PPE & Access to Health Care

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## DISCLOSURES

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<td>Consultant/ Speakers bureaus</td>
<td>NONE</td>
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<td>Research funding</td>
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<td>Stock ownership/Corporate boards-employment</td>
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OBJECTIVES

• Review the role of the PPE & access to health care for children & adolescents
• Discuss the factors related to the setting, timing & frequency of the PPE
• Discuss application of the PPE beyond the traditional school setting
AUTHORING SOCIETIES

- AAFP
- AAP
- ACSM
- AMSSM
- AOSSM
- AOASM
- NATA
- NFHS
- AHA
GOALS

• Determine general physical & psychological health
• Evaluate for life-threatening or disabling conditions
• Evaluate for conditions that may predispose to injury or illness
GOALS

• Provide an opportunity for discussion of health and lifestyle issues
• Serve as an entry point into the health care system for adolescents without a health care home or medical home
"Recognizing that you know what you know, and you do not know what you do not know"
— Confucius
THE DATA

- 5-10% of adolescents have chronic conditions
  - Requiring ongoing medical treatment
- 50% have less-severe medical problems
- >50% should be seen at least annually
- Determining eligibility for sport can be integrated into routine care
Medical Evaluation & More

• Opportunity to engage adolescents
  – Physical health
  – Mental health
  – Lifestyle/ risk-taking behaviors
• 70% of adolescents desire more info from THEIR personal physician
HISTORY & PHYSICAL EXAM

• History (HS & College)
  – 88% of medical issues
  – 2/3-3/4 of MSK issues
  – Questionnaire
  – Medical record review

• Exam
  – VS
  – Growth
  – System based
    • GU
THE SETTING MATTERS

• Most adolescents are not comfortable in a station based exam discussing sensitive subjects
THE SETTING MATTERS

- Familiarity/ trust
- Mental health
- Sexuality
- Birth control
- STI
- Gender identity
- Vaping
- Alcohol
- Tobacco
- Recreational drugs
- Supplements/ PES
- Unsafe nutrition
**Underserved**

- Higher risk for medical problems/ risk-taking
- Higher need for health care home
  - Medical needs
  - Mental health needs
- Group exams – community service
- PPE provides an opportunity to establish a medical home
WRITE GROUP OPINION

- PPE in the context of the health care home is best practice
- AAFP & AAP support


WRITING GROUP OPINION

- “Inappropriate”
  - Gym/ locker-room
  - Urgent care
  - Retail based
  - Fundraiser
  - Increase market share
TIMING

• Birthday month
  – State requirements

• Well in advance of pre-season
  – Eval, treat, rehab
  – 6 weeks prior preferable (what’s practical?)
  – 3-14% require additional evaluation

• Athlete & parents responsible for scheduling
FREQUENCY

- No outcomes based data
- 1-4 years used
- AAP: yearly
- AAFP: 1-3 years
- AHA: 2 years for cardiac eval
- PPE may be the only visit for health care
NFHS

- Yearly: 39 states
- 18 months: 1 state
- 2 years w interval questionnaire: 7 states
- 3 years w interval questionnaire: 2 states
- HS entry w annual statement of health: 1 state
- Determined by school district: 1 state
**Writing Group**

- In the medical home
- Suggested: PPE portion every 2-3 years to allow for evidence based screening/ Rx
  - Depression
  - Obesity
- Annual update: head, heart, heat, MH, focal
- Evolving child/ adolescent
APPLICATIONS OUTSIDE OF TRADITIONAL SPORTS

- Boy Scouts
- Special Olympics
- Dance
- ROTC/ JROTC
- Show Choir
Applications Outside of Traditional Sports

- Mental health screening
- Conditioning/physical literacy
- Nutrition/healthy weight
- Health screening for any active patient wishing to participate in
  - Sport
  - Recreational play
  - Fitness activity
College

- Away from medical home
- Abbreviated annual eval
- Group exams w full access to PMH
  - Formal medical teams
- Review to assess eligibility
PCP vs. Group Setting

- Unlikely to address health concerns & anticipatory guidance
- PCP may promote activity & sport safety
- Incorporated early – may reveal risk for SCD
“Performing a PPE outside the medical home is ineffective, of little value, and presents a barrier to both health care supervision and participation in sports and activities”
Thank you

Questions?