Using SportsWare Data to Improve Care: Stories from Three Athletic Trainers

SportsWareOnLine™ provides Athletic Trainers the tools to collect and manage the data required to document athlete care. In this article we asked three SportsWareOnLine users how they go beyond simply collecting data, to using the information to provide better athlete care.

Andrew Rizza, MS, ATC, LAT, Head Athletic Trainer at Weston High School, uses his SportsWare data to communicate with coaches, parents, and athletes in setting expectations for their time for recovery and projected return-to-play (RTP). "When discussing RTP with an injured athlete it is very important to set realistic expectations. We discuss the time required in the healing process and the rehabilitation activities needed to achieve the goals we set. My message is simple, what you put into your rehab is what you get out of your rehab! Collecting data in SportsWare makes it possible to discuss expected outcomes with confidence because we as clinicians understand the injury recovery time table, have the rehab protocols, and know the return to play criteria. Having the experience and the data to back it up makes everyone feel better when it comes to the health and well-being of a young athlete."

William Mills "Millsy", MA, LAT, ATC Head Athletic Trainer at Malvern Prep says yes. "We are always looking at how we can use the data we are collecting as we evaluate and treat our athletes. We require our Athletes to sign into the training room using SportsWare's Quick Treatments module. This data is used in the obvious ways but one not so obvious way is solving the chronically late to practice athlete problem. When a coach asks why an athlete is always late leaving the athletic training room for practice, the first place I look is the SportsWare QuickTreatment Sign-In Log. Being late to the athletic training room makes one late to practice. We share this information with the coach which enables him to help the athlete solve their tardiness issue, which in turn allows both the athletic trainer and the coach the time they need to work with the athlete."

One way Jim Clover, ATC, Outreach Coordinator for SportsClinic, Riverside California uses SportsWare is by sharing injury data with coaches. "I have a school district of five high schools that does a coach's clinic every year. This year they are providing speakers with methods for reducing, recognizing and a yearlong follow through plan to decrease injuries. Coaches understand reducing injuries keeps their players healthy and on the field. I had one water polo coach that had a problem with shoulder impingement in his female athletes. I suggested he add some exercises to his post-practice routine. He added the exercises and we provided the data to show the resulting reduction in impingements. The coach then went on to share this information with other coaches."

These are just three of the ways athletic trainers are using the data they collect to help provide better care. For more on this topic, Rich Potash (CSMi CEO) will be giving a talk this summer titled, *"Using an EMR System to Find What Works and What Doesn't"* at the Practical Applications in Sports Medicine conference in Palm Springs.

Do you have a story on how you're using data to provide better care? If so, please send it to us and we'll share it with other SportsWareOnLine users.

Looking for a data collection solution like SportsWare? Contact CSMi to arrange a demonstration and free 60-day trial.