



Department of Harvard Athletics & Recreation
Club Sports

Medical Room Coverage Guide

Treatment Scheduling and Facilities

The athletic training room at Dillon Fieldhouse will be available for club sport clinic twice per week at designated times while classes are in session during the fall and spring semesters. Club sport athletes will only be allowed access to these facilities during these designated times and while under the direct care of the designated athletic trainer.

Athletes will be seen on an appointment-only basis. Appointments must be made through the athletic trainer via email. Appointments will be blocked, allowing one hour for initial evaluation and thirty minutes for each subsequent visit. All initial emails must include:

- 1) Patient Name
- 2) Club Team
- 3) Brief Description of Injury
- 4) Patient Contact Information

The designated times, as well as the designated contact information, will be made available to the coaches/presidents of all clubs at the beginning of each semester; however, these times will be subject to change at the athletic trainer's discretion.

Contact Information and Hours

Dylan Lothian,
dlothian@fas.harvard.edu
Clinic hours TBD (appointment required)

Late/No-Show Policy

In order to respect the time of staff and maintain club sport accessibility to this service, habitual tardiness or failure to show for scheduled appointments may affect a club sport athlete's access to athletic training care.

1. Patients that arrive for their appointment more than ten minutes after their scheduled time will not be seen that day and will be required to reschedule for another time.
2. Patients that fail to show after scheduling an appointment will receive one warning via email. Any additional incidents will result in suspension from the club sport clinic for the remainder of the current academic semester.
3. If a patient must cancel or reschedule for any reason, they should contact the designated athletic trainer through e-mail as soon as possible. Any cancellations or reschedules that are received at least one day before the original appointment will not count towards the no-show policy.



Department of Harvard Athletics & Recreation
Club Sports

Discharge and Referral

Care will be discontinued if:

1. Patient reached their 8-visit limit
2. Patient function and symptoms have improved to where treatment is no longer necessary
3. Further care is needed outside of the club sport clinic
4. Patient violates the late/no-show policy

At the time of discharge, patients will receive discharge notes with instructions for future care. If follow-up with another healthcare provider is recommended by the athletic trainer, a suggested provider will be offered by the athletic trainer. Follow-up care is the students' responsibility, and they are not obligated to use the provider suggested by the athletic trainer.

Communication with Coaches

At the end of the initial visit, written instructions will be provided that include any limitations to physical or sport-related activity specific to each patient. The athletic trainer will verbally review these instructions with the patient and acquire a signature. Further written instructions will be provided throughout the course of treatment should conditions or limitations change.

These documents serve as the guide for coaches and patients with regards to limitations. The athletic trainer is not responsible for ensuring adherence to the treatment plan.

Outside Medical Care

Athletes wishing to receive care for a pathology that was previously evaluated or treated by another healthcare provider must present all medical documents pertaining to. If the athlete is currently under the care of a physician, treatment will be limited to those restrictions outlined by the treating physician.

Financial Responsibility

No charge to the club sport participant will be assessed for care provided at Dillon Fieldhouse by the designated athletic trainer. Should any additional care be required through a different healthcare provider, the club sport athlete assumes all responsibility in scheduling and financing.

Documentation

Documentation will be maintained by the designated certified athletic trainer using the current electronic medical record (EMR) keeping system. All members of the athletic training staff are credentialed employees of Harvard University Health Services and therefore use the same EMR system, "Point and Click".



Department of Harvard Athletics & Recreation
Club Sports

Services Available

A certified athletic trainer will be available by appointment to provide athletic healthcare to active club sport participants. Care will be provided for minor injuries that are musculoskeletal in nature, such as:

- 1) Sprains
- 2) Strains
- 3) Severe bruises
- 4) Other sports-related injuries

For conditions that don't meet the above criteria, club sport athletes will not be seen but rather referred to an appropriate healthcare provider, most likely through University Health Services. While a recommended referral will be provided by the certified athletic trainer, club sport athletes have the discretion to see a healthcare provider of their choosing. Physician services are not available within Dillon Field House and will be referred to Harvard University Health Services.

Examples of these circumstances include:

- 1) Concussions
- 2) Illnesses
- 3) Conditions which may require surgery
- 4) Emergent/Urgent issues

Care provided can include:

- 1) Evaluation of sport injuries
- 2) Rehabilitation programs
- 3) Use of therapeutic modalities
 - a. (i.e. Electric stim, ultrasound, etc.)
- 4) Development of custom home exercise plan
- 5) Home care instructions
- 6) Injury education

In order to maintain access to this service for all club sport participants, patients will be limited to a maximum of 8 total visits per pathology.