

The Tactical Athlete: Providing Healthcare to Public Safety Professionals

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Objectives



Define a tactical athlete.



Understand the work environments of public safety professionals.



Identify common physical and mental pathologies encountered by public safety professionals.

Who is a
tactical
athlete?



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Classical vs. Tactical Athletes

What's the difference?

Classical Athlete

Strength

Endurance

Flexibility/Mobility

Coordination

Skill

Mental toughness

Goal oriented/Motivated

Competition times known

Tactical Athlete

All classical athlete traits

High stress decision making

High risk environments

Wins/Losses = Life vs. death

Highly technical skill sets

Unpredictable competition times

Today's focus



What's the
"office" like?





Fire Service



Fire Service

Technical Rescue

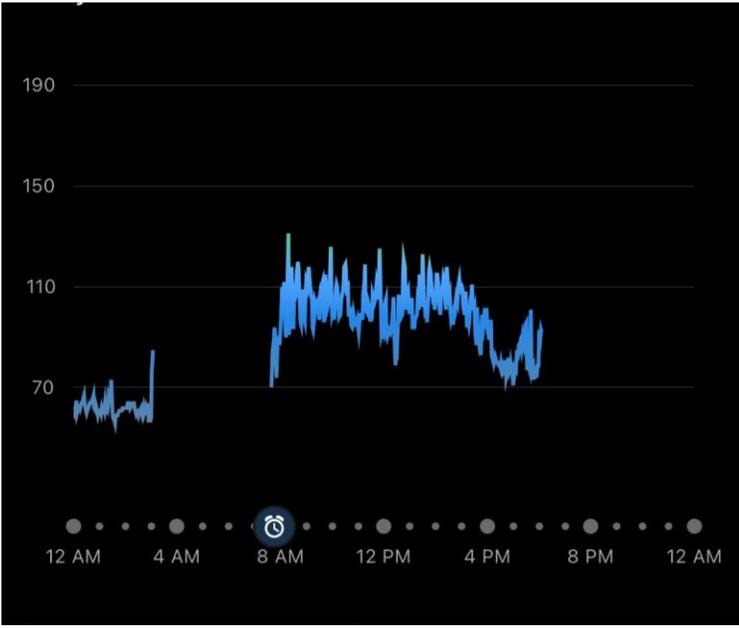




EMS

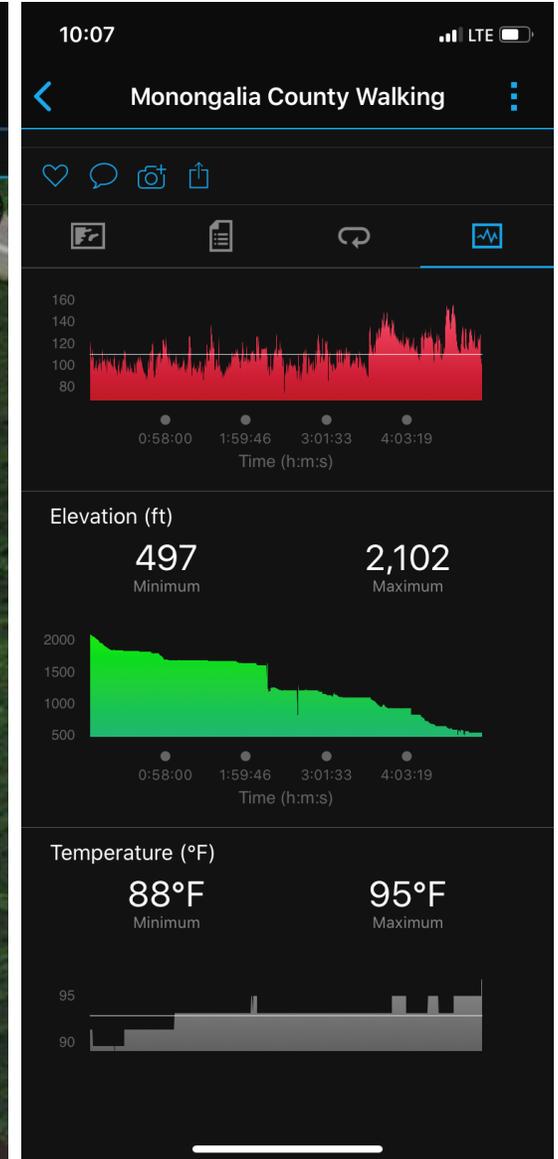
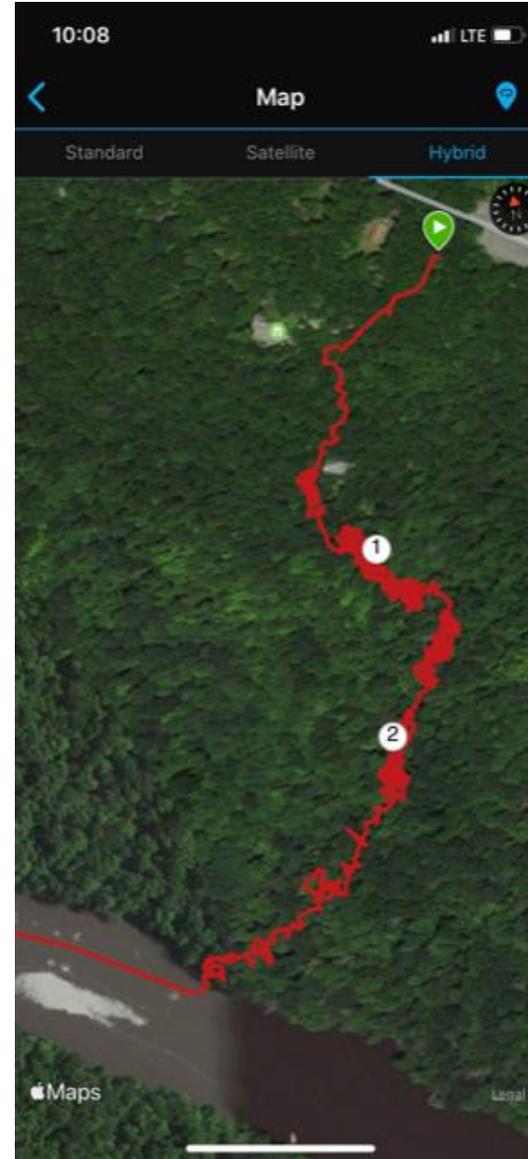
Law Enforcement



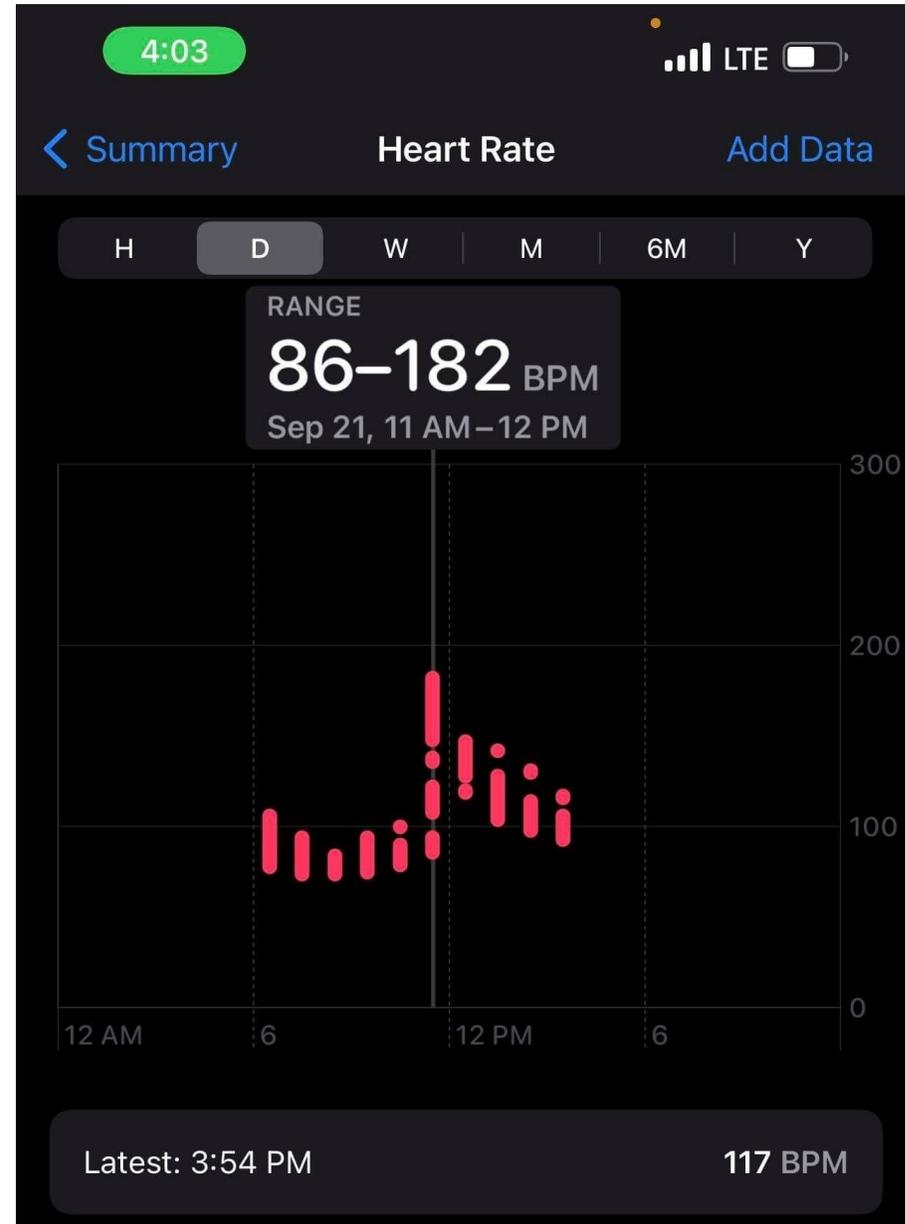


Physiological Demands
Fire Service

Physiological Demands Technical Rescue



Physiological Demands Law Enforcement



Are all tactical athletes equal?

- Career vs. volunteer
- Male vs. female
- Hard chargers vs. yard watchers
- Fit vs. like to sit
- Dietary variance



Pathology Affecting the Tactical Athlete



Physically



Mentally



Patient Care Considerations



We prioritize high school, college, and professional athletes when it comes to sports medicine care. What about the tactical athlete?



“An ounce of prevention
is worth a pound of cure.”

Benjamin Franklin



NFPA 1582

- Establishes standard for occupational medicine for fire departments.
- Not all states/department require following NFPA standards
- What does your area require?

Physicals

How do you approach them with Fire/Police/EMS?

Waving a wand?

Mass physicals like sports or individualized?

Prevention Ideas

General wellness screening and education

Orthopedic screening

Functional movement screening

Mental health screening



Prevention Through Fitness

Fitness

- What do they currently do?
- What do they currently know?
- What equipment do they have?
- How can you help?





How can you partner with emergency services agencies to provide this?



Gain
Exposure to
Responders

Stop by a station

Attend training session

Attend part of an academy class to observe

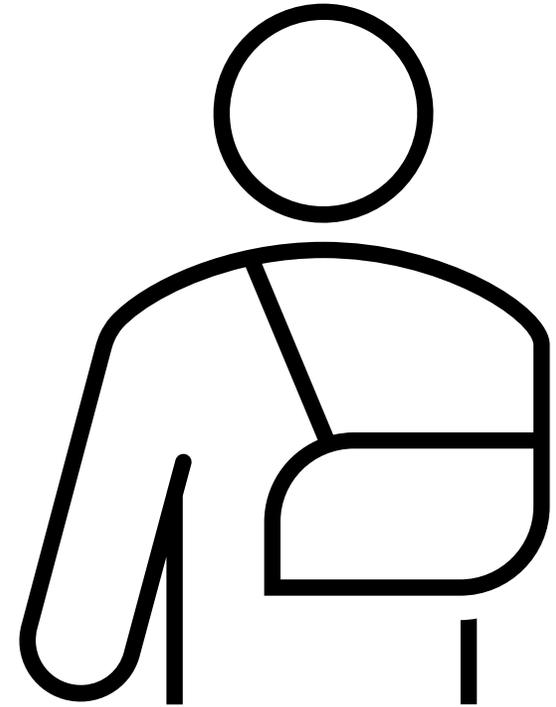
Look at tools, tactics, equipment

YouTube

Relationships first, change
second.



What about after
injury or illness?

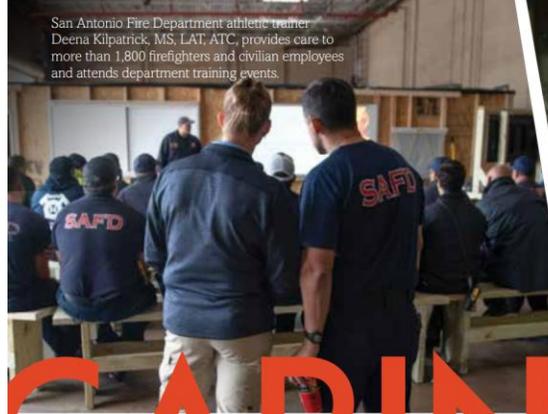




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Mission Specific Rehab/Reconditioning



San Antonio Fire Department athletic trainer Deena Kilpatrick, MS, LAT, ATC, provides care to more than 1,800 firefighters and civilian employees and attends department training events.



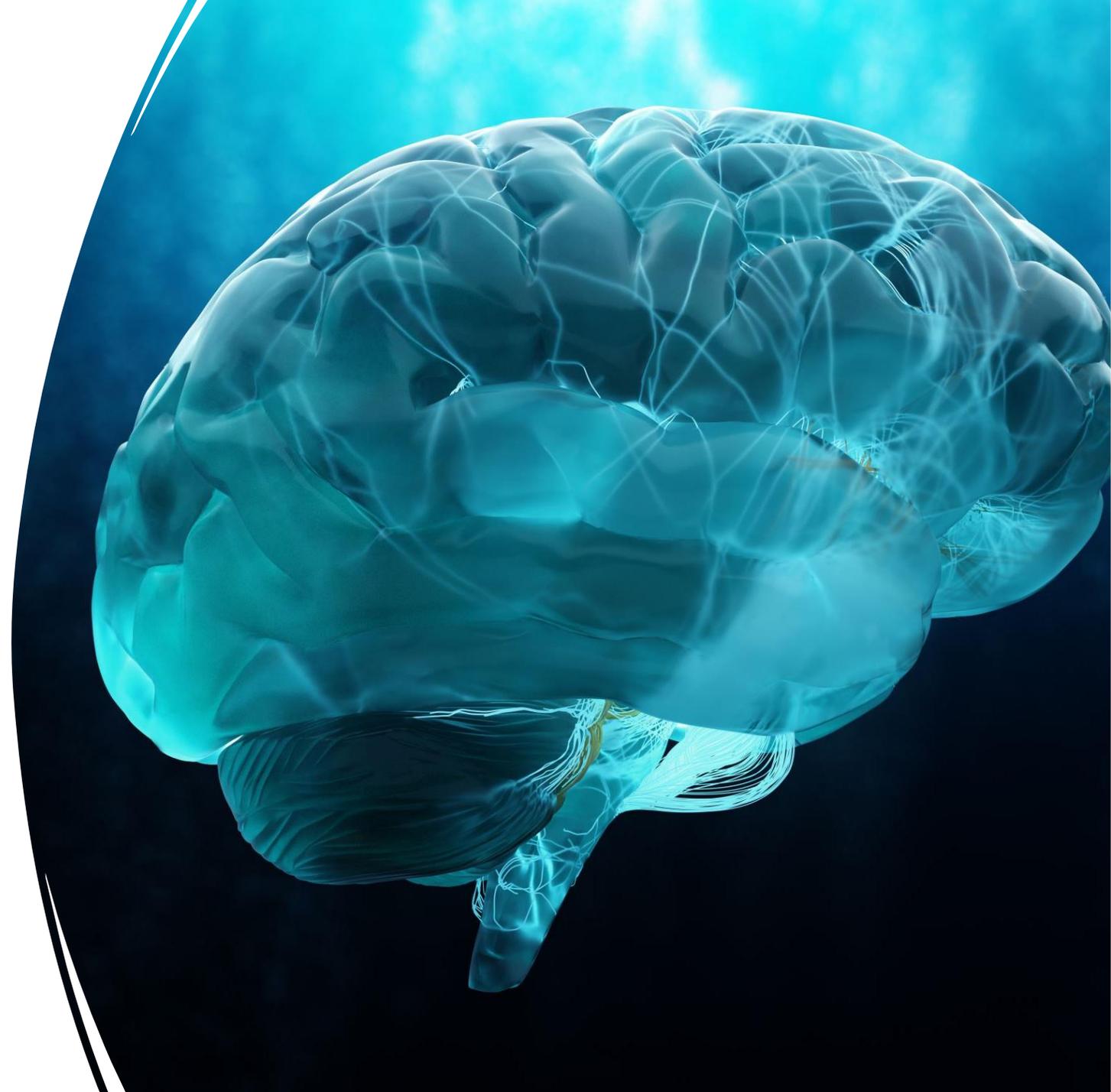
Kilpatrick shifted from the secondary school setting to the public safety sector after learning about the health care needs of firefighters.

CARING FOR THOSE WHO CARE FOR OTHERS

Who ensures reconditioning is completed once they return to work?

Mental Health

- Could be a factor even if orthopedic or medical problem
- You won't find it if you don't look!



Mental Recovery

Are they ready to return?

Lingering PTSD issues?

How does this impact safety of others?



Mental Health Resources

Our communities need
operationally ready first
responders, and YOU can play a
part in helping ensure that!

THANKS!

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