



# Athlete Meds on Deck

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# What may be needed on deck

- Inhalers
- Epi pen
- Glucose
- Insulin
- Other meds- scheduled meds- rare
- **KNOW YOUR SWIMMERS MEDICAL PROBLEMS**



# Type of Meds **Not** needed on deck

- Pain meds- Tylenol- or other stronger meds
- Anti-inflammatories- Advil-Ibuprofen
- Antibiotics
- Benadryl- diphenhydramine
- Other OTC allergy meds
- Cough medication
- Routine Scheduled Meds
  - Can be in Senior Level Athlete's Swim Bag with Parent OK
  - Be aware of the banned substances- coaches-parents talk with swimmers
    - WADA list updated annually

# Inhalers



- Asthma is chronic lung disease that inflames and narrows the airways
- Airways can also become swollen and the cells produce mucus to further clog the airways
- Inhalers provide medication to open the airways and reduce the symptoms
- What is prescribed may vary depending on the swimmer's diagnosis
  - Exercise Induced Asthma
  - Allergic Asthma

# Rescue Inhalers

(Not the daily asthma control inhaler-meds)

- Short Term Relief
  - Not daily control or long term
  - If using more than 2 times a week should see physician
    - For unexpected triggers
    - May need change in control medications
- Used for:
  - Wheezing
  - Chest Tightness
  - Shortness of Breath
  - Coughing



# Exercise Induced Asthma



- May need to use rescue inhaler 15-30 minutes prior to practice
- Should be available on deck in case symptoms develop during practice
- Purpose is to quickly open the swimmer's airways and make breathing easier
- Should not be used at the starting blocks before a race
  - Rapid heart rate, palpitations, chest pain, tremor, nervousness are potential side effects
  - Combined with the increase of heart rate with physical exertion of the race=
    - Physical collapse in the water
    - Can be potentially life threatening

# Epi-Pen Auto Injector



- Used for Anaphylaxis
  - Extreme allergic reaction that causes the body to go into shock
  - Life threatening condition
  - Most common symptoms are swelling and hives
    - Swelling of lips, tongue, throat
    - Severe itching and Shortness of Breath
  - Can collapse and lose consciousness
  - Have someone call 911 while you are administering the EPI Pen
- Medication is Epinephrine
  - Treats the extreme allergic reaction by stopping the swelling in the airways
  - Several different brands of auto-injector devices
  - Parents and other potential emergency first aid personnel should receive training at least once a year- Coaches

# Easy Steps to Administer



- Grasp with orange tip pointing downward
- Remove blue safety cap by pulling straight up
  - – do not bend or twist



- Place the orange tip against the middle of the outer thigh
- Swing and push the auto-injector firmly into the thigh until it “clicks”
- Hold firmly in place for 3 seconds – count slowly,

•“1, 2, 3”

<https://www.epipen.ca/en/about-epipen/how-to-use>  
<https://www.epipen.com/en>



# Epi-Pen



- Training videos available on line
- Some companies provide a practice injector- no real needle
- Understand your athletes' allergies
  - Bee Stings Peanuts/Nut Exposure/Grass
- Have parent review with you the epi-pen that they have received
- Know where your swimmer keeps their epi pen

# Glucose



- Insulin dependent diabetics may need emergency glucose
  - Swimmer may lose consciousness if untreated
- Blood glucose levels may drop with extended exercise
  - Blood glucose level drop
    - If still conscious- treat with: liquid sugar or gel of some type
    - Swimmer should carry some form of glucose replacement



# Signs of low blood sugar

- Confusion
- Dizziness
- Feeling shaky
- Hunger
- Headaches
- Irritability
- Pounding heart- racing pulse
- Pale skin
- Sweating
- Trembling
- Weakness
- Anxiety
- Poor coordination
- Poor concentration
- Passing out
- Seizure
- Coma



Swimmer may need to take a small snack break or have Gatorade-  
Powerade during long practices to prevent low blood sugar

# If low blood sugar eat or drink 15 grams of fast acting carbohydrate

- 1 tube of glucose gel
- ½ cup fruit juice
- ½ cup of soda-pop (not diet)
- 1 Tablespoon of honey- put under the tongue
- If possible check blood sugar
- If not- just treat
- Should get rapid improvement

Children with minor low blood sugar may have candy such as Smarties, Pixie Sticks, Starbursts, Gummies, Skittles. No chocolate or candy with fat/proteins.

# Insulin



- Hormone injection used to treat high blood sugar
- Dosed individually
- Individuals will treat themselves according to their blood sugar needs
  - Might be after school
  - With a snack
  - Before breakfast and morning practices
- Everyone's needs will be different
- Know in generalities how your swimmer treats their disease
- Should not need to leave the pool deck to give themselves insulin
- If swimmer is not feeling well and thinks they need insulin- contact the parent BEFORE it is given- should be VERY RARE
  - Long swim meet

# Know your swimmer's medical concerns

- Discuss with swimmer and parent
- Be sure all coaches are aware of any potential problems that may occur on deck
- QUESTIONS ?

