



## Athletic Trainer Career Development Program Description and Curriculum

Dr. Chudik's Career Development Program is an educational program that prepares athletic trainers for careers as physician extenders. This program allows athletic trainers to expand their education, improve their clinical evaluation skills, increase their knowledge as an allied health care professional and interact with orthopaedic surgeons. Participants also earn continuing educational units in the field of physician extending. The Career Development Program is endorsed by the National Athletic Trainers Association (NATA) and is funded by the Orthopaedic Surgery and Sports Medicine Teaching and Research Foundation (OTRF).

### Program Goals

- ✓ To expose the athletic trainer to a busy orthopaedic sports medicine clinical practice.
- ✓ To provide the athletic trainer a continuing educational experience with hands-on clinical patient interaction under the close supervision of an orthopaedic surgeon specializing in sports medicine.
- ✓ To broaden the athletic trainer's knowledge base concerning the diagnosis and management of musculoskeletal injuries and conditions.
- ✓ To provide an opportunity for the athletic trainer to advance their clinical skills including, but not limited to, history taking, physical examination, interpretation of radiographic and other ancillary studies, diagnosis, surgical indications, clinical decision making, non-operative management, proper documentation, case presentation, brace application, casting and splinting, wound care, patient education, coding and billing, surgical assisting, etc.
- ✓ To foster and strengthen the orthopaedic surgeon-athletic trainer relationship ultimately to providing better care for the active members of our communities.
- ✓ To prepare the athletic trainer for additional career opportunities as a physician-extender.

### Learning Objectives

- ✓ To become proficient at eliciting a proper problem-focused patient history.
- ✓ To become proficient at performing a problem-focused musculoskeletal physical examinations of the entire human anatomy.
- ✓ To understand the indications for, and basic interpretation of, radiographs, MRI and CT.
- ✓ To become proficient at diagnosis and clinical decision making.
- ✓ To gain a better understanding of surgical indications, associated complications and postoperative care.
- ✓ To develop clinical skills including, but not limited to suture and staple removal, brace application, casting, wound care and wound closure.
- ✓ To become proficient in proper documentation and clinical coding.



## Orthopaedic Surgery & Sports Medicine Teaching & Research Foundation

- ✓ To become proficient in presenting cases and communicating with physicians to facilitate patient care.
- ✓ To develop effective patient communication and education skills.
- ✓ To develop knowledge and proficiency in surgical prepping, draping, positioning and assisting.

### **Athletic Trainer Requirements and Eligibility**

- ✓ A commitment to provide first-class patient care serving as an extension of the physician in the clinical setting.
- ✓ A strong desire to learn and develop skills within the field of orthopaedic surgery and sports medicine.
- ✓ To uphold and abide by the highest standards of professionalism during the program.
- ✓ To maintain all codes of professional conduct including HIPAA.
- ✓ To be member of multidisciplinary sports medicine team.
- ✓ To attend weekly didactic conferences and earn properly allocated CEU's.
- ✓ Bachelors' degree
- ✓ NATA-BOC certification
- ✓ Athletic Training Licensure in the state of Illinois
- ✓ CPR/AED certification

### **Athletic Trainer Responsibilities and Core Competencies**

The athletic trainer often is the first and last person a patient encounters and plays a pivotal role in the day-to-day operations within the practice. Under the direction of the supervising physician, the athletic trainer will be held accountable for mastering the following responsibilities and core competencies:

- ✓ Rooming patients
- ✓ Taking a thorough patient history and physical examination
- ✓ Developing a working diagnosis and treatment plan
- ✓ Organizing all clinically relevant information such as studies, films, medical records, etc.
- ✓ Presenting patient history, physical exam, pertinent test results, working diagnosis and treatment plan to the supervising physician
- ✓ Properly initiating the final treatment plan determined by the physician
- ✓ Assisting with ordering X-rays, MRIs, CT scans and other diagnostic tests or labs
- ✓ Removing sutures and staples and providing simple wound care
- ✓ Applying casts, braces, or other assistive devices
- ✓ Instructing patients on gait training, or therapeutic exercises



## Orthopaedic Surgery & Sports Medicine Teaching & Research Foundation

- ✓ Providing patients with post-visit patient materials
- ✓ Providing patient education and instruction
- ✓ Assisting with clinic flow, paperwork and chart management
- ✓ Documenting patient visits that provides an objective evaluation measure of the athletic trainer's mastery and understanding of concepts and overall job performance
- ✓ Properly coding the visit and services performed in the clinic
- ✓ Assisting in the operating room with surgical prepping, draping and positioning
- ✓ Properly coding and documenting the operative procedures

### **Physician Responsibilities**

- ✓ Educate and mentor the athletic trainer so they may master the above learning objectives
- ✓ To uphold and abide by the highest standards of professionalism.
- ✓ Supervise all actions of the athletic trainer to insure a proper standard of care
- ✓ Be receptive to questions from the athletic trainer and be willing to explain the thought process behind diagnosing patients and developing treatment plans
- ✓ Teach the athletic trainer how to interpret diagnostic tests and labs
- ✓ Communicate on a daily basis with athletic trainer as to their performance in the clinic
- ✓ Complete post-rotation evaluation forms and clinical competency checklists at the middle and end of the internship
- ✓ Communicate on a weekly basis with the educational program coordinator regarding the progress and competency of assigned athletic trainer

### **Program Features**

- ✓ Available as a one-year or a six-month program to accommodate employed athletic trainers looking to gain clinic consolidated experience.
- ✓ Weekly sports medicine conferences to discuss journal articles, have in-service learning sessions, or participate in case presentations
- ✓ Elective exposure to sports teams and clubs, events and athletic training coverage

### **Application Process:**

- ✓ Download, print and complete the Athletic Training Career Develop Program application available at [otrfund.org/](http://otrfund.org/). Send the completed application along with the following items:
- ✓ Provide resume/curriculum vitae
- ✓ Submit undergraduate transcripts



## Orthopaedic Surgery & Sports Medicine Teaching & Research Foundation

- Include two letters of recommendation
- Proof of NATA-BOC certification, or BOC scheduling receipt documenting date of test prior to beginning of residency
- Athletic Training Licensure in the state of Illinois, or copy of completed application forms
- Proof of CPR/AED Certification

Send your completed application, required documents and materials to:

OTRF Athletic Trainer Career Development Program  
c/o Dr. Steven Chudik  
1010 Executive Court, Suite 250  
Westmont, IL 60559

Please direct all questions to our email, [contactus@chudikmd.com](mailto:contactus@chudikmd.com)