

## 2026 ATSPA Virtual Conference

### Wednesday, May 6th

7:30 am – 7:45 am      Opening Remarks      Krista Brands, CEO, ATSPA

7:45 am – 8:45 am      Session #1

#### **Geriatric Falls: Nowhere to go but Up**

*Robert Barraco MD, MPH, FACS, FCCP, CPE: Senior Vice President/Chief Academic Officer-  
Jefferson Health - Lehigh Valley Region*

This session will familiarize the learner with the epidemiology of falls and their impact. Risk factors will be discussed as well as measures to mitigate the impact of modifiable risk factors. The session will close with a look at literature regarding prevention measures.

#### **Objectives:**

1. Describe the epidemiology of falls in the geriatric population
2. Identify risk factors leading to geriatric falls
3. Discuss the prevention of falls in the geriatric population

8:50 am – 9:50 am      Session #2

#### **Code Calm: De-Escalating Conflict and Preventing Workplace Violence in Healthcare**

*Sunny Goodyear MSN, RN, CCRN, CPST: Injury Prevention and Outreach Coordinator - Penn  
State Health Holy Spirit Medical Center*

This session will help learners recognize escalating behavior, hear a firsthand account of workplace abuse, explore conflict between staff, and identify conflict resolution styles that support a healthier work environment. Healthcare workers experience higher rates of workplace violence than any other profession, and these incidents impact staff safety, morale, retention, and patient care. Many violent events are preceded by escalating conflict that can be recognized early.

#### **Objectives:**

1. Recognize early warning signs of escalating conflict and appropriately respond to workplace violence, bullying, and harassment.
2. Evaluate personal conflict-resolution styles and identify areas for improvement.
3. Examine workplace resources and strategies that can be used to effectively manage and resolve conflict and apply practical de-escalation strategies to manage tense or hostile situations safely.

9:50 am – 10:05 am      Break

10:05 am – 11:05 am      Session #3

## **Conussions: What is Active Recovery**

*John Baker DO: Medical Director - Conemaugh Concussion Program*

*Elissa Till ATC: Athletic Trainer - Conemaugh Concussion Program*

This session will discuss what is active recovery from a concussion and how the paradigm has shifted from complete rest to active recovery. This session will address the clinical trajectories of a concussion and how these correlate to active recovery. The session will be a joint presentation from a physician and athletic trainer discussing the importance of shared decision making in concussion patients. This session will give examples of active recovery and the different stages including return to learn, work, and athletics. Recovery from concussion is an individualized process that varies based on each patient's presentation, lifestyle, and clinical needs. This session will guide participants through the continuum of care, highlighting current evidence-based practices in concussion assessment, management, and recovery.

### **Objectives:**

1. Dispel Myths Regarding Concussions
2. Importance of Active Recovery vs Cocoon Therapy: Understanding Clinical Trajectories and how they apply to recovery
3. Understanding Individual Approach, Not One Size Fits All: Understanding how to integrate active recovery with patients with concussions and how they need to be individualized

11:10 am – 12:10 pm    Session #4

## **Rewiring E-Bike Safety Prevention: From Crisis Management to Sustainable Safety**

*Beth Black CA Multiple Subject Teaching Credential, BAs in Social Ecology and English/Writing: Founder of Bellemont Project*

This session will examine emerging e-bike injury trends and demonstrate how to move beyond crisis management to a proactive, prevention-focused approach to safety. Using behavior-based communication strategies, adolescent psychology, and the science of speed and injury-related physics, attendees will explore practical tools to reduce risk. The session will also highlight the development of coordinated regional safety frameworks and collaborative community strategies to create sustainable, long-term e-bike safety solutions.

### **Objectives:**

1. Reframe Adolescent Risk Through the "Mentor Mindset"
2. Translate Kinetic Energy into Conversation Starters
3. Improve Injury Prevention Efforts with Coordinated Regional Frameworks

12:10 pm – 12:30 pm    Closing Remarks

Krista Brands, CEO, ATSPA