

# Healthy Athletes 2.0

Overview and Lookahead

August 15, 2024

***Special Olympics***



# Introduction and team overview



## Cross-collaborative team built to support you

### Healthy Athletes



Brittany Routh  
Healthy Athletes  
[brouth@specialolympics.org](mailto:brouth@specialolympics.org)



Autumn Jones  
Health Promotion, MedFest  
[ajones@specialolympics.org](mailto:ajones@specialolympics.org)



Denise Cardona  
Healthy Hearing  
[dcardona@specialolympics.org](mailto:dcardona@specialolympics.org)



Jenna Lebersfeld  
Strong Minds  
[jlebersfeld@specialolympics.org](mailto:jlebersfeld@specialolympics.org)



Kathleen Rodriguez  
Fit Feet, FUNfitness  
[krodriguez@specialolympics.org](mailto:krodriguez@specialolympics.org)



Sally Stein  
Opening Eyes  
[sstein@specialolympics.org](mailto:sstein@specialolympics.org)

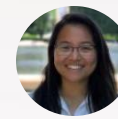
### Digital Health



Jake Neely  
Technology  
[jneely@specialolympics.org](mailto:jneely@specialolympics.org)



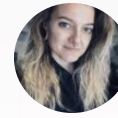
Jeffrey Sanita  
Health technology  
[jsanita@specialolympics.org](mailto:jsanita@specialolympics.org)



Michelle Duong  
Healthy Athletes System  
[mduong@specialolympics.org](mailto:mduong@specialolympics.org)



Abir Salah  
Health program and technology support  
[asalah@specialolympics.org](mailto:asalah@specialolympics.org)



Gabrielle Del Bianco  
Health technology and hardware support  
[gdelbianco@specialolympics.org](mailto:gdelbianco@specialolympics.org)

# 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

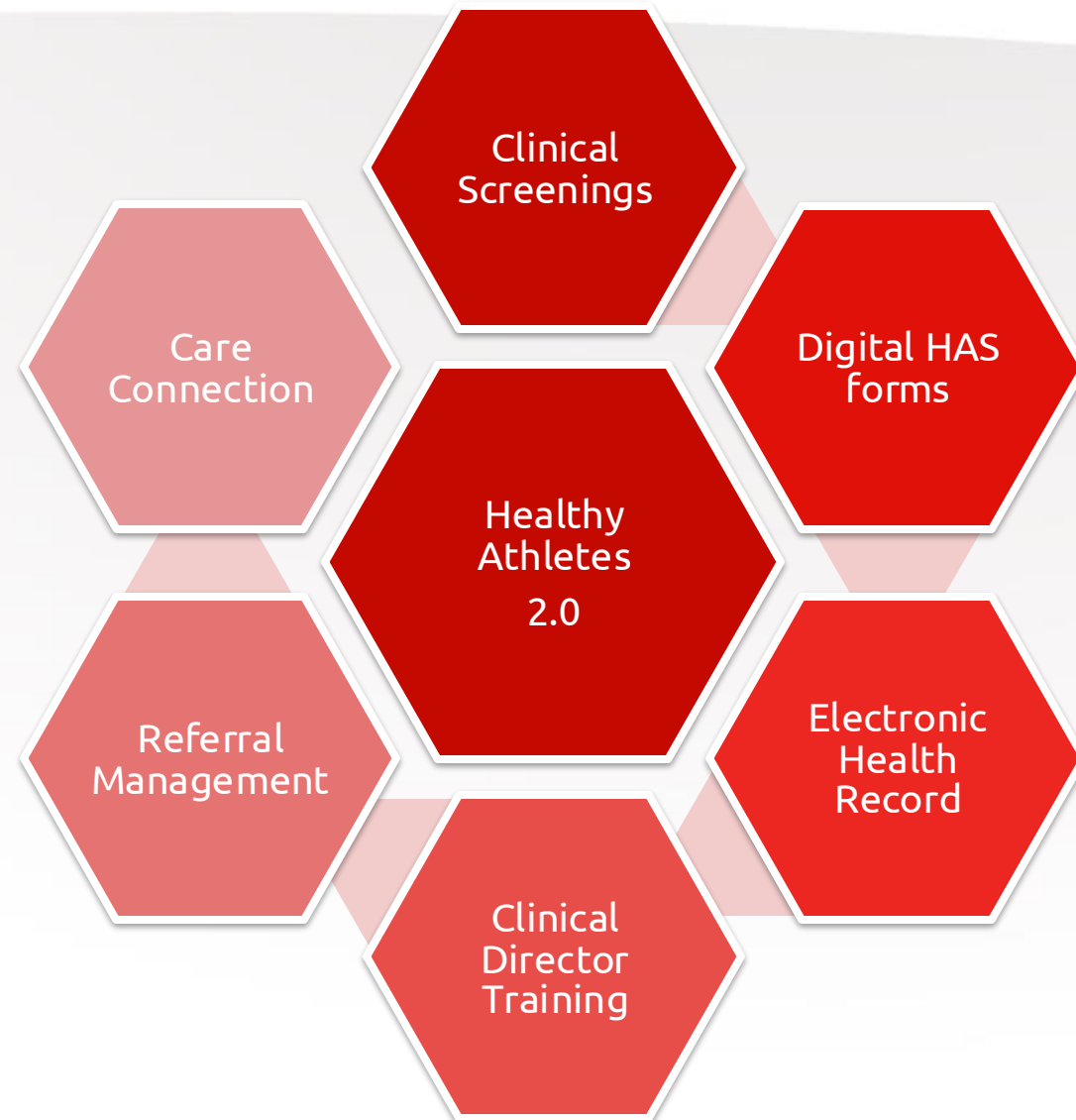


- Provide best practice, person-centered, integrated health screenings to Special Olympics' athletes with the intention to:
  - Identify risk factors of chronic health conditions
  - Evaluate the need for a referral for follow-up
  - Connect athletes to care in their communities
  - Provide restorative 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**<sup>®</sup>

# 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 four overlapping 'Healthy Athlete Screening Form' pages from Special Olympics, each designed for a different discipline:

- Healthy Hearing:** Features a pink header and includes questions about hearing ability, frequency of hearing tests, and use of hearing aids.
- Special Smiles:** Features a purple header and includes questions about dental visits, orthodontics, and oral health.
- Fit Feet:** Features a red header and includes questions about foot pain, blisters, and shoe fit.
- FUNfitness:** Features a yellow header and includes questions about vision, eye exams, and contact lens use.

Each form includes a 'Station 1: Check In' section with fields for Name, Date of Birth, Age, Gender, and Event Location. The forms are designed with clear, consistent formatting to facilitate data entry and reduce errors.

# Discipline-Specific Screening Updates



<b>Key Healthy Athletes Discipline Updates</b>	
<b>Fit Feet</b>	Additional foot health history questions, optimized foot/shoe sizing for global applicability, and addition of a diabetic foot screen.
<b>FUNfitness</b>	Consolidation of health history questions, updated evidence-based and functional clinical tests.
<b>Health Promotion</b>	Additional/refined questions on food insecurity, nutrition and hydration to reduce time previously for previously implemented Healthy Habits Survey, smoking and smoking exposure, revised normative scores for blood pressure.
<b>Healthy Hearing</b>	Additional/refined hearing health history questions and addition of visual audiogram.
<b>Opening Eyes</b>	Additional eye health history questions, removed color vision testing from the protocol, refinement and consolidation of eyewear optical form.
<b>Special Smiles</b>	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).
<b>Strong Minds</b>	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

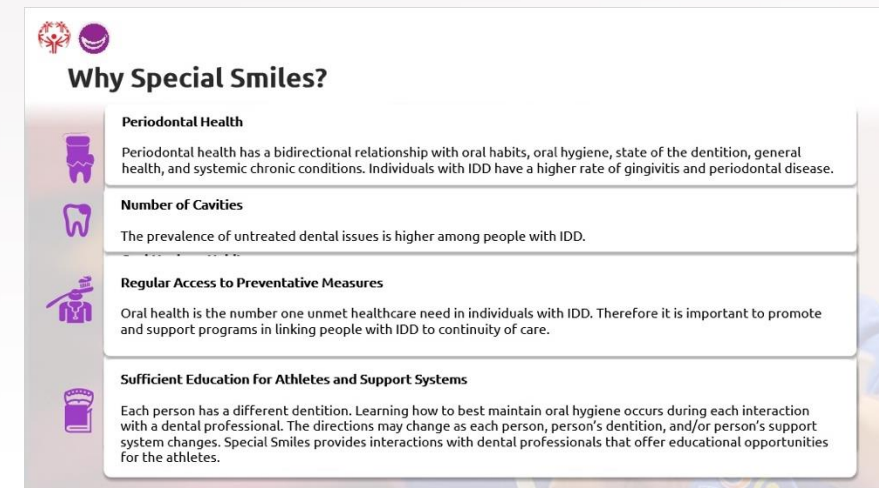


**Special Smiles Volunteers**

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

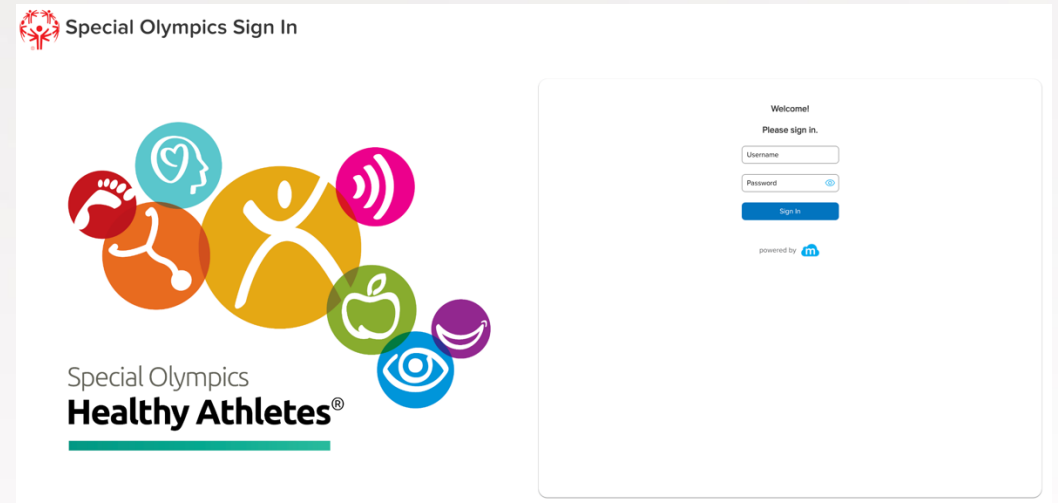


# New Healthy Athletes System



**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

# New Healthy Athletes System



## Screening design

Special Olympics Health  
Program: SOI Event: TEST Event | mduong - Logout

Kingsley Test  
Given Family Name Gender Age  
USA\_Florida Other  
Delegation Athlete Status

Patient ID: 1481NT  
Active Visit - 06.May.2024, 18:05:24 Outpatient

Fit Feet

1 2 3 4 5 6 7  
Check In Foot Sizing Foot Exam Gait Analysis Biomechanics, Joint Range of Motion Static Biomechanics Distribution CheckOut

Foot Sizing

Screener's Name

Amputee Right  
 Yes  
 No

Readable layout for faster information retrieval

Athletes  
Clinical Volunteer Fit Feet Online

Screening > Fit Feet > Athlete Screening > Fit Feet Station 2

View Athlete Profile

Screening - Lion April

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) Shoe/Sock Exam & Measurement (Yellow) Foot Assessment (Grey) Biomechanics (Grey) Check-Out (Grey)

Fit Feet: Shoe/Sock Exam & Measurement

Screener Name:

Are you able to test the athlete?

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	Left Length	Left Width	Right Length	Right Width
<input type="button" value="v"/>	<input type="button" value="v"/>	<input type="button" value="v"/>	<input type="button" value="v"/>	<input type="button" value="v"/>

Labels to know who the user is and online status

Improved color scheme to easily understand the station status

Larger fonts

Clear outlines and larger buttons.

# 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: USA, Female, Adult, Left Length: 7, Left Width: B, Right Length: 7, Right Width: B

**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: USA, Female, Adult, Left Length: 7.5, Left Width: C, Right Length: 8, Right Width: C

**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  
Pain with testing?: Yes

**RIGHT**

Presence of Arch Deformity: Yes  
Abnormal Calcaneal Position (WFL= within 5 degrees of neutral): Pes Planus, No  
Pain with testing?: 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

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

Referrals - Canada Spring Games

Search: [First Name] [Last Name] Search

Filters: Program [v] Referral Type [v] Health Discipline [v] Apply Filters

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
Sloth 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

Tracking list of referrals generated from the event

Referrals - Michelle Duong

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

Referral Details

Event: Canada Spring Games, Date of Screening: 04/22/2024, Health Discipline: FUNfitness, Health Screening: Aerobic Fitness

Referral Type: Urgent, Provider Type: [v], Provider Name: [v], Date Referral Sent: -

Tracking info: Delivered: No, Message Read: -, Link Clicked: -

Referral Status: Not Assigned, Date Referral Accepted: -

Screening Reason for Referral: Aerobic Fitness

Buttons: Cancel, Save Referral

Reasons for referral are populated into this module

Referrals - Michelle Duong

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

Filters: Health Discipline [v] Provider Type [v] Referral Type [v] Referral Status [v] Apply Filters

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> Saturday, April 13, 2024 at 11:03 AM

To: Michelle Duong

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 Olympics Healthy Athletes® referral portal. If you accept this referral, you will also receive additional information 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

The screenshot shows the 'Athlete Profile' page for Michelle Duong. The page includes a navigation menu with 'Athletes' selected, and a 'Program Admin' status indicator. The profile details are as follows:

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

Below the profile details are four expandable sections: 'Sports / Athlete Details', 'Screening Highlights', 'Screening History', and 'Referral History'. A 'Cancel' button is located at the bottom right of the page.

- 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	Presence of Ulcer	Gait Disturbance/Concern	Dynamic Biometrics
No	Yes	Normal	-

**Fun Fitness - April 22, 2024**

History of Falls	Fall Risk
1 time	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



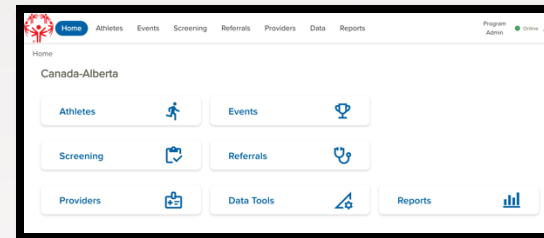
# New Healthy Athletes System



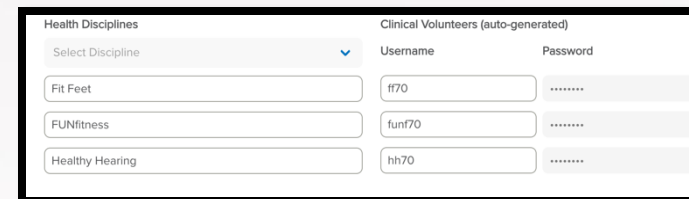
## Role-based permissions: "on-rails" experience

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

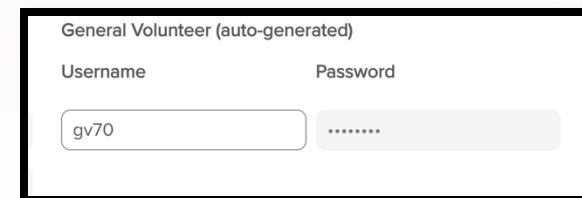
**Program Admins** will have a variety of functions. These roles are associated to the program itself. These accounts can only see athletes that are listed under the same program.



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



**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.



# 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](mailto:mduong@specialolympics.org)

Thank you!

***Special Olympics***

