

Healthy Athletes 2.0

Overview and Lookahead

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Special Olympics



Introduction and team overview



Cross-collaborative team built to support you

Healthy Athletes



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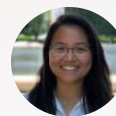
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Health Screening, Referral, and Data-based Monitoring



- Expand capacity for health screening of people with intellectual disabilities
 - Improve screening technology and equipment
 - Build & deploy EHR digital platform
- Collect data from health screenings and follow-up contacts and analyze to better support individual clients and improve the program overall

Healthy Athletes 2.0 Goals

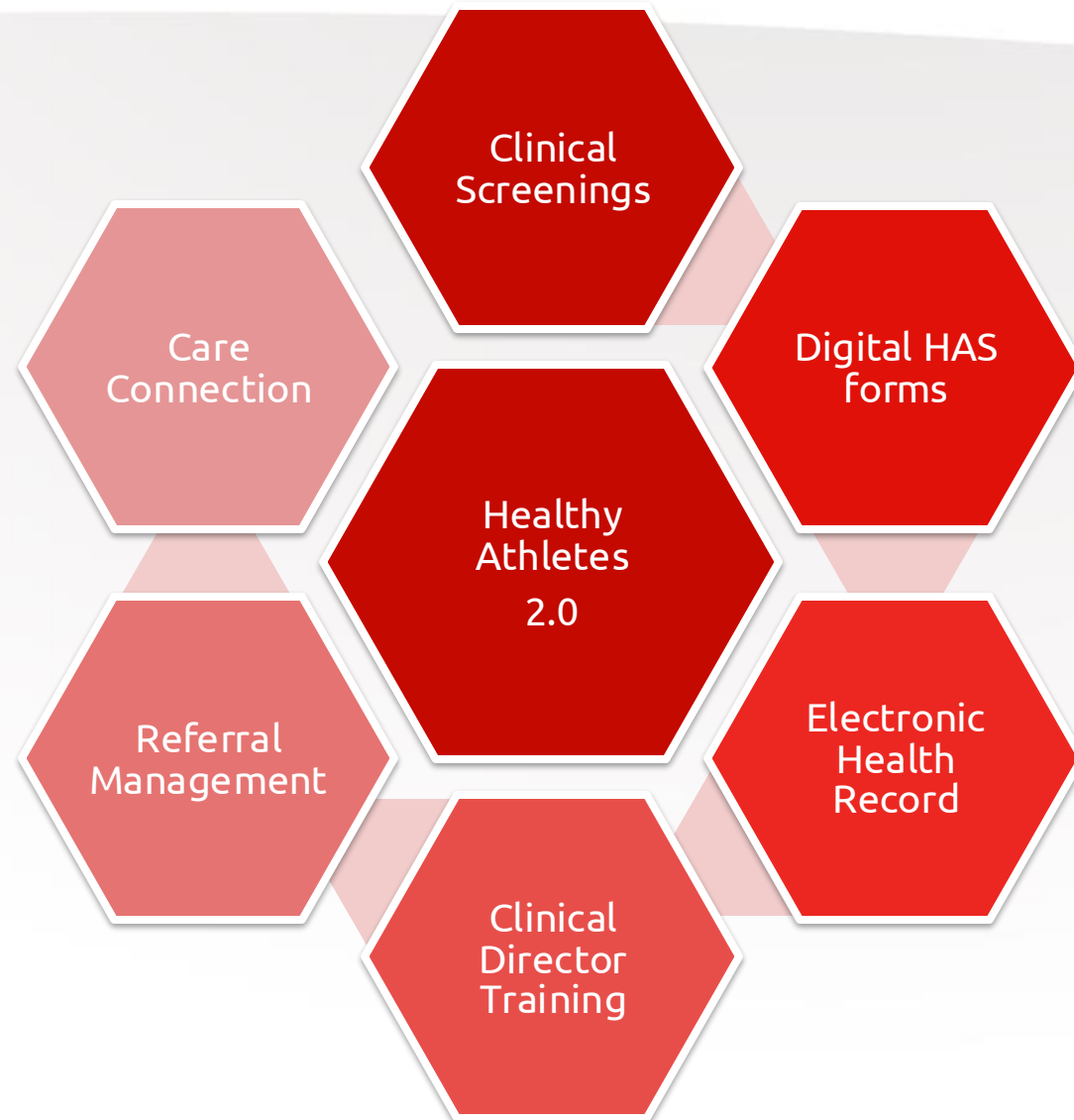


- Provide best practice, person-centered, integrated health screenings to Special Olympics' athletes with the intention to:
 - Identify risk factors of chronic health conditions
 - Evaluate the need for a referral for follow-up
 - Connect athletes to care in their communities
 - Provide restorative health services
 - Educate athletes on basic preventive health behaviors
 - Refer & connect athletes to tailored quality care
- Educate healthcare professionals and students on inclusive health best practices for people with intellectual and developmental disabilities both within the Healthy Athletes setting and community



Special Olympics
Healthy Athletes®

What is Healthy Athletes 2.0?



Clinical Screening Updates



- Streamlined with consistent formatting between disciplines
- Designed to reduce errors in data entry and improve clinical efficiency
- Formatted for consistent and reliable referrals
 - Routine, Non-Urgent, Urgent
 - Reasons for referral captured
- Aligned with national and global surveillance from the CDC and WHO
- Confirmation of null responses increases data integrity

The image displays five overlapping 'Healthy Athlete Screening Form' templates from Special Olympics, each for a different discipline:

- Healthy Hearing:** Includes sections for personal info, hearing screening results, and a 'Parent/Guardian' section.
- Special Smiles:** Focuses on dental health, including screening for cavities and orthodontic needs.
- Fit Feet:** Screens for foot health, including issues like blisters, corns, and foot pain.
- FUNfitness:** Screens for general fitness and physical health, including heart rate, blood pressure, and body composition.
- Health Promotion:** A comprehensive form covering a wide range of health topics, including vision, hearing, dental, and general medical history.

Each form is designed with a consistent layout, featuring clear headings, checkboxes, and designated areas for data entry to ensure accuracy and efficiency in clinical screening.

Discipline-Specific Screening Updates



Key Healthy Athletes Discipline Updates	
Fit Feet	Additional foot health history questions, optimized foot/shoe sizing for global applicability, and addition of a diabetic foot screen.
FUNfitness	Consolidation of health history questions, updated evidence-based and functional clinical tests.
Health Promotion	Additional/refined questions on food insecurity, nutrition and hydration to reduce time for previously implemented Healthy Habits Survey, smoking and smoking exposure, revised normative scores for blood pressure.
Healthy Hearing	Additional/refined hearing health history questions and addition of visual audiogram.
Opening Eyes	Additional eye health history questions, removed color vision testing from the protocol, refinement and consolidation of eyewear optical form.
Special Smiles	Addition of oral cancer screening, refinement of question on trauma, injury, oral and periodontal health, as well as expanded dentition inventory (missing, decayed, filled teeth).
Strong Minds	Addition of mental health screening questionnaires for IDD (i.e., CORE-LD30 and WEMWBS-ID) and the addition of referrals with accompanying guidance.

Healthy Athletes Clinical Director Training



- 5 module series
 - Special Olympics Health
 - Introduction to Intellectual and Developmental Disabilities
 - Role of a Clinical Director
 - Discipline Specific Training
 - Frequently Asked Questions
- Consistent length, format, definitions
- Updated floor plans including printable
- Updated content related to current clinical practice and screening guidelines



Special Smiles Volunteers

Volunteers play a vital role in the success of a Special Smiles event.

As the Clinical Director you are responsible for ensuring there are enough volunteers through:

- Understanding volunteer types and roles
- Recruiting appropriate volunteers
- Providing training to volunteers on their roles in the screening



Why Special Smiles?

Periodontal Health
Periodontal health has a bidirectional relationship with oral habits, oral hygiene, state of the dentition, general health, and systemic chronic conditions. Individuals with IDD have a higher rate of gingivitis and periodontal disease.

Number of Cavities
The prevalence of untreated dental issues is higher among people with IDD.

Regular Access to Preventative Measures
Oral health is the number one unmet healthcare need in individuals with IDD. Therefore it is important to promote and support programs in linking people with IDD to continuity of care.

Sufficient Education for Athletes and Support Systems
Each person has a different dentition. Learning how to best maintain oral hygiene occurs during each interaction with a dental professional. The directions may change as each person, person's dentition, and/or person's support system changes. Special Smiles provides interactions with dental professionals that offer educational opportunities for the athletes.

New Healthy Athletes System



Why: Consistent pain points with existing system leading to inefficiencies, fallback to paper, lost opportunity

- Hard to navigate, slow response rate
- Easy to make errors
- Requires strong internet connection
- Unstable
- Burdensome admin and referral management
- No centralized Athlete health record

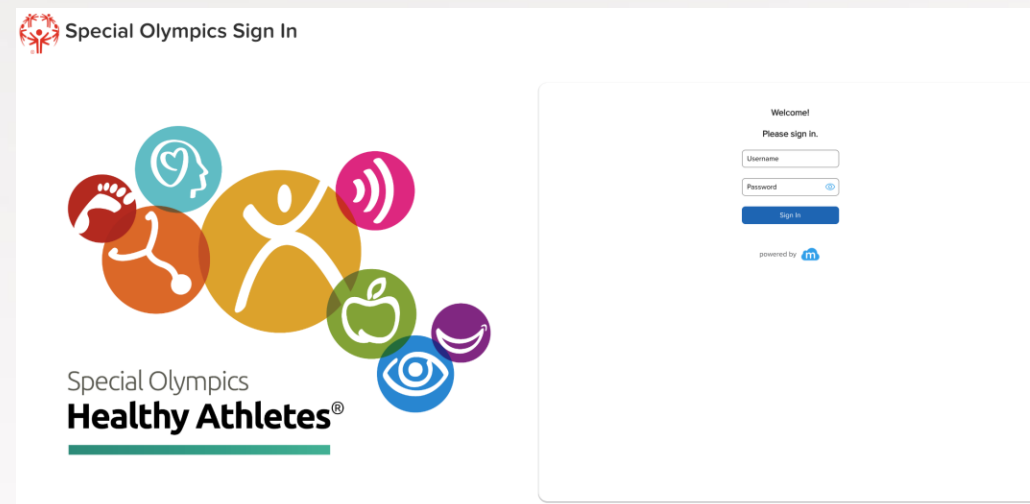


New Healthy Athletes System



How: Modern lightweight digital health platform
purpose-built for Healthy Athletes events

- Simple design and navigation
- "On-rails" experience to minimize complexity
- Skip logic, automation, validation to reduce errors
- Online-offline mode
- Scalable
- Self-service admin and built-in dashboards
- Referral management and automation with omnichannel communication (text, email)
- Athlete screening data centralized and accessible
- Single source of truth for HA data



New Healthy Athletes System



How: Modern lightweight digital health platform purpose-built for Healthy Athletes events



- Self-service event and athlete management
- Volunteer user accounts automatically generated
- Role-based permissions so volunteers only see what they need to use
- Online-offline mode



- Automatic referral recommendations generated based on screening findings
- Send and track status of referral recommendations right from the system
- Patient/provider messaging via text or email



- Tailored to match event screening flows
- Station hopping, skip logic, and automation
- Key findings automatically surfaced at checkout
- Screening highlights and Athlete chart available during screenings



- Self-service data access without leaving the system
- Embedded dashboards: HA statistics and event-level

Current Design (Left):

- Header: Special Olympics Health, Program: SOI, Event: TEST Event, User: mduong, Logout.
- Breadcrumbs: Kingsley Test > Fit Feet: Foot Sizing.
- Patient Info: Kingsley Test, Male, 24 year(s) (10 Jan. 2000), USA_Florida Other, Active Visit: 06 May 2024, 18:05:24, Outpatients.
- Fit Feet Logo.
- Progress Steps: 1 Check In, 2 Foot Sizing (Active), 3 Foot Exam, 4 Gait Analysis, 5 Biomechanics, Joint Range of Motion Static Biomechanics, 6 Distribution, 7 Checkout.
- Form Section: Foot Sizing, Screener's Name, Amputee Right (Yes/No).

Proposed Design (Right):

- Header: Athletes, Clinical Volunteer, Fit Feet, Online.
- Breadcrumbs: Screening > Fit Feet > Athlete Screening > Fit Feet Station 2.
- Section: Screening - Lion April, View Athlete Profile.
- Table:

Name	Date of Birth	Age
Lion April	Aug 24, 2012	11
Program	Gender	Status/Role
Canada-Alberta	Female	Athlete
- Contacts:

Primary	Emergency
Lion April 4037373783 Test@or	Father SOI 4038889999 Test@or
- Fit Feet - Stations:
 - Check-In (Green circle)
 - Shoe/Sock Exam & Measurement (Yellow circle)
 - Foot Assessment (White circle)
 - Biomechanics (White circle)
 - Check-Out (White circle)
- Section: Fit Feet: Shoe/Sock Exam & Measurement.
 - Screener Name: [Input field]
 - * Are you able to test the athlete?: Yes [Dropdown]
 - Current Shoe Size: Record the athlete's current shoe size as printed on the shoes or reported. If width is unknown, check N/A.
 - * Shoe Type: [Dropdown]
 - * Left Length: [Dropdown]
 - * Left Width: [Dropdown]
 - * Right Length: [Dropdown]
 - * Right Width: [Dropdown]

Annotations:

- Readable layout for faster information retrieval:** Points to the patient information section in the proposed design.
- Improved color scheme to easily understand the station status:** Points to the station flow diagram in the proposed design.
- Larger fonts:** Points to the form fields in the proposed design.
- Clear outlines and larger buttons:** Points to the bottom navigation area in the proposed design.

New Healthy Athletes System



Screening logic

Current Shoe Size

Record the athlete's current shoe size as printed on the shoes or reported. If width is unknown, check N/a.

Shoe Type

USAFemaleAdult7B7B

Current Foot Size

Measure the athlete's feet in centimeters (cm).

Left Length

25

cm

Left Width

10

cm

Right Length

27

cm

Right Width

10

Proper Shoe Size

Shoe Type

USAFemaleAdult7.5C8C

Current Shoe Fit

[Shoe/Sock Condition Reference Page](#)

Do the current shoes have proper fit? (1 size > or equal to measured foot)

Yes

Is the shoe in good condition?

Is the shoe a

Calculations made based on input

Subtalar Joint Assessment

WFL

Hypermobile

Hypomobile

Pain with testing?

No

Weight Bearing Assessment

Normal

Abnormal

Unable to Assess

LEFT

Presence of Arch Deformity

No

Abnormal Calcaneal Position (WFL= within 5 degrees of neutral)

Yes

Varus

RIGHT

Presence of Arch Deformity

Yes

Pes Planus

Abnormal Calcaneal Position (WFL= within 5 degrees of neutral)

No

Pain with testing?

Yes

Indicate where and/or with what findings

Skip logic built out so that questions pop up when needed.

Pop ups are in place to notify the clinical volunteer when certain selections are made.

Healthy Hearing - OAE Screening

Right ear

Pass

No pass

Bilateral OAE pass

Bilateral OAE pass indicated, do you wish to continue to check-out or continue to the next station?

Cancel

Save and Continue

Check-out Station

New Healthy Athletes System



Referral management

Home

Athletes

Events

Screening

Referrals

Providers

Data

Reports

Program Admin Online

Referrals - Canada Spring Games

First Name

Last Name

Search

Filters:

Program

Referral Type

Health Discipline

Apply Filters

Download

Athlete	Urgent Referrals Recommended	Urgent Accepted	Non-urgent Recommended	Non-urgent Accepted	Routine	Education	Total Referrals
Cat SONA	5	0/5	6	0/6	0	3	14
Michelle Duong	4	0/4	9	0/9	1	4	18
Test Testy	1	0/1	1	0/1	2	3	7
Lion April	0	0/0	0	0/0	0	0	0
Bunny July	0	0/0	0	0/0	0	0	0
Seth MENA	0	0/0	0	0/0	0	0	0
Elephant Monday	0	0/0	0	0/0	0	0	0
Dog June	0	0/0	0	0/0	0	0	0
Tiger Sunday	0	0/0	0	0/0	0	0	0
Snake Friday	0	0/0	0	0/0	0	0	0

Rows per view:

10

25

50

<

1

2

3

4

5

316

>

Tracking list of referrals generated from the event

Home

Athletes

Events

Screening

Referrals

Providers

Data

Reports

Program Admin Online

Referrals - Michelle Duong

Name

Date of Birth

Age

Program

Gender

Status/Role

Michelle Duong

Mar 26, 1996

28

Canada-Alberta

Female

Athlete

Provider Name

Provider Email

Provider Phone

1234567891

mduong@trial.com

1234567891

1234567891

kings@labs.com

Print Referral

Referral Details

Event

Date of Screening

Health Discipline

Health Screening

Canada Spring Games

04/22/2024

FUNfitness

Aerobic Fitness

Referral Type

Provider Type

Provider Name

Date Referral Sent

Urgent

Select Provider

-

Tracking Info

Referral Status

Date Referral Accepted

Delivered

Message Read

Link Clicked

Not Assigned

-

-

Screening Reason for Referral

Aerobic Fitness

Cancel

Save Referral

Reasons for referral are populated into this module

Home

Athletes

Events

Screening

Referrals

Providers

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Program Admin Online

Referrals - Michelle Duong

Name

Date of Birth

Age

Program

Gender

Status/Role

Michelle Duong

Mar 26, 1996

28

Canada-Alberta

Female

Athlete

Filters:

Health Discipline

Provider Type

Referral Type

Referral Status

Apply Filters

Download

Date of Screening	Health Discipline	Provider Type	Referral Type	Date Referral Sent	Referral Status
April 22, 2024	FUNfitness	-	Urgent	-	Not Assigned
April 22, 2024	Fit Feet	-	Urgent	-	Not Assigned

Individual list of referrals per athlete based on selections made during screening

Special Olympics USA-Florida Healthy Athletes® Referral

HA

Healthy Athletes <has@specialolympics.org>

To: Michelle Duong

Saturday, April 13, 2024 at 11:03 AM

To protect your privacy, some external images in this message...

Download external images

Go to Settings

You don't often get email from has@specialolympics.org. Learn why this is important

Hi Peppermint Patty,

You have received a(n) Urgent Fit Feet referral from the Special Olympics USA-Florida Healthy Athletes® screening event on April 13, 2024.

You can view and interact with this referral in our secure Special Oly screening portal. If you accept this referral, you will also receive add via email to confirm if this Special Olympics athlete was scheduled and their visit completed.

[Click here](#) to view the referral.

Please contact [Victoria Lee](#), USA-Florida with any questions or concerns regarding this referral. Contact [TEST CONTACT NAME](#) if you require assistance using this link or accessing the portal.

Thank you,


Special Olympics Healthy Athletes®


Email sent to the provider

New Healthy Athletes System



Athlete Chart

Home **Athletes** Events Screening Referrals Providers Data Reports


Program Admin Online 


[Home](#) > [Athlete](#) > Athlete Profile


Name	Date of Birth	Age
Michelle Duong	Mar 26, 1996	28
Program	Gender	Status/Role
Canada-Alberta	Female	Athlete


Contacts

Primary	Emergency
Michelle Duong 1234567891 mduong@trial.com	Kingsley Duong 1234567891 kings@labs.com

Sports / Athlete Details 

Screening Highlights 

Screening History 

Referral History 

Cancel

- Athlete HA record centralized
- View all screening and referral histories over time
- Screening highlights accessible during screenings by all disciplines

New Healthy Athletes System



Athlete Chart

Screening Highlights

Fit Feet - April 22, 2024

Diabetic Foot Screen
No

Presence of Ulcer
Yes

Gait Disturbance/Concern
Normal

Dynamic Biometrics
-

Fun Fitness - April 22, 2024

History of Falls
1 time

Fall Risk
Yes

Referral History

Date of Referral	Referral Station	Event	Reason for Referral	Referral Status
Apr 22, 2024		Spring_Games_May_13_2024	Heart Rate Reduction post aerobic fitness test < 12bpm.	Not Assigned
Apr 22, 2024		Spring_Games_May_13_2024	Seated Functional Reach Test forward left distance reached < 15cm. Seated Functional Reach Test lateral left distance reached < 15cm. Seated Functional Reach Test forward right distance reached < 15cm. Seated Functional Reach Test lateral right distance reached < 15cm.	Not Assigned
Apr 22, 2024		Spring_Games_May_13_2024	Single Leg Stance (Left) with Eyes Closed Balance Test time under 10 seconds. Single	Not Assigned

Screening History

Date of Screening	Last Modified	Discipline	Event	Screening Status
Apr 22, 2024	Apr 22, 2024	FUNfitness	Spring_Games_May_13_2024	Incomplete
Apr 22, 2024	Apr 22, 2024	Fit Feet	Spring_Games_May_13_2024	Incomplete

- Athlete HA record centralized
- View all screening and referral histories over time
- Screening highlights accessible during screenings by all disciplines

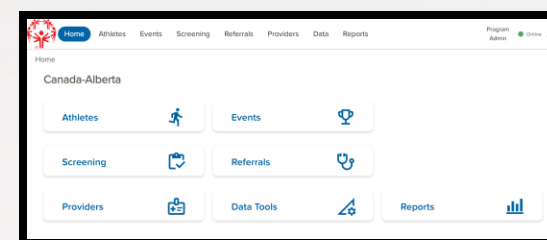
New Healthy Athletes System



Role-based permissions: "on-rails" experience

Simplified views so that you see **only** what you need to see.

Program Admins will have a variety of functions. These roles are associated to the program itself. These accounts can only see athletes that are listed under the same program.



Clinical Volunteers will only see the screening associated to their discipline. One clinical volunteer log-in is automatically generated per discipline upon event creation.

Health Disciplines	Clinical Volunteers (auto-generated)	
Select Discipline	Username	Password
Fit Feet	ff70	*****
FUNfitness	fun70	*****
Healthy Hearing	hh70	*****

General Volunteers will only have access to athlete management. They can register and check in athletes to the event. One general volunteer log-in is automatically generated upon event creation.

General Volunteer (auto-generated)	
Username	Password
gv70	*****

The Lookahead



- Expanded window for transition to 2.0
- Deep dive seminars slated to begin in Q4
- Open office hours for Regional & Programmatic Support
 - Digital Health Office Hours – Monthly
 - Healthy Athletes RHM Office Hours – Monthly
 - Discipline Specific Program/CD Office Hours – Quarterly

What to Expect in the Early Days of HAS 2.0



- New systems are buggy
- Development isn't over after the first release
- Iteration and feedback is critical
- The joint Healthy Athletes – Digital Health team is here to help
- Need early adopters who are interested in initial testing



Q&A

Questions and responses will be organized in a FAQ document to be shared following the webinar for your reference.

Please direct any additional questions or interest in early adoption to mduong@specialolympics.org

Thank you!

Special Olympics

