



Response to Athlete Medical Emergencies

2023 SONJ Program Leadership Conference

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SONJ Medical Team Volunteer



Disclosures

- No relevant financial, device, or medication disclosures.
- Employed by two EMS agencies that cover and respond to SONJ events
- Products are shown for illustrative purposes only and do not imply any endorsement or recommendation by me or SONJ.

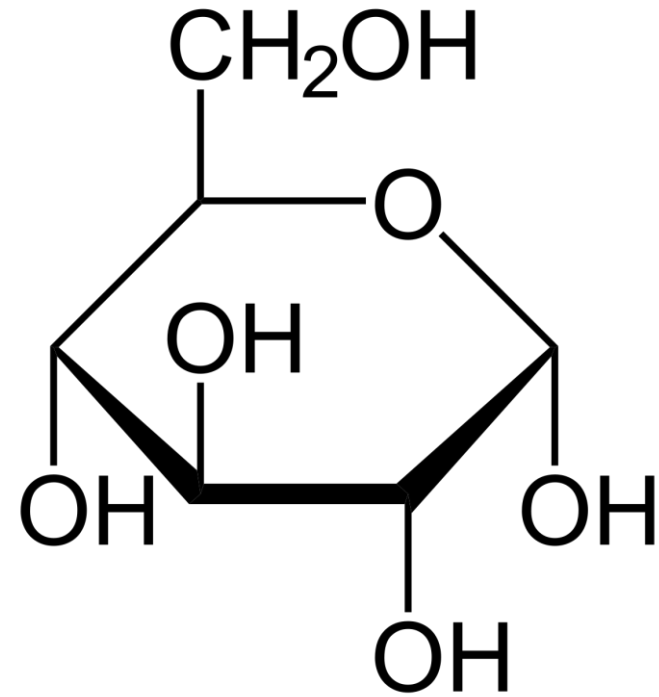


SONJ Medical Team

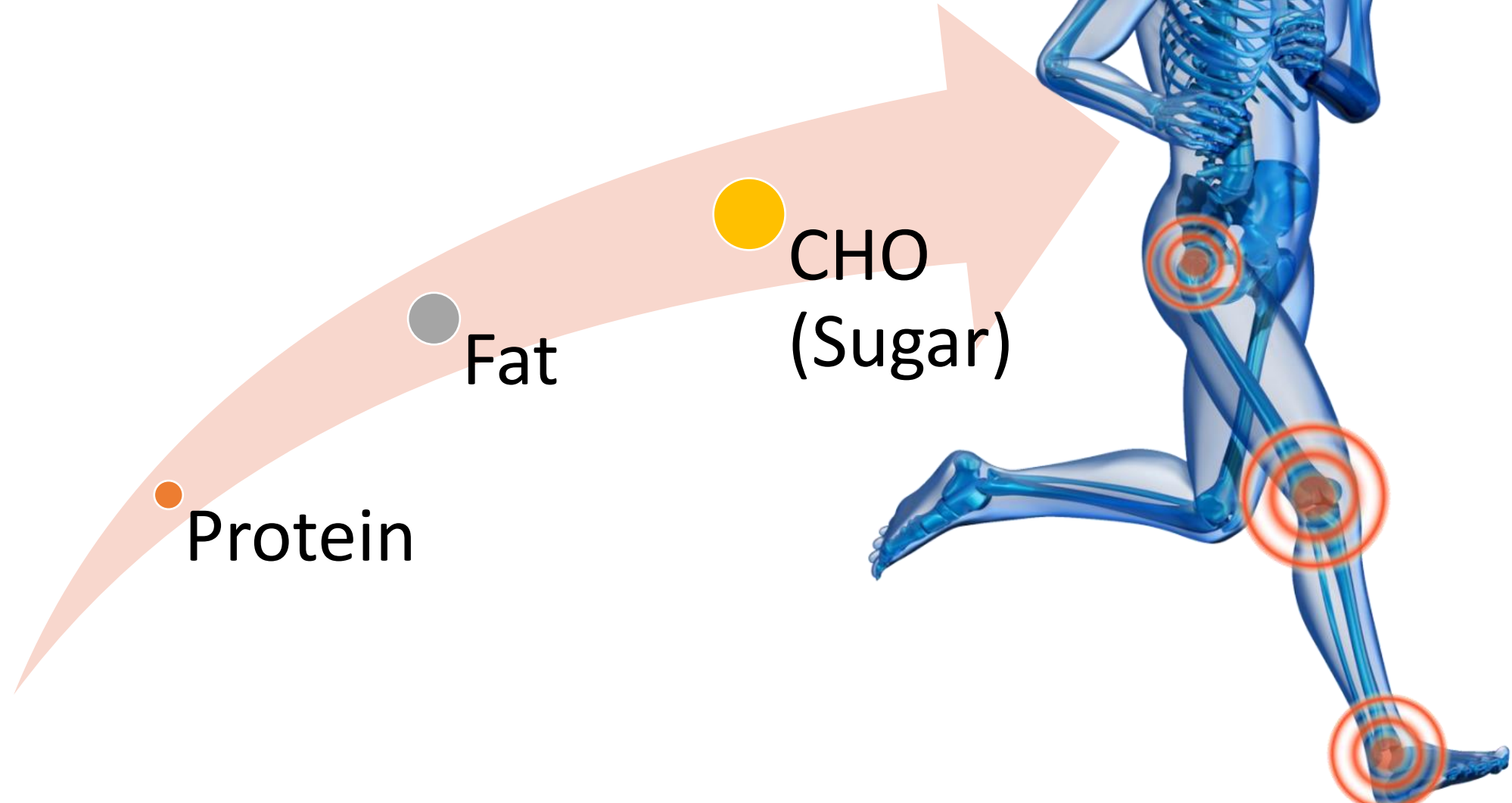
- Volunteer
- Multidisciplinary
- Distinct from Healthy Athletes
- State-level events
 - Field of play
 - Planned events
 - Housing
 - Follow-up
- Medical information forms
- Durable equipment reserved



Diabetes

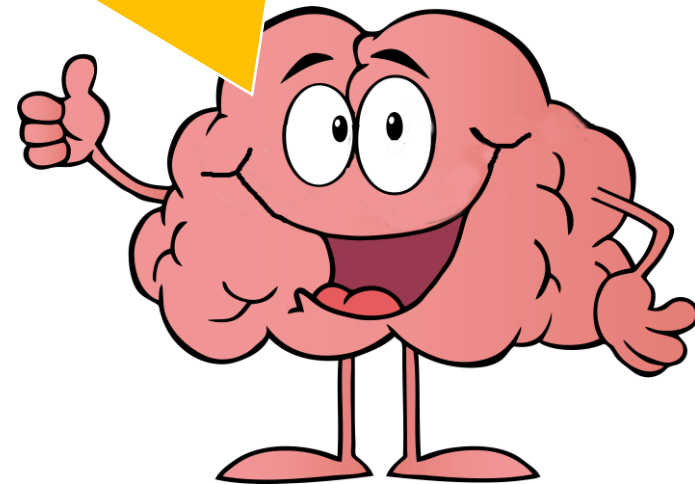


Macronutrients Fueling Our Body



Your Brain is Finicky

Glucose

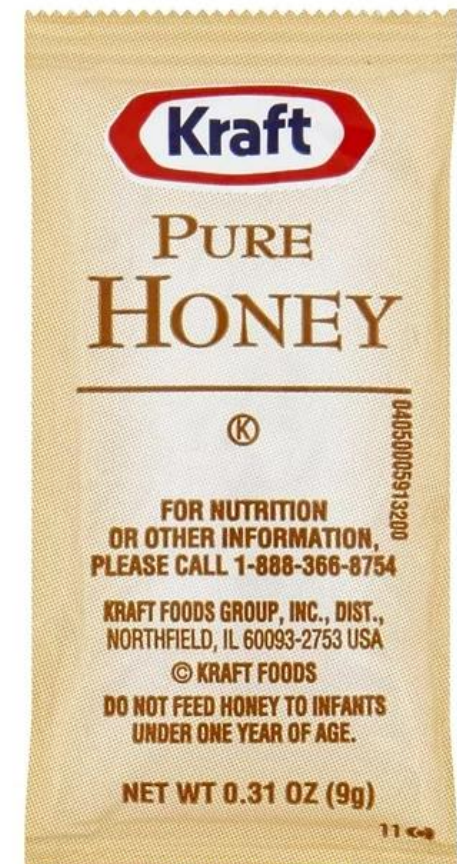


Diabetes [Mellitus]

- Pancreas
 - Insulin (β) – \downarrow blood sugar
 - Glucagon (α) – \uparrow blood sugar
- Type 1, IDDM, juvenile-onset
- Type 2, NIDDM, adult/mature-onset
- “Normal” blood sugar $\approx \pm 60$ - ± 110 mg/dL
- Emergency conditions
 - Low blood sugar, HYPOglycemia
 - High blood sugar, HYPERglycemia



15 g Glucose

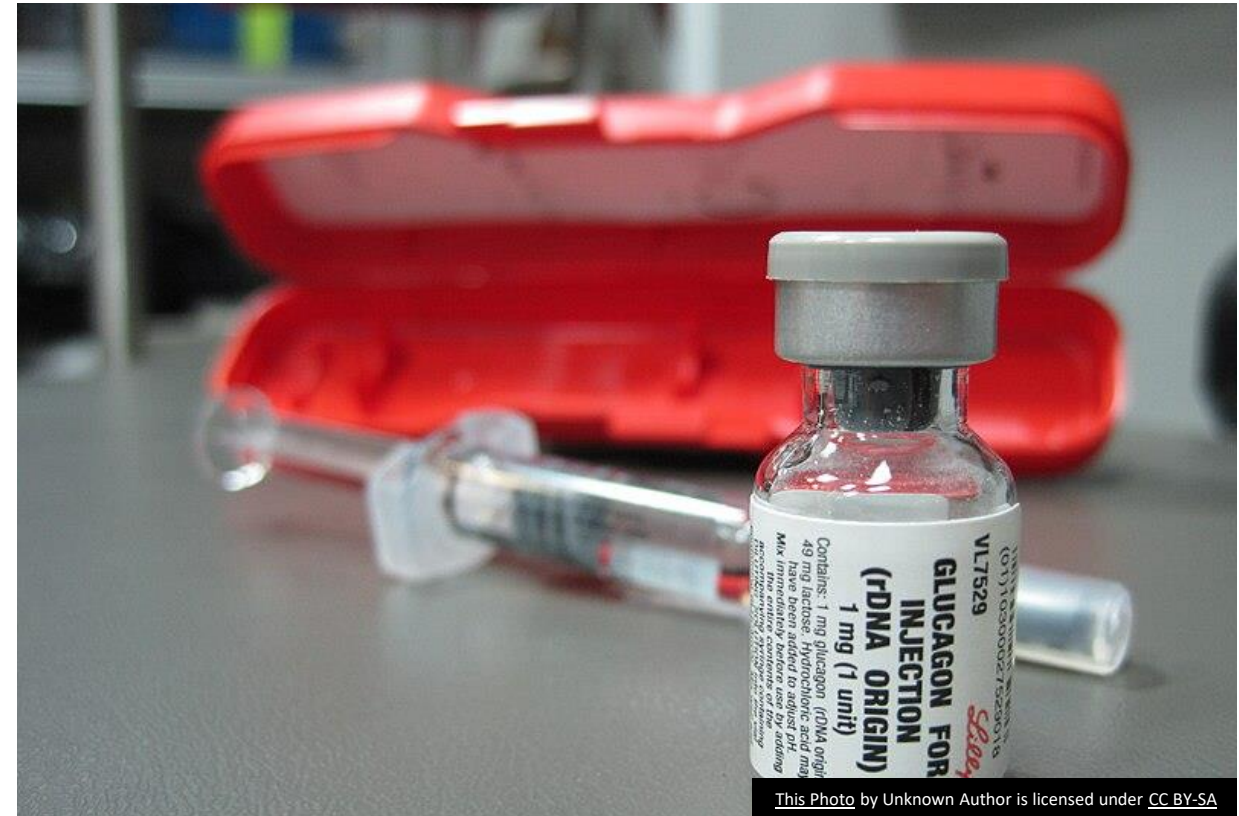


6



4

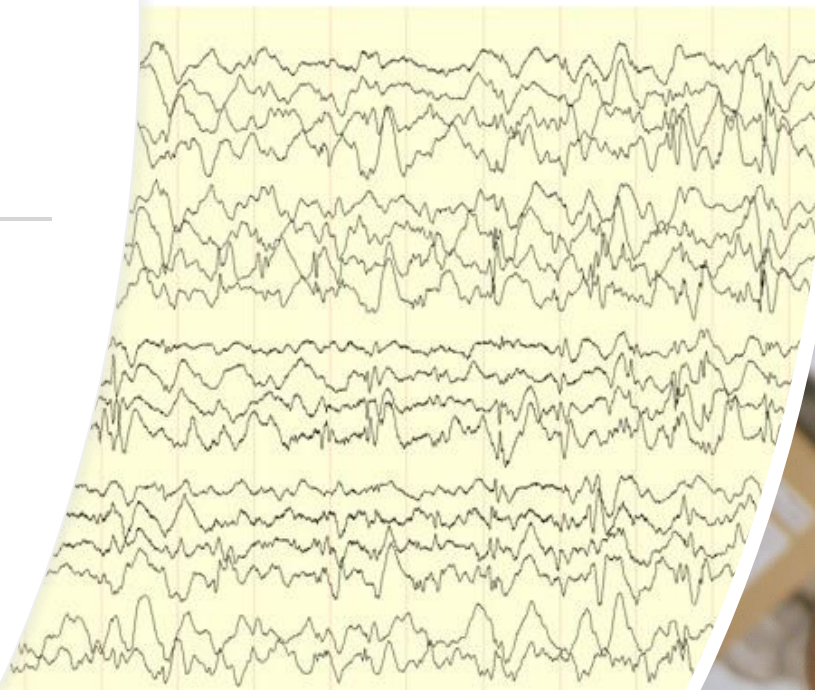
Other DM Tx



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Seizures

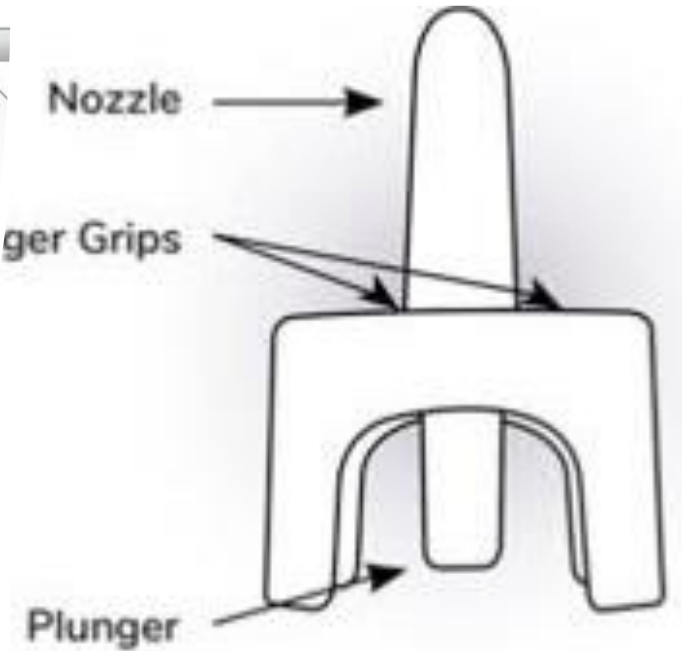


Seizures

- Seizures vs. epilepsy
- Convulsive, non-convulsive, PNES
- Most are brief:
 - Majority < 30 s
 - 90% < 90 s
 - > 5-10 min? Status epilepticus!
- Watch the progression
- Mouth myths
- Rx adjustments Wx, activity
- Hypoglycemia



Seizure Rescue Medications



Allergic Reactions

- Anaphylactic, anaphylactoid
 - Exaggerated allergic reaction
 - Local exposure, body-wide reaction
- Remove from exposure
- Antihistamine
- Epinephrine auto-injector
 - Adult and pediatric doses
 - Voice-prompted
 - Sharps control





Asthma

- Chronic inflammation with “attacks”
- Triggers can include exercise
- Not all shortness of breath is asthma attack
- Sit upright
- Metered Dose Inhalers (MDI): rescue, chronic
 - Spacer
 - Exhale fully, spray upon inspiration, hold breath
 - Separate puffs within a dose
- Nebulizers



Cardiac Arrest!

- Elevated risk
- Recent visibility
- Hands-only CPR
- Automated External Defibrillator (AED)
- Promptness >> perfection
- Call/text 911 immediately
 - Accurate location
 - Mobile phone on speaker
 - T-CPR
 - Delegate 2 local escorts/guides



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Heart.org/Nation



EMS

- System configuration
 - “First responder” (fire, police)
 - Basic Life Support (ambulance)
 - Advanced Life Support (paramedics)
- 911 vs. scheduled standby
- Limited exposure to population
- Have ready
 - Chief complaint
 - Demographics or medical form
 - Current medical history, Rx, allergies
 - Consent/consultation contact number
 - Preferred local hospital
- Refusal of care or transportation
- Cost/billing varies





Medical Team Recruitment

- We provide medical support to an ATHLETIC event, not attend a medical event where games are played.
- Certified or licensed for independent practice and current BLS/CPR.
- Expected to be free of other obligations at the event to be assigned.
- Take protective behaviors and other required volunteer training and be a credentialed SONJ volunteer, like everybody else.
- Apply through SONJ volunteer portal, but alert staff this is for the Medical Team, and not Healthy Athletes.