Testimony of Ally Dering-Anderson in favor of the Sunrise Review Proposal for Nebraska Athletic Trainers

Greetings, my name is Allison Dering-Anderson and I am a pharmacist. I am also the mother of 4 and the grandmother of 4. I am a faculty member at the University of Nebraska College of Pharmacy; the senior partner of BBfN Consulting; and the immediate past president of the Nebraska Pharmacists Association. I appear today, speaking ONLY on behalf of myself, in support of the Sunrise Review Proposal for the Nebraska Athletic Trainers.

I firmly believe that professionals, by definition, act professionally. If there is an unethical actor, the state has sufficient means to deal with that. But the vast majority of professionals are professional, attempting to regulate the 1000 to manage the 1 is not in the best interest of the public nor the profession.

I am here today because of my work to try to get emergency medicines to all places where they can be used to save lives. I worked hard to get optometrists the ability to have epinephrine in their offices and I will advocate that athletic trainers are a wonderful resource to have emergency medicines for EMERGENCIES. Emergencies, by definition are unpredictable. Patients need access to some of these drugs within minutes. It's not continuing care, but it's enough to allow for EMS to arrive on scene or for transport to more intensive medical care. I am thrilled that the athletic trainers have the foresight to recognize that often they are the only profession available and they are trained to handle emergencies. It is my hope that they will be allowed to save lives, by caring and administering these medications, regardless of the definition of the person's athletic prowess or participation.

As a member of the technical review committee for past and present proposals, I would also offer this insight of some of the discussion I have heard regarding "confusing" wording. The public is NOT confused. In fact, most don't care about titles. They simply want a qualified person who can help them. Yes, the title "Athletic" Trainer may cause some discomfort. I am not sure that I can define an athlete. But I am sure that when I stepped in a hole officiating a soccer game that I wanted someone to take care of me and my injury. I wasn't on the field of play since I was the AR at the time, but no one would have mistaken me for one of the athletes! The public doesn't care that the state calls me Ally Dering-Anderson, RP, when I'm not registered at all. I have a license. It's a grammatic glitch that my profession has dealt with for over 100 years.

I will include several instances of grammatical confusion that can be cleared by this proposal in my written submission with this testimony. I don't want to take your valuable time reading to you.

I encourage the technical review committee to support this proposal and advance it positively to the Nebraska Board of Health.

I would be happy to answer any questions you may have, and I thank you for your time.

Supplemental information for the testimony of Ally Dering-Anderson

I would like to highlight again that I do NOT believe that the public is confused when seeking care. They select someone they trust who has the talent to provide the care they need. I too am frustrated by the title "Athletic Trainers" but it is what it is. An historical remnant that applies across states. Just as RP, the abbreviation for Registered Pharmacist, is applied to my profession, even though we are licensed. We haven't used a registry in over 100 years!

Here are 4 stories, all real:

I was a soccer official for many years. Until, while running the sideline as the Assistant Referee during a tournament in Elkhorn, I ran into a hole and damaged my knee. There I was, lying on the sideline, trying to decide if death was preferable to the pain I was feeling, when the athletic trainer came to help. Was I an athlete? No. Have I ever been an athlete? We could argue, but I would say, no. Was this clearly the most qualified health care professional to care for me at that moment? Absolutely. Technically, I suspect that he practiced beyond his scope. Practically, he saved my ability to walk.

While rehabbing the knee injury and subsequent surgery described above, I was also the mom of 2 soccer players. Our oldest son was rehabbing a complete ankle reconstruction - - working on balance - - the SAME exercises that I was doing. I drove him to the training room, where the athletic trainer worked with him. BUT, this athletic trainer would NOT work with me. He said I wasn't an athlete and he was prohibited from doing the exact same balance exercises with me that he was doing with our son. If you are truly concerned about public confusion, be concerned about this!

I was in the stands at a soccer game at Simon Field, Doane College, Crete, Nebraska. An athlete from Briar Cliff was injured on the field and his father was running to the sideline. I don't know if you are familiar with the stands at Doane, but there is a railing preventing direct access to the track that surrounds the field. Dad tried to jump over the rail to get to the bench more quickly. The drop to the track was further than he anticipated, and he ended up breaking an ankle. As soon as the athletic trainer was done caring for the son, she had to care for the father. Clearly, she was the best qualified person to handle the situation, given that ambulances are rarely dispatched for soccer games in the NAIA.

The 4th and final story, again starting with a soccer game. We were at a soccer tournament in Kansas with our youngest son's college soccer team. There were only a handful of parents who made the trip. During warm-ups one of our son's teammates was stung by a wasp. He began to have difficulty breathing and ultimately it became obvious that he was having a severe allergic reaction. The athletic trainer had NOTHING there to help him. I had my Epi-Pen and used it on the teammate. He began to breathe more normally, but still needed to be transported to the hospital. It took 22 minutes for the ambulance to get to the soccer field. He would have been dead in 22 minutes, had I not been there. I followed the ambulance to the hospital, to check on the teammate whose parents were not there, and to get a refill of my Epi-

Pen. I wouldn't have been safe in the stands without it. I made it back for the 2nd half of the game, the teammate eventually rode home on the team bus. The Athletic Trainer absolutely knew what to do. She knew what was needed, but she wasn't authorized to carry it because it's a prescription drug. This young man could have died.

I understand that the plural of anecdote isn't evidence. But I personally have 4 stories that demonstrate how the proposal you are reviewing could improve care. I'm not the only soccer mom in Nebraska. And there are all those other moms and all those other sports…. But it's more than sports, it's anyone who is injured while being active or wants to rehab to become active. Whether you keep score (the definition of athlete depends on the competition) or not.

This proposal is a good idea. It's safe and it addresses common sense. I truly do believe that this is what the public is hoping for.

Thanks for allowing me to share my stories.

Ally