



## STANFORD ATHLETICS SCORES BIG WITH PRESAGIA SPORTS

### Bridges the Health and Performance Gap with an Athlete Electronic Health Record

#### THE CUSTOMER

Stanford University has been fostering academic and athletic excellence since being founded in 1891. Offering a wide range of athletic programs, including 35 varsity sports, 26 club sports and more than 100 physical education courses, and over 9,000 students participating in some form of athletics, Stanford is one of the biggest names in sports.

Believing that physical activity is complementary to education, Stanford Athletics Department's mission has been to encourage and facilitate all participants to realize the benefits and opportunities that go hand in hand with physical fitness and health. To this end, Stanford continually seeks new ways to push the boundaries of athletic training to develop healthier, better performing athletes.

#### THE ISSUES

With a large athletic training team, Stanford generates a lot of health data. Collecting, organizing and sharing this data is a daunting task, but essential to provide athletes quality care and ensure their competitiveness.

Stanford had been using a fairly limited EHR (Electronic Health Record) to track and record athlete health information for years until the system eventually reached its maximum potential and could no longer be customized to meet the university's ever growing needs. By 2007, multiple crashes and other struggles led them to abandon the system and revert to pen and paper forms. However, sorting through hundreds of paper files was not sustainable and they were forced to look elsewhere for a solution.

When searching for a new solution, Stanford required a system that would be able to capture the majority of the health information they manage out-of-the-box to reduce the overall cost of the project. They wanted a system that was web-based



#### STANFORD'S SCOREBOARD

35 varsity sports – 16 men's sports and 19 women's sports

26 club sports

More than 9,000 students, faculty and staff participate in intramural sports

Approximately 2,000 students enroll in one of 100 physical education courses

14 athletic trainers and 4 graduate assistant athletic trainers

1 million gross feet of indoor facilities

94 acres of outdoor fields

300 athletic scholarships awarded annually



# CASE STUDY

to facilitate sharing information among the athletic trainers, sport performance team and physical therapists. Stanford also needed a system that was flexible enough to meet some of the unique requirements of their forward looking approach to athletic training. All of these factors drew them to Presagia Sports.

## THE SOLUTION

Presagia Sports is a web-based Athlete Electronic Health Record (EHR) system that tracks a wide range of sports and medical information, and includes communication tools to share information and a report writer to analyze the data collected. It is also highly configurable without making modifications to the software code, making it less costly to support long-term. This was a key deciding factor for Stanford as it enabled the university to account for their unique needs and nomenclature through screen layout changes and the ability to modify field labels and list options.

They were also able to extend the system using Presagia's custom screen technology. The module they created is called the Stanford Functional Movement Screen or "FMS", and is designed to capture information related to athlete functional scores, performance, and strength and conditioning.

Stanford collects this information three times a year, enabling the athletic training team to then:

- Analyze individual athletes over their careers and for a specific injury
- Identify injury risk early on through a scoring system that triggers a medical referral
- Measure outcomes of interventions
- Track different trends according to the type of sport, for example aquatic vs. field sports, to develop sport specific prevention strategies

"Presagia's system has taken us a step beyond prevention by enabling us to analyze athletes' functional scores," said Kevin Robell, M.A., ATC, Associate Athletic Trainer. "We can now track the wear and tear a season puts them through." Yet this is only the beginning for Stanford. They also expect the information they gather to support longitudinal analysis and are looking at additional means to integrate sports medicine and







# CASE STUDY

performance. "With one foot in the performance area, we're looking to bridge the science and medicine areas as well. The functionality of the system does exactly that, it bridges the gap between performance and research," explained Robell.

Being fully web-based, authorized users can access the system anytime, anywhere through a web browser. This feature enables athletic trainers and graduate assistant athletic trainers to input notes while in the office, on the road or on the field, facilitating a higher level of communication between the entire team, and improving overall treatment processes. "I'll have my computer with me on the field and can enter rehab programs and take notes on athletes I'm treating," said Robell. "It's changed the way we manage injury treatment."

## THE RESULT

Since its implementation, Presagia Sports has improved the overall flow of data among the athletic training and sports medicine team, all while ensuring HIPAA compliance through role and group-based access rights. Knowing that they have equipped their athletic trainers with cutting edge technology and the right tools, Stanford Athletics can continue their long history of national and conference championship success.

"There are certain things we wanted to keep close to the chest at the beginning but we're now ready to let the rest of the profession in on what we do here and the difference it has made," said Robell. "At Stanford we have the responsibility to push the profession forward. We're happy and excited about how Presagia's system has helped with this."

## ABOUT PRESAGIA

Presagia provides secure web-based health management software solutions used by athletics organizations worldwide. Our multi-sport athlete EHR and injury management system centralizes information needed by athletic trainers, physicians, coaches and physiotherapists, streamlines data entry to speed up the capture of treatment records, and includes real-time reporting and collaboration tools.

