The Sports Medicine Team: Roles and Responsibilities of the Team Physician

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The Ohio State University
Objectives

- Understand the roles and responsibilities of the team physician
- Distinguish roles with the athlete/parents compared with coaches/administrators/general public
- Understand pre-season, in-season, and post-season goals and responsibilities
- Understand return-to-play issues for the team physician

I have no commercial, financial, or research relationships or interests within the past 12 months that affect my ability to provide a fair and balanced presentation for the proposed CME activity.
The Team Physician - Definition

- MD/DO with unrestricted license
- Responsible for treating and coordinating medical care of athletic team members
- Provide for well-being of individual athletes
- Expertise in musculoskeletal injuries and medical conditions encountered in sports
- Understands confidentiality issues when dealing with athletes
Team Physician Consensus Statements

- Team Physician
- OKU 2, 3, 4
- Sideline preparation
- Return to play
- Female athlete
- Mass participation event management

- Psychological issues in the injured athlete
- Concussion
- Injury and illness preparation
- Adolescent athlete
- Master’s athlete
Consensus Statements – Participating Organizations

- American Academy of Family Physicians
- American Academy of Orthopedic Surgeons
- American College of Sports Medicine
- American Medical Society for Sports Medicine
- American Orthopedic Society for Sports Medicine
- American Osteopathic Academy of Sports Medicine
The Team Physician

- Recreational
- High school
- College
- AAU – Olympics
- Professional
- Paraolympic athlete
- Many similarities and some differences for different levels
- Need to understand a given sport as to its differing requirements
Responsibilities to Athletes and their Families

- Protect them from injury and illness
- Allow them to participate
- Communication
- Confidentiality
Responsibilities to Coach, Staff and School

- Education
- Be available & acquainted with staff
- Facilitate rapport
- Balance needs and finances
- Protect from liability
- Formal agreement
Figure 1. The sports medicine team. (Modified from Mellion MB: Office Sports Medicine. Philadelphia, Hanley & Belfus, Inc., 1996.)
Desirable training and skills

- Specialty board certification
- Training in sports medicine
- >=50% of practice in sports medicine
- Membership and participation in sports medicine societies
- Certification at ACLS (minimum)
- Knowledge of medical/legal, disability, and workers’ comp issues
- Media skills training
Medical Management of Athletes

- Coordinate PPEs
- Manage injuries on the field
- Provide for medical management of injury and illness
- Coordinate rehab and return to play (RTP)
- Provide for proper prep for safe RTP after illness
- Integrate medical expertise with other HCPs (ATCs, allied health professionals, specialists)
- Provide for appropriate education and counseling regarding nutrition, strength and conditioning, ergogenic aids, substance abuse, and other medical problems that could affect athletes
- Provide for proper documentation and medical record keeping
Administrative and Logistical Duties

- Establish and define relationships of all involved parties
- Educate athletes, parents, admin, coaches et al regarding the athletes
- Develop a chain of command
- Plan and train for emergencies during competition and practice
- Address equipment and supply issues
- Provide for proper event coverage
- Assess environmental concerns and playing conditions
Preseason Planning

- Develop administrative protocols
- Establish roles of key personnel
- Develop and complete the PPE
- Review ALL information
- Determine eligibility
- Compliance with OSHA and pharmacy regulations
- Proper documentation and medical record keeping
- Rehearse emergency plan
- Define in writing the obligations and responsibilities of the team physician
Preparticipation Physical Evaluation

DATE OF EXAM

**Name**  
**Sex** | **Age** | **Date of birth**

**Grade** | **School** | **Sport(s)**

**Address**  | **Phone**

**Personal physician**

**In case of emergency, contact:**

**Name**  | **Relationship**  | **Phone (H)**  | **(W)**

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**Explain “Yes” answers below. Circle questions you don’t know the answers to.**

<table>
<thead>
<tr>
<th>Yes</th>
<th>No</th>
<th>Yes</th>
<th>No</th>
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</thead>
<tbody>
<tr>
<td>1. Has a doctor ever denied or restricted your participation in sports for any reason?</td>
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<td>2. Do you have an ongoing medical condition (like diabetes or asthma)?</td>
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<td>3. Are you currently taking any prescription or nonprescription (over-the-counter) medications or pills?</td>
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<td>4. Do you have any allergies to medicines, pollen, foods, or stinging insects?</td>
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<td>5. Have you ever passed out or nearly passed out DURING exercise?</td>
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<td>6. Have you ever passed out or nearly passed out AFTER exercise?</td>
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<td>7. Have you ever had discomfort, pain, or pressure in your chest during exercise?</td>
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<tr>
<td>8. Does your heart race or skip beats during exercise?</td>
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<td>9. Has a doctor ever told you that you have (check all that apply):</td>
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<tr>
<td>High blood pressure</td>
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<td>High cholesterol</td>
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<tr>
<td>Heart murmurs</td>
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<tr>
<td>Heart infections</td>
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<td>10. Has a doctor ever ordered a test for your heart? (for example, ECG, echocardiogram)?</td>
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<td>11. Has anyone in your family died of no apparent reason?</td>
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<tr>
<td>12. Does anyone in your family have a heart problem?</td>
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<td>13. Has any family member or relative died of heart problems or of sudden death before age 50?</td>
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<td>14. Does anyone in your family have Marfan syndrome?</td>
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<td>15. Have you ever been sent to a hospital?</td>
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<td>16. Have you ever had surgery?</td>
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<td>17. Have you ever had an injury, like a sprain, muscle or ligament tear, or tendinitis, that caused you to miss a practice or game? (if yes, circle affected area below)</td>
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<td>18. Have you any broken or fractured bones or dislocated joints? If yes, circle below:</td>
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<td>19. Have you had a bone or joint injury that required x-rays, MRI, CT, surgery, injections, rehabilitation, physical therapy, a brace, a cast, or crutches? If yes, circle below:</td>
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<td>20. Have you ever had a stress fracture?</td>
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<td>21. Have you been told that you have or have had an x-ray for atlantoaxial (neck) instability?</td>
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<tr>
<td>22. Do you regularly use a brace or assistive device?</td>
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<td>23. Has a doctor ever told you that you have asthma or allergies?</td>
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<tr>
<td>24. Do you cough, wheeze, or have difficulty breathing during or after exercise?</td>
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<td>25. Is there anyone in your family who has asthma, diabetes, or a heart condition?</td>
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<td>26. Have you ever used an inhaler or taken asthma medicine?</td>
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<td>27. Were you born without or are you missing a kidney, an eye, a testicle, or any other organ?</td>
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<td>28. Have you had infectious mononucleosis (mono) within the last month?</td>
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<td>29. Do you have any rashes, pressure sores, or other skin problems?</td>
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<td>30. Have you had a herpes skin infection?</td>
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<td>31. Have you ever had a head injury or concussion?</td>
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<td>32. Have you been hit in the head and been confused or lost your memory?</td>
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<td>33. Have you had a stroke?</td>
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<td>34. Do you have headaches with exercise?</td>
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<tr>
<td>35. Have you ever had numbness, tingling, or weakness in your arms or legs after being hit or falling?</td>
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<tr>
<td>36. Have you ever been unable to move your arms or legs after being hit or falling?</td>
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<td>37. When exercising in the heat, do you have severe muscle cramps or become ill?</td>
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<td>38. Has a doctor told you that you or someone in your family has sickle cell trait or sickle cell disease?</td>
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<td>39. Have you had any problems with your eyes or vision?</td>
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<td>40. Do you wear protective eyewear, such as goggles or a face shield?</td>
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<td>41. Are you happy with your weight?</td>
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<tr>
<td>42. Are you trying to gain or lose weight?</td>
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<td>43. Do you limit or control what you eat?</td>
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<tr>
<td>44. Has anyone recommended you change your weight or eating habits?</td>
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<tr>
<td>45. Do you limit or control what you eat?</td>
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<td>46. Do you have any concerns that you would like to discuss with a doctor?</td>
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<tr>
<td>FEMALES ONLY</td>
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<tr>
<td>47. Have you ever had a menstrual period?</td>
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<tr>
<td>48. How old were you when you had your first menstrual period?</td>
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<tr>
<td>49. How many periods have you had in the last 12 months?</td>
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</tbody>
</table>

**Explain “Yes” answers here:**

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**I hereby state that, to the best of my knowledge, my answers to the above questions are complete and correct.**

**Signature of athlete**  | **Signature of parent/guardian**  | **Date**

Administrative Policy
ESSENTIALS

- Develop chain of command and define responsibilities of personnel
- Establish emergency response plan for practice and competition
- Comply with OSHA standards
- Establish environmental condition policy for modification/suspension of play
- Establish medical record keeping plan
- Define the role, authority, and responsibilities of sideline medical coverage
Administrative Policy
Nice-to-Haves

- Rehearse emergency response plan
- Establish network of other HCPs
  - Specialists, ATCs, AHPs
- Establish policy for dissemination of info regarding athletes’ health
- Prepare letter of understanding between team physician and admin, defining obligations, responsibilities
<table>
<thead>
<tr>
<th>Cardiopulmonary</th>
<th>Head and neck</th>
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</thead>
<tbody>
<tr>
<td>Airway and mask</td>
<td>Dental kit</td>
</tr>
<tr>
<td>BP cuff</td>
<td>Eye kit</td>
</tr>
<tr>
<td>Stethoscope</td>
<td>Penlight</td>
</tr>
<tr>
<td>Cricothyrotomy kit</td>
<td>Pin/sharp object</td>
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<tr>
<td>Epi 1:1000</td>
<td>Reflex hammer</td>
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<tr>
<td>Beta agonist MDI</td>
<td>Cervical collar</td>
</tr>
<tr>
<td>AED</td>
<td>Spine board/attachments</td>
</tr>
</tbody>
</table>
Game Day Planning
Medical Bag - Highly Desirable

- Alcohol/betadine
- Scissors
- Bandages
- $D_{50}W$, 0.9%NaCl, 3%NaCL
- ACLS meds, antihistamines, antiemetics, NSAIDs
- Disinfectant
- Exam gloves

- Angiocaths
- Local anesthetics
- Needles/syringes
- Pen and paper
- Sharps box
- Suture material
- Wound irrigation
Game Day Planning
Medical Supplies - Highly Desirable

- Phone access
- Extremity splints
- Ice
- Oral fluids
- Plastic bags
- Slings
- Face mask removal

- Blanket
- Crutches/walking boots
- Mouth guards
- Tape cutter
- SCAT/etc
Game Day Planning
Medical Bag - Highly Desirable

- Benzoin
- Blister care
- Contact lens soln
- Cautery
- Emergency #s
- Mirror
- Nail clippers

- Nasal tampons
- Ophthalmo/otoscope
- Rx pad
- Razor and cream
- Rectal thermometer
- Tongue depressor
- Topical antibiotics
Medical Game-day plan
ESSENTIALS

- Determine final athlete clearance for RTP
- Assess and manage game-day injuries and illness
- Determine athletes’ same-game RTP
- Closely observe game from appropriate location
- Notify appropriate parties about athletes’ injury or illness
- F/U care and instructions for athletes who require tx during or after play
- Properly document all care/decisions
Medical Game-day plan
Nice-to-Haves

- Monitor equipment safety and fit
- Monitor post-game referral care of injured or ill athletes
Game-day Admin planning
ESSENTIALS

- Determine which medical personnel attend
- Assess environmental concerns and playing conditions
- Plan for opposing team care
- Introduce medical team to officials
- Review emergency medical response plan
- Check communication equipment function
- Find exam and tx sites
- Do post-game review
- Make necessary modifications to medical and admin plans
Establish RTP Process!

- Chain of command
- Communicate with players and others
- System of documentation
- Protocol to release information
- Safety of athletes and other participants
- Individualized plan MUST be communicated
- Provide realistic goals for the athlete – don’t set them up to fail
- Don’t forget psychological aspects of RTP!
Injury Disclosure

- Player
- Family
- Public
- The team
- The league
- Agent

- Contract interest
- Press/media
- Players’ association
- Second opinions
- Las Vegas.....
Post-season Evaluation

- Summarize injuries and illness
- Improved medical/admin protocols
- Implement strategies to improved sideline prep
Medical Plan

- ESSENTIAL:
  - Meet with appropriate team personnel and admin to review season
  - ID athletes who require post-season care

- DESIRABLE
  - Monitor health status of injured/ill
  - Do post-season physicals, if needed
  - Supervise off-season conditioning
Administrative Protocol

- **ESSENTIAL:** Review and modify medical and admin protocols
- **DESIRABLE:** Compile injury and illness data
Final Comments

- Preparation and communication are the keys
- Safety and welfare of the athlete are first and foremost
- Chain of command critical to your success
- Avoid personally marketing yourself through your players and their injuries
- Treat player as a private patient in your care
- At times, specifically discussing an injury may have value to everyone
- You as team physician have final say, not the consultant
Every team would like to think it does its best work when the stakes are highest—when the company’s future or its own rides on the outcome.

JFK
“Problems cannot be solved with the same level of awareness that created them.”

*Albert Einstein*