



Athletic Trainers in Oregon High Schools

Athletic trainers (ATs) provide a variety of services including:

- Injury Prevention
- Recognition, evaluation, and immediate care of injuries
- Rehabilitation and reconditioning of athletic injuries
- Education and counseling

Access

- Having an athletic trainer on campus results in immediate access to a health care provider to assess and treat injuries and when needed, referral to another provider. *All at no cost to the student or their parents.*
- *Less than 45% of Oregon high schools have an AT, lower than the national average of 68%.¹*

Prevention

- *Nearly half of the patient encounters of ATs in high schools are preventative in nature.²*
- Oregon high schools with an AT are *more prepared for sports-related emergencies* than schools without (i.e., a greater number of emergency action plans and AEDs available).³

Injury & Illness Evaluation

- A study using Oregon's All Payers, All Claims dataset found that access to an AT resulted in:
 - *A reduced number of emergency department visits and⁴*
 - *Cost savings to Medicaid.⁴*
- Schools with an AT had more concussion diagnoses than schools without an AT – a positive considering concussions often are unreported.^{5,6}

Treatment & Rehabilitation

- Many injuries can be treated on campus by the AT - not only saving the student-athlete's family time and money, the student does not miss class for an off-campus appointment.
- For long-term injuries, such as surgeries, the number of physical therapy visits are often limited. The AT can collaborate with the physical therapist to provide adjunct care on campus.

Education & Counseling

- Because ATs work closely with athletes, the AT is well positioned to identify a mental health concern before it becomes a crisis.
- The Oregon Athletic Trainers' Society has partnered with the Oregon School Activities Association, the Oregon Athletic Coaches Association, and the Oregon Athletic Directors Association to create educational campaigns for school athletics personnel regarding⁷
 - Suicide prevention
 - Bullying and hazing prevention
 - Emergency action planning

References

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