

Senate Industry Business and Labor Committee
January 11, 2021

Chairman Klein and members of the committee:

My name is Dawn Mattern and I am a sports medicine and family physician in Minot. I completed a family medicine residency in Minot and a sports medicine fellowship at The Ohio State University. I am testifying in opposition to Senate Bill 2060 Section 12 which amends the Century Code to allow chiropractors to perform the preparticipation evaluation for participation in sports.

The American Academy of Pediatrics, along with the American Academy of Family Physicians, American College of Sports Medicine, American Medical Society for Sports Medicine, American Orthopaedic Society for Sports Medicine, and the American Osteopathic Academy of Sports Medicine, has published recommendations and guidance for the Preparticipation Physical Evaluation, currently in its 5th Edition. The purpose of the PPE is to facilitate and encourage safe participation, not to exclude athletes from participation. The Goals of the PPE are listed as:

1. Determine the general physical and psychological health
2. Evaluate for conditions that may be life-threatening or disabling
3. Evaluate for conditions that may predispose to injury or illness
4. Provide an opportunity for discussion of health and lifestyle issues
5. Serve as an entry point into the health care system for adolescents without a health care home or medical home

The PPE authors state that the exam should be completed by a physician (MD or DO), an NP, or a PA. State regulations ultimately determine who performs the evaluations at the high school level thru respective Activities Associations. The PPE is best performed in the setting of the primary medical home, by a provider who knows the athlete well or has access to a comprehensive medical history.

61% of sudden cardiac death in athletes occurs in the high school age group. Paramount to the PPE is recognition of cardiac symptoms and proper evaluation of the cardiovascular system.

Sport related concussion is common and requires proper neurological evaluation.

Rising rates of childhood obesity and diabetes requires lifestyle and proper endocrine evaluation.

A pandemic caused by a virus requires prevention of other viral illnesses and immunization recommendations.

Chiropractors are musculoskeletal specialists. With a 2016 comparison of educations, chiropractors receive 4,200 hours in classroom, lab settings, and clinicals. A medical doctor receives at a minimum, 10,000 hours, in patient evaluation and care alone.

After evaluation, decisions regarding clearance require a clear understanding of the pathophysiology of the disease or injury as well as the effects of exercise and competition. Any medications must also be evaluated for effects that may compromise safety with participation.

The PPE requires a medical evaluation by a medical provider.

I encourage you to oppose Section 12 of Senate Bill 2060.

Respectfully,
Dawn Mattern MD
Chair, NDHSAA Sports Medicine Advisory Committee

References:

Preparticipation physical evaluation, 5th edition. American Academy of Pediatrics; 2019.

Peterson DF, Kucera K, Thomas LC, et al. Aetiology and incidence of sudden cardiac arrest and death in young competitive athletes in the USA: a 4 year prospective study. Br J Sports Med 2020;0:1-9.