

Sickle Cell in the Athletic Population

Sickle cell trait or Sickle Cell Disease, do you know the difference? Sickle Cell is an inherited red blood cell condition that can affect athletes at all levels. Sickle cell trait and Sickle cell disease is not necessarily a disqualification to play competitive sports. Athletes have experienced significant physical distress, collapse and death during intense exercise. Heat, dehydration, inadequate acclimatization, altitude and asthma can increase the risk for complications in athletes with sickle cell trait and disease.

Awareness, education and proper physical conditioning will allow athletes with sickle cell trait and disease to safely participate in athletics.

During this program, we will compare sickle cell trait and disease, provide considerations for nutrition and exercise for the athlete, and prevention and treatment protocol for the athletic trainer. After the program, participants will be able to:

- Participants will be able to define the differences between sickle cell trait & disease.
- Participants will be able to distinguish between sickle cell trait & sickle cell disease.
- Participants will be able to list the common SCD complications.
- Participants will be able to develop a plan of care for athletes with sickle cell trait & sickle cell disease.

The presenter is **La Keisha S. Simmons, CPNP-AC**. La'Keisha is an Acute Care Pediatric Nurse Practitioner at Nationwide Children's Hospital in the Division of Hematology/Oncology/ Bone Marrow Transplant. She works with patients diagnosed specifically with Sickle Cell Disease and Thalassemia. Keisha received her Bachelors in the Science of Nursing from Kent State University and her Masters in the Science of Nursing from the University of Akron. Keisha enjoys traveling with her daughter Paige for Tae Kwon Do competitions, spending time with her dogs Casey and Christi and working out.

April 7, 2021

10:00am-11:00am

Accreditation:

Approved for 1 hour CAT A CE from BOC

<https://medicine.osu.edu/departments/sports-medicine/education/medical-professionals>

Fees, Attendance, and Cancellation: This course is free for Ohio State Wexner Medical Center Employees. Continuing education credit will be awarded to employees only. In the event of meeting cancellation, an email will be sent to those on the email list.

For questions and to register: email Karlyn.botzman@osumc.edu

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Ohio State University Sports Medicine is approved by the Board of Certification, Inc. to offer continuing education to Certified Athletic Trainers, provider #P647

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