



EPIC
EDUCATION & CONSULTING
PROVIDING EXCELLENCE IN SPORTS MEDICINE CONTINUING EDUCATION

Annual Southern Miss Sports Medicine Symposium

Evidence Based Practice

for

Rehab Professionals

KEY CONCEPTS TO CHANGE DAILY PRACTICE

Presented by EPIC Education and Consulting

Hattiesburg, MS

University of Southern Mississippi

June 15, 2019

**PROVIDING EXCELLENCE IN SPORTS MEDICINE
CONTINUING EDUCATION**



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J.D. Boudreaux received a Bachelor of Science degree from McNeese State University in 2003 as well as a Masters of Physical Therapy from LSU Health Sciences Center-Shreveport in 2005. In August of 2003, he became nationally certified as an athletic trainer and obtained his Sports Certified Specialist certification through the American Board of Physical Therapy Specialties in 2011. He recently completed his EdD degree from the University of Louisiana Monroe in Curriculum and Instruction in the Fall of 2018.

He has over ten years of experience as a dual credentialed sports medicine professional. He has spent seven years managing acute athletic injuries and directing the post-surgical rehabilitation of high-level athletes at the collegiate level. Furthermore, he has served as a visiting lecturer and clinical preceptor for an ATEP program. Currently, he is employed by a private outpatient sports medicine clinic delivering care in conjunction with other medical professionals to a variety of individuals, including high school and collegiate athletes.

Course Modules

Foundations of EBP (2 hours)

This module will discuss key principles and the importance of evidence-based practices within the practice of sports medicine. The domain for this module is Organization and Professional Health and Well Being.

At the conclusion of this program, participants will be able to:

1. Define and correlate the three components of EBP
2. Identify the steps within the evidence-based process
3. List the five components of a PICOT questions
4. Summarize the importance of evidence-based practice
5. Apply solutions to reduce barriers to implementation of EBP in daily practices
6. Differentiate between individual components within a given PICOT question
7. Develop an appropriate PICOT question to obtain external evidence for a clinical problem

Sleep Recommendations for Competitive Athletes (2 hours)

Lecture and interactive group discussion formats will be implemented to achieve the objectives pertaining to sleep and athletes. Participants will join in group discussions to identify barriers and solutions to appropriate sleep recommendation implementation for athletes at various competition levels. The participants will be able to assess their own practice and make immediate recommendations to athletes and staff members regarding the sleep habits of competitive athletes. The domains for this clinical module include Injury/Illness Prevention and Wellness Protection, Clinical Evaluation and Diagnosis, Immediate and Emergency Care, Treatment and Rehabilitation.

At the conclusion of this program, participants will be able to:

1. Identify the two main electrical states of the sleep cycle.
2. Interpret the effect of sleep deprivation on exercise and athletic performance.
3. Distinguish barriers within their own practice setting that may interfere with sleep performance
4. Construct solutions to minimize barriers to optimal sleep patterns in elite athletes
5. Apply sleep recommendations to current athletic teams to improve performance and health status of athletic participants.

Identification and Management of Mental Health Conditions: Taking Care of the Entire Athlete (3 hours)

A combination of lecture and group discussions will be implemented to achieve the stated objectives. The instructor will provide an overarching review of the literature as it pertains to management of mental health conditions in athletes. As the literature and practice guidelines/recommendations are reviewed, the participants will partake in interactive group discussions to augment the didactic section. Through this interaction, the other two aspects of evidence-based practice, including internal evidence (clinical experience) and patient values/preferences, as it pertains to management of mental health conditions, will be intertwined throughout the course. The domains for this clinical module include Injury/Illness Prevention and Wellness Protection, Clinical Evaluation and Diagnosis, Immediate and Emergency Care, and Healthcare Administration and Professional Responsibility.

At the conclusion of this program, participants will be able to:

1. List the different types of mental health disorders.
2. Identify stressors and triggering events to psychological concerns in student-athletes.
3. Construct a referral network of providers for evaluation and care for an athlete with mental health disorders
4. Generate a plan to address psychological concerns in student-athletes.
5. Investigate the legal liability when developing a plan to manage athletes with mental health disorders.



TARGET AUDIENCES

The target audience will principally include *athletic trainers, physical therapists, physical therapists assistants, occupational therapists, and COTAs*. Secondary audiences for this course content may include *students, educators, and sports medicine physicians*.

Cancellation Policy

The company reserves the right to cancel any course for various circumstances, including if enrollment is not sufficient to warrant offering of the course. If a course must be canceled for any reason, a full refund via check will be granted to reflect the participant's original payment.

Tentative Schedule

Time	Title
Saturday, June 15, 2019	
7:30-8:00	Registration
8:00-10:00	Foundations of EBP (2 hours)
10:00-10:15	Break
10:15-12:15	Sleep Recommendations for Competitive Athletes (2 hours)
12:15-1:30	Lunch
1:30-4:30	Identification and Management of Mental Health Conditions: Taking Care of the Entire Athlete (3 hours)
4:30-4:45	Conclusion and Course Evaluations

Refund Policy

Full refunds (Minus 10% for handling fees) are given after completion of the course if cancellation request is received 14 days prior to the seminar date. No refunds will be given after this deadline, but fees may be used to attend a future course.

Continuing Education Approvals

According to the education levels described by the PDC, the following continuing education course is considered to be essential, advanced and mastery. This course has been approved for 4 EBP continuing education credits through the **Board of Certification** and an additional 3 EBP hours are pending approval. All 7 hours are pending approval from the **Mississippi Physical Therapy Board**. Please contact course instructor if you want course to be approved by The Louisiana Physical Therapy Board, as this course has been approved by **Louisiana Physical Therapy Board** in previous years.

EPIC Education and Consulting, LLC is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers. EPIC Education and Consulting, LLC does not discriminate on the basis of race, color, national origin, religion, sex, disability, military status, sexual orientation or age. EPIC Education and Consulting, LLC is committed to accessibility and non-discrimination in all aspects of its continuing education activities. Participants who have special needs are encouraged to contact program organizers so that all reasonable efforts to accommodate those needs can be made.

