TO: MEDICAL ADVISORY COMMITTEE  
FROM: STEVEN J. TIMKO, EXECUTIVE DIRECTOR  
RE: OCTOBER 18, 2017

I. Steven J. Timko, Executive Director

i. Motion to approve minutes of May 17, 2017
   Unanimously approved

ii. Introduction of Larry White, new Executive Director effective January 1, 2018.
   Steve discussed the possible reconstruction of the NJSIAA staff. He also introduced
   two new members: Margaret Drozd, MSN, RN, APRN-BC Director, Community
   Services St. Peter’s University Hospital; Yvette Rooks, MD, CAQ, FAFP, Executive
   Vice Chairman and Residency Program Director Assistant Professor Department of
   Family and Community Medicine University of Maryland, School of Medicine

iii. Steve discussed the concern over easy accessibility of supplements and advised the
   committee that more attention should be given to the dangers associated with these
   supplements. The committee was also advised of the upcoming transgender
   workshops and meetings and the goal to have an NJSIAA policy to present to the
   Executive Committee in November.

II. Kevin Briles, ATSNJ Liaison

i. Kevin discussed the concerns regarding the diagnosis of concussions by officials and
   the inability of to override the official’s diagnosis. The feeling from the AT’s is that
   they are more experienced in diagnosing concussions then officials even though it’s
   required by NJSIAA rules that officials take a course regarding concussion
   diagnoses. Jack Kripsak advised that it’s a New Jersey State Law that a licensed
   physician must approve the return to play. Best scenario is to have officials
   summons the AT for diagnosis. Dr. Kripsak suggested that the ATSNJ lobby the
   state to change law to allow AT to be allowed to approve return to play.

ii. Body Fat Evaluating: Jack Kripsak reported to the committee that the NFHS has
   validated two scales for evaluating body fat; Body Matrix and Tanita. That gives
   the Med. Advisory Committee 4 options for evaluation body fat, the two scales, an
   ultra sound device and skin caliber. The devices will be reviewed and a
   recommendation will be presented at the next meeting

III. Christina Emrich

Christina reviewed the press conference that was held with Senator Diegnan and Jack
Kripsak regarding the importance of WGBT use in secondary school activities. It was
reported that immediately after the press conference phone calls were coming in requesting
information on where to purchase the device.
IV. Bill Bruno:

Bill stated that the NJSCA supported the recommendation to use the WBGT which would increase the safety of sports programs.

V. Dave Csillan:

i. A proposal was made to approve the use of WGBT as the standard measurement for participation in the heat/cold. Discussion about whether or not this would be a requirement or a recommendation as this point.

Motion was made to place a recommendation/best practices on the NJSIAA website regarding the use WGBT.

Motion approved unanimously

Dave will prepare recommendation and submit to NJSIAA for posting. It was stated that a New Jersey State law may be passed in the future that would make the use of WGBT mandatory. If this occurs the link will be amended to reflect the change.

ii. Dave also reviewed the KSI Press Conference/National Health and Safety State Report Card.

iii. ATSNJ link will be posted on the NJSIAA website and the NJSIAA link will be posted on the ATSNJ’s website for easy access to both organizations.

VI. Margaret Drozd

Marge gave a review of what hospitals are doing to prevent opioid abuse, seeking alternative methods for pain relief and how hospitals are partnering with law enforcement to prevent opioid abuse. Marge told committee that the opioid crisis is an American problem, not worldwide.

She also advised the committee of a successful program that partners opioid abuse victims with recovery coaches. These recovery coaches are former addicts that have been sober for at least 4 years. She discussed the different alternatives to prescribing pain meds and how these alternative methods are proving successful.

VII. Dr. Marshal Mintz/Tony Maselli

i. Marshal and Tony have been collaborating on how get the word out on mental health issues by providing easy accessibility for parents/coaches/students to receive information. A link entitled “Student/Athlete Mental Wellness” was suggested to be placed on our website, maybe a blog that could be monitored by Marshal and/or Tony and eventually create a webinar to discuss issues. The possibility of including mental health screening on the Pre Participation Form required by the DOE was discussed. The committee was advised that there is a lot of information on the NCAA site so that this committee wouldn’t have to recreate the wheel. Rob Franks
reminded the committee that the parent must be involved, that there is a stigma associated with the term mental illness and parents are many times reluctant to discuss the subject. Mike Coyle suggested connecting mental health issues with concussions which might open up a dialogue. It was suggested that NFHS might, at one point, require mental health training, similar to concussion training.

Yvette Rooks stated that the NFHS is looking for guidance to start a mental health awareness program and that Marshal or Tony should contact NFHS.

VIII. Jack Kripsak

i. Jack announced the retirement of Karen Manista from the MAC. Karen served on the committee since its inception and her service and dedication and contributions is greatly appreciated.

Jack also stated that the NJSIAA MAC is heavy with physicians and that possibly 2 more Athletic Trainers should be appointed to the committee. Recommendations will come from the ATSNJ and presented to the committee.

Dave Csillan said that he could like to have a Standard Operations Procedure to follow when appointing new members to the committee. He will submit something to the committee for review.

ii. Summer clearance:

Much discussion on incoming freshman and medical clearance to participate in summer practices. Suggestions:

a. incoming Pre Participation Form to be sent to high school to ensure that they are covered in the summer to participate. The Pre Participation Form is a 365 day form

b. schedule school physicals in June

c. athletic season should have a start date

Meeting Adjourned 12:00