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Building Bridges and Cultural Competence through a Sports Medicine Outreach Program in a Diverse Urban Setting

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Abstract

Hypothesis/Issue: The Saint Louis University (SLU) Athletic Training (AT) Program at a private research university in an ethnically and socioeconomically diverse city is committed to ethnically diverse students interested in sports medicine. The SLU AT Program also looks to build cultural competence in its students. Funded by an Ethnic Diversity Enhancement Grant, an AT Club was developed at a diverse urban public high school. The Roosevelt High School (RHS) AT Club met at least four times per year over a three years. Students from the SLU AT Program also served as student mentors for the club.

Method: RHS AT Club students completed surveys regarding their experience. The surveys asked about their understanding of AT education and their feelings about attending college and a career as an AT. SLU AT student mentors also completed a survey at the end of the experience. They both were also asked to provide comments on their experience.

Observations/Outcomes: Data from the surveys showed significant changes in several of the factors, including knowledge of the profession and their feelings about AT a profession. Qualitative analysis found positive results in the open ended questions and comments.

Conclusion: This program successfully nurtured interest in Sports Medicine among ethnically diverse students and supported the development of cultural competence among AT students.



2014-2015

Coordinator: Jose' Mendez MAT, ATC

In the initial year of the Roosevelt High School AT Club the coordinator was Jose Mendez (SLU MAT Class of 2015). The club participated in the following activities: Introduction and AT Skills session by SLU AT student mentors at Roosevelt High School, NCAA Division I session at Saint Louis University, with basketball game after session, National Football League session at Rams Park with St. Louis Rams AT Staff, and Major League Baseball session at Busch Stadium with St. Louis Cardinals AT Staff



2015-2016

Coordinator: Demeisha Crawford MAT, ATC

In the second year of the RHS AT Club the coordinator was Demeisha Crawford (SLU MAT Class of 2016). The club participated in the following activities: Introduction and AT Skills session by SLU AT student mentors at RHS, NCAA Division I session at SLU, with basketball game after session, Major League Baseball session at Busch Stadium with St. Louis Cardinals AT Staff, and presentation by St. Louis native and University of Kansas Athletic Trainer Murphy Grant ATC



2016-2017

Coordinator: Amelia Meigs MAT, ATC

The third year of the Roosevelt High School AT Club the coordinator was Amelia Meigs (SLU MAT Class of 2017). This is the first year that RHS had a certified athletic trainer, Kemba Noel-London MAT, ATC, CES on-site at the school through the School-based Health Center.

The club met approximately once per month (7 times) at RHS and had a field trip to SLU for a facility tour, educational session and a Basketball Game. Sessions included hands-on activities on basic athletic training tasks. A Registered Dietitian conducted a hands-on session on healthy eating. The club concluded with an "Athletic Training Olympics" in the football stadium



Results

RHS AT Club Student Surveys

Data from the surveys are in the tables below. Significant changes were made in several of the factors, including knowledge of the profession and their feeling about AT a profession.

Representative quotes include:

- "My favorite part was being able to experience different things and also being motivated by the guest speakers that were brought in."
- "I loved going on the field trips and I liked learning new things. I think this is my new career!"

SLU AT Student Mentor Surveys

In 2017, the SLU AT Student Mentors were surveyed on their experience in the RHS AT Club. They were asked to give 4 words that described their experience. Those words are depicted in the word cloud. The also were asked open-ended questions about their experience.

Representative quotes include:

- "As an ATC, it will be important to be able to communicate and relate to a culturally and ethnically diverse patient population...[the RHS AT Club] has helped me be able to do that"
- "[The RHS AT Club] has made me more patient and understanding of different backgrounds", "I got to engage with a very different population than I have in previous clinical experiences"
- "Working with the club really reinforced the notion of knowing your athletes, their ambitions and struggles. These are often essential in properly caring for them"

ITEM	MEAN	MEDIAN	STDEV	t-Test (P)
2015 RHS AT Club Surveys (n=13)				
Understanding of the educational training needed to be an Athletic Trainer:				
Prior to joining AT Club	3.85	4	1.099	
After AT Club activities	4.46	5	0.843	
CHANGE =	0.62	1		0.0127*
PERCENT CHANGE =	15.38%	25.00%		
Feelings about attending college after high school:				
Prior to joining AT Club	4.23	4	0.576	
After AT Club activities	4.46	5	0.746	
CHANGE =	0.23	1		0.0950
PERCENT CHANGE =	5.77%	25.00%		
Describe your interest in Athletic Training as a possible career field?				
Prior to joining AT Club	3.62	4	1.077	
After AT Club activities	3.92	4	0.997	
CHANGE =	0.31	0		0.0827
PERCENT CHANGE =	7.69%	0.00%		
Awareness of the role of an athletic trainer in the Sports Medicine team:				
Prior to joining AT Club	3.46	3	1.082	
After AT Club activities	4.08	5	1.141	
CHANGE =	0.62	2		0.0274*
PERCENT CHANGE =	15.38%	50.00%		
Understanding of the importance of Math and Science classes required in Athletic Training Education:				
Prior to joining AT Club	3.54	4	0.929	
After AT Club activities	4.00	4	0.877	
CHANGE =	0.46	0		0.0266*
PERCENT CHANGE =	11.54%	0.00%		
Understanding of Human Anatomy for an Athletic Trainer:				
Prior to joining AT Club	3.69	4	0.606	
After AT Club activities	4.31	4	0.606	
CHANGE =	0.62	0		0.0127*
PERCENT CHANGE =	15.38%	0.00%		
Importance of an Athletic Trainer to the safety of athletes during an athletic contest:				
Prior to joining AT Club	4.31	4	0.606	
After AT Club activities	4.54	5	0.684	
CHANGE =	0.23	1		0.1367
PERCENT CHANGE =	5.77%	25.00%		

ITEM	MEAN	MEDIAN	STDEV	t-Test (P)
2015 RHS AT Club Surveys (n=10)				
Understanding of the educational training needed to be an Athletic Trainer:				
Prior to joining AT Club	2.40	1.5	1.026	
After AT Club activities	4.70	5	0.458	
CHANGE =	2.30	3.5		0.0010*
PERCENT CHANGE =	57.50%	87.50%		
Understanding of the importance of Math and Science classes required in Athletic Training Education:				
Prior to joining AT Club	2.90	2.5	1.221	
After AT Club activities	4.70	5	0.640	
CHANGE =	1.80	2.5		0.0013*
PERCENT CHANGE =	45.00%	62.50%		
Awareness of the role of an athletic trainer in the Sports Medicine team:				
Prior to joining AT Club	2.90	3	1.513	
After AT Club activities	4.90	5	0.300	
CHANGE =	2.00	2		0.0018*
PERCENT CHANGE =	50.00%	50.00%		
Importance of an Athletic Trainer to the safety of athletes during an athletic contest:				
Prior to joining AT Club	3.30	3	1.187	
After AT Club activities	4.70	5	0.640	
CHANGE =	1.40	2		0.0047*
PERCENT CHANGE =	35.00%	50.00%		
Feelings about attending college after high school:				
Prior to joining AT Club	4.30	5	1.209	
After AT Club activities	4.80	5	0.600	
CHANGE =	0.50	0		0.1221*
PERCENT CHANGE =	11.50%	0.00%		
Interest in Athletic Training as a possible career field:				
Prior to joining AT Club	3.10	3	1.221	
After AT Club activities	4.40	4.5	0.663	
CHANGE =	1.30	1.5		0.0068*
PERCENT CHANGE =	32.50%	37.50%		