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## Pre-Participation Sports Physicals, Rule

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### The Background:

Tennessee's children rank poorly in national indicators of health and well-being. The Annie E. Casey Foundation's, 2007 *Kids' Count* report ranks Tennessee 43<sup>rd</sup> in overall child health and well-being. In a 2004 survey of children's health, Tennessee ranked 41<sup>st</sup> in teen deaths due to homicide, suicide or injury; 35% of teens in Tennessee were obese; and 7% of all children suffered from asthma. Regularly scheduled health care provided within the medical home promotes healthy child development and enables early identification and treatment of diseases, often before they become chronic or debilitating. In addition, anticipatory guidance provided as a part of routine, comprehensive health care visits, is effective in changing a number of health-related behaviors of patients and their parents.<sup>1,2</sup> The American Academy of Pediatrics currently recommends routine well-child examinations annually for children 10-18 years of age.<sup>3</sup>

Existing State Board of Education rules for the pre-participation sports physical examination (PPE) do not require a comprehensive 7-component screening, which includes a health history, behavioral and mental health assessment, complete physical examination, lab tests, vision and hearing screening, immunizations, and anticipatory guidance. Data suggest that students who obtain a "sports physical" are less likely to go to their health care provider for a regular health maintenance screen, and both parents and athletes both have misconceptions about the purpose of the PPE.

Some important facts regarding sports physical:

- 78% of teens get their only physical examinations through the PPE<sup>4</sup>
- Many parents believe that the PPE should include an evaluation of medical problems unrelated to athletics, assessment of behavioral issues, and provision of immunizations<sup>5</sup>
- A majority of athletes believe that the PPE prevents or helps to prevent both major and minor injuries; however they also believe that the PPE was not a place to address specific health issues (e.g. sexuality, eating disorders, smoking, and personal or family use of alcohol).<sup>6</sup>

### The Master Plan Connection:

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<sup>1</sup> Minkovitz CS et al. *Pediatr* 2007 Sep;120(3):e658-660.

<sup>2</sup> Magar NA et al. *J Am Board Fam Med* 2006 Sep-Oct;19(5):450-458.

<sup>3</sup> AAP Recommendations for Preventive Pediatric Health Care. Available online at: <http://aappolicy.aappublications.org/cgi/reprint/pediatrics;105/3/645>

<sup>4</sup> Krowchuck DP. *Pediatr Ann* 1997;Jan 26(1):37-49.

<sup>5</sup> Krowchuck DP. *Arch Pediatr Adolesc Med.* 1995 Jun;149(6):653-657.

<sup>6</sup> Carek PJ. *Arch Fam Med.* 1999;8:307-312.

The SBE's Master Plan focus on sufficient resources includes those things necessary to maintain students' health and well-being.

The goal of this rule change is to comprehensively screen more adolescents, and to provide for consistency in medical care for students under the "Medical Home" model.

**The Recommendation:**

The SBE staff recommends adoption of this item on final reading.

## **Pre-Participation Sports Physicals, Rule**

0520-1-3-.08 Pupil Personnel Services, Requirement G

(2) The school health services program shall include but not be limited to the following:

(a) Every child entering school for the first time shall have a physical examination. A doctor of medicine, osteopathic physician, physician assistant, certified nurse practitioner, or a properly trained public health nurse shall perform this examination. No child shall be admitted to school without proof of immunization except those who are exempt by statute as provided in T.C.A. 49-6-5001.

(b) Every student participating in interscholastic athletics shall have an annual physical examination. A doctor of medicine, osteopathic physician, physician assistant, certified nurse practitioner, properly trained public health nurse, or registered nurse who has received specialized training as defined by the Tennessee Department of Health shall perform this examination. Additionally, examinations of students in the 7<sup>th</sup> and 9<sup>th</sup> grades who participate in interscholastic athletics shall be reported using the "Interscholastic Sports Examination Form" developed by the Tennessee Department of Health.