

# Sports Medicine Concepts



## Core4 Fundamentals

### On-Site Experience



### Program Description

CORE4 Fundamentals is an 8hr hands-on program that uses demonstration, practice, and simulation to provide a training experience that emphasizes practical application of 4 essential emergency action planning concepts, including:

1. Provision of high quality basic life-support prior to the arrival of EMS
2. Integration with EMS
3. Interdisciplinary critical task choreography
4. Safe Patient Handling and Equipment Management

---

### Program Objectives

After completion of this program participants will be able to:

1. Develop an advanced cognitive understanding of clinical criteria used to determine appropriateness of various

safe handling maneuvers, including repositioning, transfer, and immobilization of potentially critically injured athletes;

2. Demonstrate competency in completion of patient safe handling maneuvers, including repositioning, transfer, and immobilization of potentially critically injured athletes;
  3. Explain advanced cognitive concepts relating to clinical criteria for choosing appropriate equipment removal strategies;
  4. Demonstrate competency in performance of various equipment removal strategies;
  5. Express a cognitive understanding of interdisciplinary team dynamics that result in effective delivery of critical care;
  6. Demonstrate competency in delivery of critical care as a member of an interdisciplinary medical team in the setting of a cardiac arrest, cervical spine injury, isolated head trauma, and truncal trauma with hypotension.
  7. Learn emergency action plan essentials associated with improved outcomes for critically injured athletes.
  8. Demonstrate competency in obtaining and interpreting vital signs as a means of making clinical decisions.
-

# Sports Medicine Concepts



|FLAWLESS|

## Typical Agenda

8:30am - 12pm Session I: Demonstration and practice

- Repositioning
- CABiN assessment
- HQ-BLS CPR
  - Airway adjuncts
  - CPR/defibrillation
- Neurological assessment
- Vital signs trending
- Integration with EMS
- Equipment management

12pm - 12:30pm: working lunch

12:30pm - 4:30pm: Session II: Simulation based training

- Cardiac Arrest
- Cervical Spine Injury
- Isolated Head Trauma
- Truncal Trauma with Hypotension

---

## Required Materials

All materials and equipment needed for simulation will be provided by SMC.

## Fee

\$10,769 (up to 25 participants)

---

## Accreditation

- Sports Medicine Concepts, Inc., is approved by the Board of Certification, Inc. (BOC AP# P1126) to offer continuing education to Certified Athletic Trainers.

- This course offers a total of eight (8) Category A contact hours. ATs should claim only those hours actually spent in the educational program.
- This course is approved by the APTA to satisfy the EMR requirements of the sports speciality certification for physical therapists.
- Other sports healthcare professionals are welcome to attend such as EMT's, PT's, MD's, PA's, and others may be eligible for continuing education credit.
- 

---

## Cancellation/Refund Policy

50% non-refundable fee due at time of scheduling. Balance due Net 30 days. Program may be rescheduled up to 1 time when SMC is notified at least 30 days in advance. No refunds are offered for cancelled events.

---

## Sports Medicine Concepts



|FLAWLESS|

### Program Staff



#### **Mike Cendoma, MS, ATC, ACLS**

##### Program Director

Mike has been a practicing athletic trainer since 1991, and the CEO and Program Director at SMC since founding the company in 1995. Mike oversees the Core4® curriculum and SMC's Elite Sports Emergency Care Training Center based in Avon, NY. Under Mike's watch the Core4® approach has become the cornerstone of emergency response preparation for the most demanding medical teams in the country.

##### **Research, Simulation, and Production Staff:**

Amanda Shaw MS, ATC, ACLS

Mandy Sheflin, ATC, CSCS, ACLS

Caitlin Loftus ATC, ACLS

Benjamin Gabriel MS, ATC

Dave Leven EMT

Michael Coward EMT-P

Rebecca Searchfield EMT-P

Peter Bonadonna EMT-P

Chris Grassman RN, BSN, EMT-P

Morgan Cendoma, Director of IT & Media

Full staff bios can be found on

[www.sportsmedicineconcepts.com](http://www.sportsmedicineconcepts.com)