

# Compassionate Health Care Requires Support

**G**rowing up, Jamie DeRollo, DAT, MBA, ATC, had decided to pursue physical therapy, but after an injury, she made a career-defining discovery.

"I had to go see the AT and I fell in love with [athletic training]," DeRollo said. "I thought, 'Wow! This is actually a job?'"

Enlivened by this realization, DeRollo launched her AT career. She became an NATA student member, while attending Modesto Junior College (MJC). DeRollo did not stop there. She went on to acquire a bachelor's degree in athletic training from California State University at Fresno, followed by a master's degree in health care administration from South University and a doctorate of athletic training from Temple University.

As head athletic trainer and faculty at MJC, DeRollo teaches the same sports medicine classes that initiated her future in the profession. Beyond this, her activities in advancing the profession have entailed positions with California Athletic Trainers' Association (CATA), California Community College Athletic Trainers Association (CCCATA), Far West Athletic Trainers' Association (FWATA) and NATA.

DeRollo currently presents on various AT topics at all levels and will continue to advocate for the profession.

Read on to learn more about her.

## **Why are you passionate about the patient population you provide care to?**

The community college allows me to provide health care to multiple student athletes of various sports. We have 21 sports at my school and, sometimes, I am their only form of health care. I have the opportunity to help them excel at their sports when many of them aspire to play at the next level and/or get their education paid for with a scholarship. I find the majority of my patients are eager to listen when I educate them on their injury and have more buy-in to put in work and do the rehabilitation.

## **What does compassionate health care look like to you?**

Compassionate health care is treating our patients holistically. We are not treating an ankle/ACL/shoulder sprain, but a person. ATs know the sports psychology aspect of an injury and how that affects that person and their life. We can educate our patients on proper nutrition, biomechanics and often know when our patients have had other life moments, like a failed test, breakup or disagreement with a teammate.

## **How can ATs be leaders in patient-centered health care?**

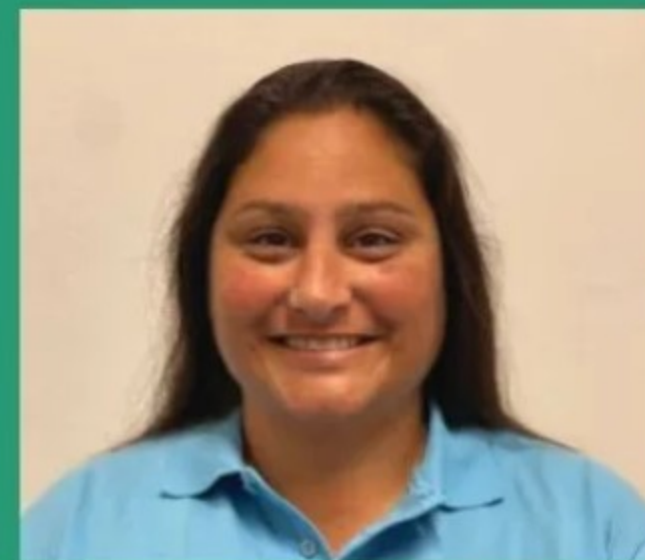
ATs can be leaders in patient-centered health care by doing self-reflection. As a preceptor and knowing the change to master's was upon us, I decided to earn a DAT. I learned how to be a better researcher and critical thinker about the articles I was reading. At the time, my weakness was mental health, so I was able to focus on mental health and how that affects collegiate student athletes. The DAT has paid off dividends both in the clinic and when I teach.

## **Tell us about your efforts to positively impact the advancement of the athletic training profession.**

My first AT involvement was proctor for the Board of Certification for the Athletic Trainer. I then got involved with the CATA Legislative Action Team, and still working to get licensure. I became the CATA secretary and now parliamentarian. Currently, I am on CATA Clinical Symposium and Equity, Diversity and Inclusion committees.

With CCCATA I continued to volunteer as COVID Workgroup chair and, presently, the sports representative chair. Having been on the ATs Care Council and chaired the College and University Committee, I later became the NATA Intercollegiate Council for Sports Medicine two-year institution chair.

## **Jamie DeRollo, DAT, MBA, ATC**



**State and District:** California, District Eight

**Setting:** Community College

**Years of NATA Membership:** 21

**Preferred Pronouns:** She/Her

I was able to advocate for the National Association of Intercollegiate Athletes and the two-year-institution branches to be separate. I also worked on an athletic training amicus brief for Pennsylvania and have been involved in countless workgroups including, Return to Collegiate Campus and Sport Post-COVID, Appropriate Contact with A Minor, Transition to Practice, Mental Health Toolkit and, most recently, the Bias Action Plan and AT Compensation Task Force.

## **What words of encouragement do you have for ATs who also want to make a positive impact on the profession?**

Find a strong support system and give back to the profession when you can. It could be your family, friends, significant other, peers or mentors. Maintain and continue to build those bridges as they are lifelines for the AT. My husband has been my biggest supporter. As we both know, I am a better mom and wife because I have my profession; it is part of who I am. ♣