


www.westfieldhighschoolsportsmedicine.com



## Prevention and Treatment of Injuries

Westfield High School  
Houston, Texas

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---


---

---

---

---

www.westfieldhighschoolsportsmedicine.com



## Bloodborne Pathogens

- Are transmitted through contact with blood or other bodily fluids
- The two BIGGIES are hepatitis, especially hepatitis B (HBV), and HIV which causes AIDS.

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---


---

---

---

---

www.westfieldhighschoolsportsmedicine.com



## Hepatitis B Virus

- Symptoms:
  - Flu Like symptoms
    - Fatigue
    - Weakness
    - Nausea
    - Abdominal pain
    - Headache
    - Fever
    - jaundice

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---


---

---

---

[www.westfieldhighsportsmedicine.com](http://www.westfieldhighsportsmedicine.com)

## Hepatitis B Virus



- It is possible that the virus can go undetected because an infected individual will not show any signs
- Disease can be transmitted to others through exposure to blood or body fluids through intimate contact.

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---


---

---

---

[www.westfieldhighsportsmedicine.com](http://www.westfieldhighsportsmedicine.com)

## Hepatitis B Virus



- HBV can survive for at least one week in dried blood or on contaminated surfaces and may be transmitted through contact with these surface.
- Get the vaccination!! Given over three doses in a six month period.

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---


---

---

---

[www.westfieldhighsportsmedicine.com](http://www.westfieldhighsportsmedicine.com)

## Human Immunodeficiency Virus



- HIV is a retrovirus that enters the host cell and changes the RNA to a proviral DNA replica.
- Estimated that 1 in every 100 adult males between the ages of 20 and 49 is HIV positive.
- Estimated that 40 million adults will carry HIV by the year 2000 (world wide)

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---


---

---

---

---

**HIV**



Transmitted by exposure to infected blood or other body fluids or by intimate sexual contact.

- Symptoms:
  - Fatigue
  - Weight loss
  - Muscle or joint pain
  - Painful or swollen glands
  - Night sweats
  - Fever

www.westfieldhighsportsmedicine.com

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---


---

---

---

---

**Acquired Immunodeficiency Syndrome**



- One with AIDS has not defense against even the simplest of infection
- 50 Percent of those infected develop AIDS within ten years of becoming HIV infected.
- Once AIDS occurs, then life expectancy is about two years

www.westfieldhighsportsmedicine.com

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---


---

---

---

---

**Prevention**



- Safe Sex is of major importance
- Avoid contact with body fluids
- Do not share needles
- Avoid drugs that impair judgment
- Do not have sex with those know HIV +
- Get regular test for STDs
- Practice good hygiene before and after sex

www.westfieldhighsportsmedicine.com

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---


---

---

---

[www.westfieldhighsportsmedicine.com](http://www.westfieldhighsportsmedicine.com)

## Athletes and HIV



- An athlete that is HIV+ can not be discriminated against from playing athletics.
- Protecting others from the rick of infection then is the priority of the trainer, coach and officials.

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---


---

---

---

[www.westfieldhighsportsmedicine.com](http://www.westfieldhighsportsmedicine.com)

## Athletes and HIV



- Mandatory screening for HIV may not be allowed to determine if one can play sports.
- Encourage those who are at high risk to get voluntary anonymous testing.
- Many states have confidentiality laws, and you should be aware of the laws of your state.

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---

---

---

---

[www.westfieldhighsportsmedicine.com](http://www.westfieldhighsportsmedicine.com)

## Precautions



- Remove athlete with bleeding site from competition or practice
- Saturated uniform must be removed and replaced
- Commercial products to remove blood from uniforms for small spots
- WEAR GLOVES!! Protect yourself

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---


---

---

---

[www.westfieldportsmedicine.com](http://www.westfieldportsmedicine.com)

## Precautions



- Use antiseptic agent for washing hands immediately after working with blood or body fluids.
- Dispose in biohazard containers
- Clean all tables, counters, etc that might be contaminated
- Place biohazard warnings on containers

Westfield High School Sports Medicine  
Home of the Mustangs

---

---

---

---

---

---

---

---