annual Comprehensive Sports Medicine Update and Board Review 06/22/2022-06/25/2022. If you attended the live activity, you have already received credit for these educational sessions.

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 1, 2023

Renewal Date: **June 1, 2026**

Expiration Date: May 31, 2026

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)

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

Shelby E. Johnson, M.D.

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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.

Boraita A, Santos-Lozano A, Heras ME, González-Amigo F, López-Ortiz S, Villacastín JP, Lucia A. Incidence of Atrial Fibrillation in Elite Athletes. *AMA Cardiol.* 2018 Oct 31. doi: 10.1001/jamacardio.2018.3482. [Epub ahead of print].

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