

Who is the FCPD Certified Athletic Trainer?

Nancy C. Burke, MS, ATC, VATL

What are her credentials?

- ♦ High school, university, national and international AT
- ♦ Virginia High School League Sports Medicine Advisory Committee—emeritus
- ♦ US Lacrosse Sport Science and Safety Committee—chair, emeritus
- ♦ 1996 Atlanta Olympic Games, site medical director
- ♦ Public Safety Athletic Trainers’ Society, director
- ♦ Virginia Athletic Trainers’ Association—Hall of Fame
- ♦ Mid-Atlantic Athletic Trainers’ Association—Hall of Fame
- ♦ National Athletic Trainers’ Association, Most Distinguished Athletic Trainer

How may I access the Athletic Trainer?

The Wellness Clinic is located in Room 161 of the Fairfax County Criminal Justice Academy. The schedule is: Mon, Wed and Fri 0630–1430 and Tues and Thurs 0900–1700. Due to scheduling changes, request that one call ahead.

The athletic trainer is available by cell phone: 24/7.

Appointments for times other than those posted may be made for special circumstances.

Cell phone: 571.221.8061 (24/7)
Clinic phone: 703.449.7241
Email: nancy.burke@fairfaxcounty.gov

Schedule is available on the Wellness Clinic door, “K Drive:Academy/Athletic Trainer” and on the BlueNet under “Calendars.”



***Fairfax County
Police Department***

***Injury Care and
Prevention Program***

Certified Athletic Trainer



What is a Certified Athletic Trainer?

Athletic Trainers (ATs) are health care professionals who collaborate with physicians. The services provided by ATs comprise prevention, emergency care, clinical diagnosis, therapeutic intervention and rehabilitation of injuries and medical conditions. (NATA)

Athletic Training is an allied healthcare profession recognized by the American Medical Association. (AMA)

In the Commonwealth of Virginia Athletic Trainers are licensed by the Virginia Board of Medicine.

Athletic trainers are **NOT** personal trainers.

Athletic Trainer Practice Domains

1. Prevention
2. Clinical Evaluation and Diagnosis
3. Immediate Care
4. Treatment, Rehabilitation and Reconditioning
5. Organization and Administration
6. Professional Responsibility

Mission

To maintain and improve general overall wellness;
To provide for care and prevention of injury and illness for all Fairfax County Police Department and Fairfax County Criminal Justice Academy employees.

Goals

1. Prompt access to physicians;
2. Enhance the delivery of medical care, rehabilitation and reconditioning;
3. Liaison to Third Party Administrators and employees;
4. Dedicated educational resource center.



What can an Athletic Trainer do for injuries/other conditions?

The athletic trainer provides primary injury evaluation and immediate care; referral to the worker's compensation physician, private physician or healthcare provider; expedite many physician visits; develop a medical care plan with the physician and/or healthcare provider; administer rehabilitation and reconditioning; monitor the progress of the employee; administer physical performance tests to advise physicians on duty status.

What kind of care is provided by the Athletic Trainer?

May be provided work and non-work related conditions.

Immediate injury assessment and general medical care
Baseline and post-injury neurocognitive concussion tests
Cryo-therapy
Thermo-therapy
Ultrasound and/or Electrical Stimulation
Cold Laser and Photo-therapy
Prescriptive Exercise Program
Recommendations for appropriate braces
Concussion Management and Education
And much more.

What happens if injured on-duty?

- Report the injury to your supervisor;
- Verify the supervisor has completed the online Employee Accident Report to the Corvel Company;
- Do not hesitate to go to the ER if necessary, then call the athletic trainer;
- Contact the athletic trainer for assistance in caring for the injury, seeing a physician, etc.

What happens if injured off-duty?

- Report the injury to your supervisor if it affects how you do your job;
- Call the athletic trainer for assistance. The athletic trainer can work with your private physician in providing rehabilitation.

