Trinity Health Takes Athlete Health to the Next Level with Presagia Sports

Between high schools, universities, amateur and professional athletes, the team members at Trinity Sports Medicine certainly have their hands full when it comes to the fast pace and high level of expertise required to care for the physically active community of Minot, North Dakota.

With over 25 years of experience in athlete health, Trinity Sports Medicine (Trinity) is part of the wider hospital services offered by Trinity Health. The clinic serves 100-150 athletes each day from locations throughout the Minot area, including Minot State University, several junior colleges and every school within 24 miles of the city. To support their extensive coverage, Trinity boasts a team of qualified experts: 10 full-time and 3 part-time certified athletic trainers, in addition to one medical doctor who oversees the clinic’s operations.

With technology rapidly changing the way medical professionals evaluate, treat and care for athletes, Trinity’s team is committed to staying on the cutting edge of technological innovation to optimize athlete health. Their complex geographical basis poses additional challenges that made it crucial to improve their athlete health data record system. When Trinity Health went wireless, the clinic took the opportunity to revamp their system and leverage technology by implementing Presagia Sports.
At a clinic like Trinity, every workday is packed with constant movement, with athletic trainers and athletes coming and going between practices, games, tests and appointments. In the midst of these competing demands for attention, Robyn Gust was in charge of determining the solution to Trinity’s record keeping problem and distilling their key priorities for the project.

Currently the manager of Trinity Sports Medicine, Gust has worked at Trinity for almost 15 years. As such, she was well-acquainted with the particular difficulties facing the clinic as the staff struggled to keep order while using manual, paper-based methods to track athlete health information.

“It was a mess - very inconsistent, not very thorough, and doing any statistics with it was a nightmare because you really had to look through a lot of paperwork,” she said. “It was very, very inefficient and I don’t know how accurate it was.”

On top of this, when she looked into leveraging technology, Gust knew her team couldn’t be limited to the physical location of a computer because of their frequent need to travel between the clinic and various sporting events, stadiums and schools.
“We have three schools within Minot, but the rest of them are all over the place,” she explained. “So to have a documentation system that would be bound to a computer would not be very efficient because we’d have to come back and do the documentation in one location.”

At the end of the day, Gust narrowed in on three main priorities for a new system: accessibility, efficiency and accuracy. Trinity needed a system that was accessible from multiple platforms and would support multiple users logged in at the same time. They needed easy customization options to tailor a system to their needs. And they also needed a system that would facilitate research into athlete health trends by allowing them to track data over long-term periods.

THE SOLUTION

Trinity’s search for the perfect system was short but sweet; Gust knew she’d found the right match as soon as she found Presagia Sports.

Presagia Sports is a cloud-based Athlete Electronic Health Record (EHR) system that tracks a wide range of athlete health information - medications, treatments, medical history and more. It allows athletic trainers, coaches, physicians and physiotherapists to centralize and share athlete health information, which they can access from anywhere with an internet connection.

Presagia’s mobile version makes it easy for members of the medical team to pull up athlete health records on their smartphones or tablets while providing treatment, to help them make better medical decisions. According to Gust, this combination of centralized data and anytime/anywhere access is invaluable to the Trinity team.

“Now we can do our documentation anywhere we can use our mobile devices,” she said. “And I can click a button and see every athlete we’ve seen in the last month.”
Since Trinity treats athletes of all ages, centralizing their health data is also incredibly useful when transferring a player’s data as they change schools or organizations. For example, if an athlete graduates from high school and starts attending Minot State University, the switch between schools requires minimal attention from the Trinity team, since his or her medical history, insurance information and other health data is already in the system and ready to go.

Presagia Sports was also able to meet Trinity’s needs for customization, as the system is highly configurable, with custom-tailored options like screen layout changes and the modification of field labels and list options.

THE RESULTS

While efficiency, accuracy and accessibility were the mainstays that drew Trinity to Presagia Sports, Gust says their comprehensive reports and integrated SCAT3 concussion assessment tool are other features that allow Trinity to take their athlete EHR system to the next level.

With the reports feature, Gust’s team can stay up-to-date on the latest trends in injuries and illness among their athletes, and can easily generate and export reports according to various factors like sport and injury type. As a result, the team can analyze statistics, identify injury trends and even take proactive measures to prevent injuries before they happen.
Concussion management is another important role of the Trinity team, who are acutely aware of the dangers of concussions, as well as the vital importance of making an accurate return-to-play decision to prevent further brain damage in athletes. Gust’s team relies heavily on Presagia’s integrated and mobile-accessible SCAT3 - a world-class concussion assessment tool that allows the medical team to perform concussion evaluations and baseline testing anywhere, whether at the clinic or on the field.

“That means I can identify problems that might be happening to cause injuries,” she said. “For example, I can tell coaches if aspects of their programing or training environments are negatively affecting their athletes’ health.”

This ability to respond quickly and regularly shed light on injury trends is key to the team’s commitment to improving athlete health. Gust runs reports every month through various categories and can share these with the administration with ease. At one point, she even carried out research into athlete health data that spanned several years.

“If I’d done that by hand it would have taken forever because I would have had to go back three years in our paper records,” she said. “It would have been a nightmare.”

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Gust said her athletic trainers use the SCAT3 to support return-to-play decisions, and also to educate young athletes who are recovering from concussions.

“We use it to prove to the kids that they’re not ready to go back,” she said. “We tell the kids, ‘Look - you’re still in the red’ or ‘you’re still in the yellow.’ Sometimes providing them with that visual shows them that they’re really not ready to go back.”

Looking back on the transition from implementation to now, Gust says the entire process has operated smoothly thanks to Presagia’s expert customer service team.

“The customer service is off the charts and they’ve always been very helpful when problem-solving issues - it’s never an issue if I call and say I need help or another license,” she said. “I’ve been very happy with the entire company, not just with the product. To be honest, I don’t know what we’d do without it.”

About Presagia

Presagia Sports is a secure web-based and mobile-accessible Athlete Electronic Health Record (EHR) and concussion assessment system used by athletics organizations worldwide. Our multi-sport athlete EHR centralizes athlete health data needed by athletic trainers and includes an integrated SCAT3 concussion assessment tool that is accessible via smartphones and tablets. Presagia Sports also provides real-time reporting and communication tools to connect the medical team in support of collaborative healthcare. Presagia customers include the U.S. Ski and Snowboard Association, Florida State University and Stanford University. For more information contact us a 1.514.847.7474 or info@presagia.com