

Updated AT Scope in CT – Facts & Changes

Effective 10/1/2017

The CATA is excited to announce the updated scope of practice in CT goes into effect as of 10/1/2017. With the recent changes comes added responsibility and we want to ensure all ATs practicing in the state of CT understand the changes and take accountability for these changes ensuring they are compliant with the new scope. *Blue indicates the changes in the actual bill language. A full version of the bill can be found here: [AT CT License 2017](#)

Change of the term “athlete” to “physically active individual”:

- Definition of “physically active individual”: means any person who is [\(A\) \(i\)](#) a member of any professional, amateur, school, [collegiate](#) or other sports [organization](#), [\(ii\)](#) a regular participant in [a sports activity](#), or [\(iii\)](#) a participant in an exercise, recreational or employment activity that requires strength, agility, flexibility, range of motion, speed or stamina [that is comparable to the strength, agility, flexibility, range or motion, speed or stamina required of a regular participant in a sports activity](#), and [\(B\) deemed healthy by a health care provider*](#);
- [*\(B\) deemed healthy by a health care provider](#); part B of the definition means participants have been cleared for participation, i.e. a physical, PPE, etc.

Standing Orders:

- Athletic Trainers must maintain [ongoing communication](#) with the physician/healthcare provider signing their standing orders. Standing orders [must be reviewed and signed at minimum ANNUALLY](#).
- A healthcare provider as designated by the State of CT are: Physician, podiatrist, chiropractor, naturopath or APRN. These are the ONLY healthcare providers that can sign an athletic trainers standing orders in the state of CT. The athletic trainer CAN NOT be under the direction of any other health care provider.
- The standing orders must include the following: [a plan for emergency situations](#), [\(ii\) appropriate treatments for specific injuries or illnesses](#), [\(iii\) instructions for the treatment and management of concussions](#), [\(iv\) a list of conditions necessitating the immediate referral of a physically active individual to a health care provider](#).
- Standing orders pertain to the following settings: professional, amateur, school, [collegiate](#) or other sports [organization](#), and do not pertain to any other/emerging settings.

No standing orders?

- In settings other than professional, amateur, school, [collegiate](#) or other sports [organization](#) or in a case where an athletic trainer is not working under standing orders, the athletic trainer may do the following:
- Perform initial evaluation, [immediate injury management and emergency care](#) of an [acute](#) athletic injury [or illness](#) and **MUST** make an immediate written or oral referral to a licensed health care provider (*the defined healthcare providers are listed on page 1*).

More questions? Email the CATA at ctathletictrainers@gmail.com
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Prescription for Treatment:

- In the case where an athletic trainer does not have standing orders, AFTER an individual has been cleared by a healthcare provider for treatment, the athletic trainer may treat the physically active individual under a prescription for care.

Emerging Settings: The industrial workplace and other active places of employment or recreation

- Athletic trainers in settings unrelated to a professional, amateur, school, collegiate or other sports organization or a health care facility, must complete the ten-hour Outreach Training Program offered by the United States Occupational Health and Safety Administration for the construction industry or general industry, and work under direct supervision of a minimum of forty-five hours.
- The OSHA training can be found here:
<https://www.osha.gov/dte/outreach/construction/index.html>
- Direct supervision may be provided by an athletic trainer or one of the listed healthcare providers. Alternative to the direct supervision, athletic trainers may complete a three-credit, college-level course in the prevention, treatment and care of injuries in a workplace setting offered as part of a nationally accredited program of higher learning.
- Athletic trainers in these settings must also provide evidence of documentation on a quarterly basis if requested by the employer.

Industrial FAQ:

- Does the required training in the industrial setting carry over to every employer or will the AT working in the industrial setting initially have to train at each work site?
 - There is no requirement to take the training more than once.
- If there is an AT that is already working in the industrial setting, will they have to complete the new training requirements or are they grandfathered in?
 - All ATs in this setting will have to complete the training requirements. Please see OSHA link above. There is no provision in the statute for grandfathering.

Professional Liability Insurance:

- Athletic trainers who provide direct patient care services and who are applying for license renewal MUST maintain professional liability insurance, or other indemnity against liability for professional malpractice.
- The insurance or other indemnity can be provided by the ATs employer.
- The amount of insurance or indemnity against claims for injury or death for professional malpractice MUST be at minimum five hundred thousand dollars for one person, per occurrence, with a minimum aggregate of one million five hundred thousand dollars.

Pro Liability FAQ:

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- If there is an AT that is not practicing patient care (i.e. a Professor, Manager, Administrator, etc) but still has the AT license, are they required to carry liability insurance?
 - If the practitioner is not providing direct patient care services, no liability insurance is needed.

Other Important Components: *Read the entire updated scope of practice here: [AT CT License 2017](#)*

Definition of athletic training:

This section defines the domains of athletic training as they pertain to the State of CT. Please be sure to abide by this definition while practicing under the CT State License for ATs.

- (1) "Athletic training" means (A) the application, with the consent and under the direction of a health care provider, of [care for an athletic injury, including the application or provision of \(i\) principles, methods and procedures of clinical evaluation, prevention, management, emergency care, treatment, disposition and rehabilitation of athletic injuries, \(ii\) appropriate preventative and supportive devices, \(iii\) physical agents, including, but not limited to, heat, cold, light, electric stimulation, manual therapy techniques, aquatic therapy, sound and therapeutic exercise, and \(iv\) any other physical agent prescribed by a health care provider, \(B\) the recognition of potential illness and referrals to a health care provider for diagnosis and treatment, \(C\) the organization and administration of athletic training programs, \(D\) education and counseling to physically active individuals, coaches, medical personnel and the community in the area of the prevention and care of athletic injuries and \(E\) the provision of wellness care services developed for physically active individuals who are free of any underlying pathologies that are beyond the scope of practice of a person who practices athletic training;](#)

Definition of athletic injury:

This section defines the types of injuries and illnesses athletic trainers in the state of CT can evaluate and treat. Please be sure to abide by this definition while practicing under the CT State License for ATs.

- (2) "Athletic injury" means any injury sustained as a result of participation in [an exercise, a sport, a game, a recreational activity or any other activity that requires a level of strength, flexibility or agility that is comparable to the level of strength, flexibility or agility required for an exercise, a sport, a game or a recreational activity;](#)

- (3) "**Illness**" means [any disease, disorder, sickness or affliction that arises from or is a manifestation of a physically active individual's participation in an exercise, a sport, a game, a recreational activity or other activity, or any other condition, that may require immediate intervention by an athletic trainer, acting with the consent and under the direction of a health care provider, during, prior to or following the physically active individual's participation in such exercise, a sport, a game, a recreational activity or other activity, including, but not limited to, the emergent and acute manifestations of exertion related illness, including an affliction of the physically active individual's cardiorespiratory, thermoregulation, musculoskeletal, neurovascular or endocrine system. "Illness" does not include any disease, disorder,](#)

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sickness or affliction of a physically active individual the treatment of which is beyond the scope of practice, education or training of an athletic trainer;

Preventive Care:

(4) "Wellness care" means care related to risk management and injury prevention, including biomechanics, conditioning, flexibility, nutrition, strength training and fitness;

Reimbursement & Billing:

- The updated scope of practice in the state of CT reflects the changes and advances in athletic training education since the passing of the first licensure law in 2000.
- The updated scope of practice has nothing to do with third party reimbursement and does not grant CT ATs the ability to bill third party payors.
- Billing for services is entirely up to the insurance company the AT would be billing and the company the AT works for.
- Athletic Trainers interested in billing for services should register for an National Provider Identification Number.
 - More information can be found here: [Apply for your NPI number here](#)
- Athletic Trainers interested in billing for services should visit the NATA Revenue and Reimbursement section of the NATA website for more information
 - [NATA Revenue and Reimbursement Website](#)

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