



ACTIVITY OVERVIEW

Statement of Educational Need

There are an estimated 5 million active athletes at the high school, collegiate, professional, and master's levels in the United States. As the athletic population continues to expand in all major demographic groups, a larger contingent of practice-ready sports medicine clinicians who understand contemporary cardiovascular care for athletes is needed.

Primary Care Sports Medicine On Demand addresses this need and includes the top sessions for sports medicine practitioners from the popular *Care of the Athletic Heart* course. With these curated sessions, you will learn about important cardiovascular issues pertinent to primary care sports medicine and improve your athletic ECG interpretation skills.

Educational Program Goal

The overall goal for this activity is to master important cardiovascular concepts pertinent to primary care sports medicine and to improve your athletic ECG interpretation skills.

Learning Objectives

Upon completion of this activity, participants should be able to:

- Demonstrate appropriate interpretation of an athletic patient's ECG, including use of the International Recommendations for Electrocardiographic Interpretation in Athletes
- Compare and contrast contemporary cardiac prevention tactics for the healthy elite athlete that are pertinent to primary care sports medicine practitioners and athletic trainers
- Discuss the importance of Emergency Action Planning in the care of competitive athletes
- Implement best practices associated with COVID-19 in the care and management of athletes

Session I: ECG Interpretation

ECG Interpretation: What Findings Need Further Assessment?

Sanjay Sharma, BSc(Hons), MD

Putting Your Interpretation Skills to the Test! The ECGs of the Professional, Recreational and Occupational Athlete and Further Assessment – ECG Set 1

Moderator: Sanjay Sharma, BSc(Hons), MD

Panel: Eugene H. Chung, MD, FACC, Rachel Lampert, MD, FACC, Benjamin D. Levine, MD, FACC, Silvana Molossi, MD, FACC, and Elizabeth V. Saarel, MD, FACC

ECG Interpretation in Athletes: Progress and Advancements

Aaron Baggish, MD, FACC



Session I: ECG Interpretation *Continued*

Putting Your Interpretation Skills to the Test! The ECGs of the Professional, Recreational and Occupational Athlete and Further Assessment – ECG Set 2

Moderator: Aaron Baggish, MD, FACC

Panelists: Jonathan Drezner, MD, Michael S. Emery, MD, MS, FACC, Rachel Lampert, MD, FACC, and Matt Martinez, MD, FACC

Putting Your Interpretation Skills to the Test! The ECGs of the Professional, Recreational and Occupational Athlete and Further Assessment – ECG Set 3

Moderator: Rachel Lampert, MD, FACC

Panelists: Eugene H. Chung, MD, FACC, Michael S. Emery, MD, MS, FACC, Kimberly Harmon, MD, Michail Papadakis, MBBS, MD(Res), and Paul Thompson, MD, FACC

Session II: Cardiac Prevention and Clinical Management

Current Cardiac Screening Evaluations: The Why and How They Do It

Moderator: Jonathan Kim, MD, MSc, FACC

Panelists/Presenters:

- NCAA – Ron Courson, ATC, PT, NREMT-I, CSCS
- Professional Sports – Matt Martinez, MD, FACC
- Community Screening – David M. Shipon MD, FACC
- When Screening Goes Awry – Dermot Phelan, BAO, MB BCh, PhD, FACC

Where There Is No Debate...Emergency Action Plans for Cardiac Arrest

Ron Courson, ATC, PT, NREMT-I, CSCS

The Skinny on Sports Nutrition: Preparation, Supplements and Steroids – What to Watch for and Hidden Dangers

Michael S. Emery, MD, MS, FACC

American Style Football and CV Concerns

Jonathan Kim, MD, MSc, FACC

Exercise-associated Collapse: Across the Spectrum from Low to High Risk

Mark S. Link, MD, FACC

Introduction to Race Medicine: Hypothermia, Hyperthermia and Hyponatremia

Sanjay Sharma, BSc(Hons), MD



Session III: Hot Topics

COVID-19: Current Perspectives from the Lockdown to the Present

Moderator: Jonathan Kim, MD, MSc, FACC

Panelists: Aaron Baggish, MD, FACC, Jonathan Drezner, MD, Celine Gounder, MD, ScM, and David Weiss

COVID-19 and the Athletic Heart: Case Discussions

Moderator: Matt Martinez, MD, FACC

Panelists: Dermot Phelan, BAO, MB BCh, PhD, FACC, Andre La Gerche, MD, Ankit Shah, MD, MPH, FACC, and Meagan Wasfy, MD, FACC

Case Presenters: David Engel, MD, FACC, Antonio B. Fernandez, MD, FACC, and Allison Zielinski, MD, FACC

The World of Wearables: Does the Data Support the Use?

Mark S. Link, MD, FACC