



How to stay Healthy by Kim Joest ATC/LAT

With the Flu season upon us, how can you as an athlete lower your risk of getting sick? Some of you may get a flu shot. But did you know that keeping up good personal hygiene could prevent you from getting sick. Personal hygiene is not just keeping your body clean; it helps your skin fight infections, prevents injuries and removes substances that might promote bacteria growth. Not only does personal hygiene help prevent illness it can also make a person feel good about themselves both physically and emotionally.

You may be asking yourself, what is considered good personally hygiene? Here are 5 helpful tips.

Tip 1: Washing and Cutting your hair.

By washing and cutting your hair on a regular basis, you keep your hair healthy and strong. You should wash your hair at least every other day to keep dirt and unnecessary oils out. Make sure you are getting your hair cut to remove the dead ends to allow for growth. It is recommended that males/females with short hairstyles have a trim every 6 weeks. If you have longer hair you can wait 10 weeks.

Tip 2: Dental Care

Proper Dental hygiene will also help with keeping your immune system healthy. Our mouths are the most prone to harmful bacteria and infections. Because of this, it is important to see a dentist every 6 months. The dentist will remove tartar buildup, which can cause tooth decay. In between dentist visits, you need to maintain a good teeth-cleaning regimen at home. It is recommended that you brush your teeth twice a day, if you can after every meal. By brushing your teeth, you are cutting down on the amount of bacteria in your mouth. Besides brushing, you need to make sure you floss your teeth at least once a day. By flossing you help remove plaque in difficult areas between your teeth. Flossing also helps your gums stay health and protect you from disease. When you are finished with your toothbrush make sure you rinse it and store in a clean area to prevent bacteria and germs from getting on your brush.

Tip 3: Body Care

Make sure you are showering or bathing daily. This insures your skin can shed the dead cells and grow new ones. When you reach the age of puberty, your body starts producing odor. This odor comes from sweat glands under your arms, around your genital area and on your feet. Make sure you wash well under your arms, feet and genital areas. For men shaving your face helps minimize the places where bacteria can grow. For females the same rule applies for under your arms and legs. You also need to make sure you trim your nails to prevent hangnails and infected nail beds. When cutting your nails, make sure you are using proper techniques to prevent ingrown nails.

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Making Clinical Theory Real by: Kathy Ottopal MS, ATC/L, EMT-B

Recently TriHealth Sports Medicine and Wellington Orthopaedics athletic trainers in Cincinnati, OH increased their confidence in dealing with three rare, but high-risk, high-profile clinical problems known to occur at sporting events by using a hospital-based High Fidelity Human Patient Simulator.

The High Fidelity Human Patient Simulator (HPS) not only mimics human form, but also human physiology. The HPS can replicate a wide variety of pathophysiologic states such as; breathing with chest rise and fall, breath sounds, heart beat, pulse, eye opening with papillary reaction to light, vocalize, consume oxygen, produce CO₂ and more. HPS is a realistic first-hand experience that can be repeated as needed, and allows interaction with multiple professionals in settings characteristic of those in real life.

This unique event allowed for the cooperation of two TriHealth hospitals, athletic trainers and EMS professionals. The three scenarios involved in this pilot study included a spontaneous pneumothorax in a high school track and field athlete, a traumatic brain injury in a junior varsity football player, and an acute coronary event in a coach.

Members of local emergency medical services and graduates of the Bethesda Paramedic Training Program volunteered their time, providing a more realistic situation including transfer of care from the athletic trainer to EMS personnel. Never before had athletic trainers been involved in a training program connecting facilitators who are experienced with patient care and EMS personnel. This was an excellent opportunity to educate everyone as to what is expected of each care provider at every step in the emergency process. Each scenario allowed participants to immediately review, revise, and repeat actions for immediate feedback and improvement of skills.

During simulation training unexpected lessons occurred due to the combination of EMS personnel and certified athletic trainers. Before and after the scenarios the participants completed a ten point Likert scale to report confidence in the content and management of each clinical simulation. The self-reported confidence scores for each scenario increased with statistical significance after completing simulation.

Currently there is no local, state or national initiatives with a focus on medical simulation of athletic trainers, but for the participants of this training the information and feedback gained from this opportunity is invaluable and extremely effective for simulating high risk situations.

Staying Motivated! by Dawn Weatherwax-Fall, RD, CSSD, LD, LAT, ATC, CSCS

So how are your New Year's Resolutions going? Hopefully you chose resolutions that had meaning to you, embraced your values, reverberated with your identity and held some type of enjoyment. However even with great intentions many times we retreat to our old habits. Even so, you can still reach your goals. Below are some tips to revive, continue and achieve your goals.

Are your goals reachable? When it comes to making goals for ourselves, sometimes we are unrealistic. Make goals that can be measured, has a time frame and adjustable.

Write it down. When you write your goals down you validate your intentions. Seeing it in print and reading it allowed increases the probability that you will get there.

Use present language. It is a known fact that the subconscious does not know the difference between reality and fantasy. Say things like I am 175lb, with 20% body fat and love every minute of keeping myself healthy.

Plan that there will be obstacles. Most of the time when we start a project there are things that we did not predict. Our goals are the same way. It is how we adjust to the roadblock and proceed is the most important piece. Many times it is the roadblock that pushes us backwards.

Don't stop. The only way you won't achieve your goals are if you stop completely. Reevaluate your target each week and have a plan of attack for the next one. Keep repeating this process. You will find that there is more than one way to reach your potential!

I have found that many successful people use these approaches with their job or family life but they forget to apply the same beneficial techniques to themselves. So get out your pen, phone or computer and get planning!

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Tip 4: Washing your Hands

Hand cleaning is very important. You need to make sure you wash your hands after you use the restroom to prevent bacteria from getting on other parts of your body. You should wash for 15-30 seconds or one round of saying the ABC's. It is also important to wash your hands anytime food is involved. Clean your hands before you touch food (before meal or preparing meal) this keeps germs from getting on your food. When preparing food, it is recommended that you wash your hands in hot, soapy water for 2 minutes. The same is recommended after you have prepared food. Especially if you have touched raw poultry or meat.

Tip 5: Coughing and Sneezing.

If you have to cough or sneeze, make sure you cover your mouth. Use either your elbow or a tissue. Also make sure you wash your hands if you sneeze or cough on them. This helps keep the spread of germs from spreading to other people and keeps them off you.

By following these 5 healthy hygiene tips, you can increase your chances of having a healthy and positive season.

Meet a Staff Member



Jeffrey L. Fitz, MA, ATC, LAT

Jeff is a clinical ATC at Good Samaritan Physical Therapy at Glenway; Outreach ATC for Elder High School; ATC for Cincinnati Steam; The Educational Coordinator for the Sports Medicine Department; an American Red Cross PR/AED/First Aid Instructor; with a Bachelors of Science in Health Education - Athletic Training Option from Penn State

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TriHealth Sports Medicine provides comprehensive prevention, recognition, and assessment of athletic injuries, and the complete management and treatment of those injuries. We treat a wide range of patients and athletes of all ages throughout Greater Cincinnati.



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