



# HealthPro Advantage

## WHY IT MATTERS

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As a healthcare professional, you are in a unique position to positively influence an athlete's compliance with anti-doping rules that both you and the athlete are subject to. Abiding by anti-doping rules is the best way to prevent you or your athlete patient receiving an anti-doping rule violation. Serious sanctions can be, and have been, leveled against a healthcare provider for aiding the practice of doping in sport. Equally important, compliance with anti-doping rules helps ensure that the health of the athlete is also protected.

## Questions to Ask Yourself

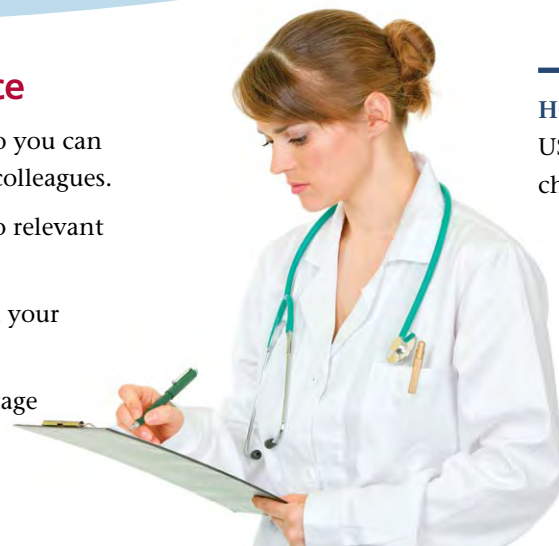
As a health professional who may counsel athletes subject to doping control, it's important for you to understand your rights and responsibilities when it comes to anti-doping. Here are some questions to ask yourself to evaluate how well you understand your role in the process:

1. Do I understand the World Anti-Doping Agency Prohibited List and discuss the use of prohibited substances?
2. Do I ask for a list of athletes' medications and supplements when I see them for treatment?
3. Do I understand the supplement industry, and do I discuss dietary supplements with athletes?
4. Do I understand both the blood and urine sample collection process?
5. Do I act as an athlete's representative during the doping control sample collection process?
6. Do I have anti-doping reference materials available in my office for my staff and patients?
7. Do my standards of conduct align with anti-doping rules that apply to health professionals?

You can gain in-depth knowledge about the anti-doping process and rules by completing USADA's HealthPro Advantage tutorial, a free course offered through Stanford Medicine, with CME credits available. Visit [USADA.org/healthpro](https://www.usada.org/healthpro) for complete details and to register for the course.

## How You Can Make a Difference

1. Understand anti-doping requirements so you can educate both your athlete patients and colleagues.
2. Have a website for your practice? Link to relevant resources on the USADA website.
3. Keep anti-doping education materials in your office for your staff and athlete patients.
4. Complete the USADA HealthPro Advantage tutorial, which is also available for CME credits through Stanford Medicine.



## Anti-Doping Fundamentals – Health Professionals' FAQ

### WHAT IS THE PROHIBITED LIST?

The World Anti-Doping Agency (WADA) prepares and annually publishes the Prohibited List, which defines substances and methods that are prohibited in-competition, at all times, and in particular sports. It's important for you to stay updated on the changes to the List each year, and you can find up-to-date information at [USADA.org/prohibited-list](https://www.usada.org/prohibited-list).

#### *Intravenous (IV) infusions: Did you know...*

It's important to know that when it comes to anti-doping, IV infusions or injections of any substance more than 50mL per 6-hour period are prohibited, EXCEPT when they are received during a hospital admission, surgical procedure, or as part of a clinical investigation.

### CAN ATHLETES USE SUPPLEMENTS?

Understanding the dietary supplement industry is vital to your practice with athlete patients. Because the supplement industry is vast and largely unregulated, athletes who use dietary supplements are at risk of experiencing a positive drug-test, or even negative health consequences. When it comes to supplement use and anti-doping, strict liability applies, which means athletes are ultimately responsible for what is in their system at the time of a drug-test.

USADA's Supplement 411 Resource provides athletes and health professionals with the best possible information so you can:

- REALIZE that safety issues exist
- RECOGNIZE red flags
- REDUCE risk from using supplements

### HOW CAN I DETERMINE IF SOMETHING IS PROHIBITED?

USADA has developed several resources to help athletes and coaches check the prohibited status of a medication or method of administration:

- **Global Drug Reference Online** ([GlobalDRO.com](https://www.globaldro.com)) – An online resource to search the prohibited status of specific medications.
- **Wallet Card** – A quick summary of prohibited and permitted substances based on the current WADA Prohibited List. It's updated annually and available at [USADA.org/publications-and-policies/](https://www.usada.org/publications-and-policies/).
- **USADA's Drug Reference Line** – Call to access an expert for answers about substances. Call 1-719-785-2000 and select Option 2.

### WHAT IS A THERAPEUTIC USE EXEMPTION (TUE)?

In some cases, the treatment you are recommending or giving your athlete requires them to use a prohibited medication or method. If this occurs, the athlete must apply for a TUE prior to using a prohibited substance or prohibited method in sport.

During this application process, you will be a valuable resource in helping your athlete determine if a TUE is necessary based on their competition level and the status of the medication. You will also be instrumental in helping them complete the TUE application process by providing information such as clinical notes and other medical information.

From the information provided in every TUE application, an independent TUE Committee must be able to evaluate the diagnosis, the emergent need for the medication, the treatment plan, and why permitted alternatives were not suitable. For more information, visit [USADA.org/tue](https://www.usada.org/tue).

### WHAT IF AN ATHLETE EXPERIENCES A HEALTH EMERGENCY?

In the case of a true medical emergency, the athlete's health is always the top priority. As such, the health professionals should: Treat. Document. Submit. After documenting all medical notes and justifications for treating an athlete with a prohibited substance or method, submit these written notes as part of the retroactive TUE application.





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