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# Female Athlete Triad: Strategic Plan

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# Female Athlete Triad: Strategic Plan

## **Abstract**

The following is a blueprint for creating a screening and educational program focused on the Female Athlete Triad. Our program intends to promote awareness, encourage women to take action regarding their health needs, and reduce the stigma surrounding this underdiagnosed and undertreated health issue. Created during the Fall 2018 semester of the Physical Therapy Administration course, this strategic plan contains all values, rationale, and strategies for reaching the target population and addressing this health issue.

## **Disciplines**

Business | Physical Therapy

## **Comments**

The presentation on this plan can be found here:

[http://dune.une.edu/pt\\_studadmin/4/](http://dune.une.edu/pt_studadmin/4/)

Faculty member Jeff Nevers taught this course and served as an advisor on this project.

# Female Athlete Triad Screening: Strategic Plan

Respectfully Submitted,

12/3/18

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## **Our Vision:**

Empower active young adult females to take ownership over their health, streamline the patient experience and reduce the stigma regarding the female athlete triad.

## **Our Mission:**

Our clinical experience with orthopedic injuries, women's health issues and psychosocial factors allow us to recognize the health risks and prevent injury of young, active females by empowering them to make educated decisions regarding their health.

## Our Values:

Keeping all stakeholders and guiding ethics in line, we created our values based on our clinical expertise, our personal experiences and the sensitive nature of the health topic. Each of these values represent a key pillar towards developing a financially feasible, high-quality service based on the unique needs of our clients.

- **Patient-Centered Service:** We will recognize the needs of our clients and stakeholders and provide a comprehensive and individualized program that addresses these needs. We will execute our services with the utmost commitment and dedication to our stakeholders thus ensuring a high standard of care. We will utilize our clinical, educational, and personal experiences to promote awareness and address this health issue.
- **Teamwork:** We intend to collaborate and engage other healthcare providers by creating outreach opportunities and meetings to establish a multidisciplinary plan of care for all clients.
- **Sensitivity:** Our sensitivity runs throughout the context that we put forth. By demonstrating our sensitivity and empathy toward our clients, we will inspire confidence in them to take appropriate action regarding their health.
- **Evidence-Based Reasoning:** Our screening procedure and reasons for referral will be evidence-based. We will utilize a well-established survey to guide our discussions with clients.
- **Financial Prudence:** We will provide complementary services that are financially feasible for young adults to prevent unnecessary health costs. Our program will be a good return on investment by referring to the appropriate healthcare

providers, therefore, streamlining the patient experience. To keep costs down, our marketing strategies will be a combination of word of mouth and social media.

## **Patient Persona:**

The following describes a hypothetical situation of an individual's experience dealing with components of the female athlete triad as well as solutions. This example case is similar to those of the client population we are looking to reach through our program.

### **Background:**

- Sarah is a 19-year-old cross country runner at the University of New England (UNE). As far as her eating habits, she usually only has a yogurt in the morning on her way to class and often skips lunch in order to make time for a run in between classes. She also only consumes a small dinner before cross country practice, so she does not feel bloated and sick during her workout. Sarah has been participating in cross country since middle school; she was the team captain and won states her senior year of high school. Coming into college and joining the UNE cross country team, she realized she is not the star athlete she was in high school. Since then, she has been working extremely hard to become a better runner and feels obligated to compete with her teammates during practice and meets. She often overexerts herself and feels nauseous during or after practice, which often leads to vomiting. Sarah also has irregular periods and has not gotten her period in the past 4 months. She has been told by her coaches and parents that this is normal for high-level athletes her age, but she has learned through health classes that this is not true. Sarah knows she should seek medical attention for her loss of period but is uncomfortable discussing it and doesn't know who to talk to about this issue. She is also very busy with school, cross country and training and does not have time to seek out medical attention.

### **Our Solution:**

- Our screening tool and educational program are designed for people like Sarah. Our approach to reaching this population is to go directly to the UNE athletics department, specifically high-risk sports teams such as cross country. We are prepared to educate and promote awareness of the female athlete triad which includes: low energy availability with or without disordered eating, loss of period for over 3 months and low bone density, and potential risk factors and complications associated with this. We understand the sensitive nature of this health topic and will approach discussions with empathy and understanding. We are determined to empower young adult females to take ownership of their own healthcare and recognize when to seek treatment. We intend to streamline the patient experience by providing resources and referrals to the appropriate healthcare providers, who we have made connections with prior to beginning this program. We know that stressors that influence this health issue include pressure from teammates, coaches, and themselves to perform at a high level. We plan to teach clients how to cope with these stressors and we will conduct group discussions where clients can voluntarily share their stories and connect with others who are going through similar experiences. Our long-term goal for this program is to reduce the stigma surrounding the female athlete triad within the UNE community and increase the discussions that occur regarding this topic.

## **Stakeholders and Partners:**

**Primary:** Stakeholders who are directly affected by this health issue include young adult active females and their families.

**Secondary:** Stakeholders those who interact with the primary stakeholders and may influence the success of the program include coaches, primary care providers, counselors, and other pertinent healthcare providers.

**Tertiary:** Stakeholders are those who may indirectly benefit from the program, including the UNE administration, UNE athletics department and athletic director, UNE health center, potential partners such as the Female Athlete Triad Coalition, and health insurance companies.

## **The Executive Summary:**

### **Our Passion:**

- As young adult females, we have noticed the lack of health literacy and the stigma surrounding the female athlete triad in the general population. We have witnessed the discrepancy between the seriousness of this health issue and the lack of medical attention given during annual medical appointments. As physical therapy students we have learned of the significant complications this health issue can lead to if not treated properly. We are a group of active female physical therapy candidates who came together to address this underdiagnosed and undertreated healthcare issue. We each bring a unique perspective due to our personal experience being closely exposed to the components of female athlete triad.

### **Our Objective:**

- The objective of this program is to establish a cultured network regarding the female athlete triad.

### **Our Program:**

- We plan to do this by building connections within the UNE community such as the administration, athletics department, and specific coaches through our established connections with strength and conditioning coaches, athletic trainers, and faculty members of the UNE community, a small presentation promoting our program, and email communication. We will reach out to local healthcare providers in the community such as physicians, nutritionists, gynecologists, and psychologists to build a network of trusted individuals who are appropriate in the treatment of the female athlete triad. We will use these individuals as referral resources later in our program.
- We will conduct a formal presentation for the athletes and coaches at the beginning of the fall semester that provides detailed information on the health issue and how our program is designed to address it. We will use marketing techniques, such as email, word of mouth and social networking to promote our program and recruit clients.

- The screening tool we plan to implement will begin with a short survey completed by the clients that asks questions about their eating and exercise habits, stress management, history of stress fractures, and menstrual cycle patterns. This will serve as a basis in which to begin a conversation with each client and take a detailed history regarding their unique healthcare concerns as well as answer any questions they may have.
- The last component of our intended intervention program is to lead an open discussion with willing clients and healthcare providers about the female athlete triad and how to deal with this health issue.

**Our Solution:**

- Through this process, we will demonstrate sensitivity and empathy toward the clients as we understand that this health topic may be uncomfortable to discuss in detail. We plan to build a trusting rapport with the clients so that they feel comfortable reflecting on their past and current experiences with this healthcare issue. As physical therapy candidates, we will use our knowledge and experience with this population to determine the proper referrals needed, if any, for each individual client. We believe this will save healthcare dollars, as clients will not have to seek their own referrals and can be immediately referred to the correct healthcare provider. We hope that by promoting a strong support system, the clients will feel empowered and confident when approaching treatment. By educating the community of this issue and the importance of treatment, we may be able to reduce the stigma surrounding the female athlete triad and the needs of female athletes in general.
- Overall, our goal for this screening program is to streamline the patient healthcare experience and provide a financially feasible solution that benefits all stakeholders. We hope this will lessen the costs both on the individual and healthcare system as a whole, as well as time costs. We intend to provide value-based care that is time and financially sensitive, as well as patient-centered.

## **Our Value Proposition:**

### **Crucial Health Topic:**

- The female athlete triad is prevalent among female collegiate athletes. Research shows that 69% of women participating in sports that put an emphasis on ideal body image present with secondary amenorrhea or loss of period for more than 3 months. Osteopenia, or low bone density, is prevalent in 22 to 50% of female athletes and the prevalence of clinical eating disorders among female athlete ranges from 16 to 47%. Despite the significant number of female athletes who meet the criteria of the female athlete triad, this health issue tends to go underdiagnosed and undertreated. Individuals with these symptoms are often unaware of the severity of this health issue and where to seek treatment.
- Complications that arise when this health issue goes untreated can lead to significant healthcare costs such as managing stress fractures, disordered eating, obstetric and fertility issues. Those who do seek treatment, may not be aware of the appropriate healthcare provider who can best address this health issue. This may lead to multiple referrals and increased healthcare costs for the patient.

### **Essence:**

- This program has been designed to reduce the impact of the female athlete triad by encouraging active female college students to take ownership of their own healthcare. Our screening tool and educational program will create awareness and encourage our clients to take action regarding their health needs. Through education, our goal is to reduce the stigma surrounding this sensitive health issue and encourage open dialogue. We are confident that we are the ideal healthcare providers to address this health issue due to our clinical background as physical therapy candidates and our personal experiences as young active females. Our doctorate level curriculum has focused on service learning, interprofessional practice, and contains a multisystem approach that takes psychosocial factors into consideration. These unique experiences will allow us to approach this health issue with sensitivity and compassion and address all the contributing factors of this health issue.

- We believe that our screening program will save healthcare dollars by streamlining the healthcare experience and providing clients with the appropriate referrals. By addressing this issue early, we can prevent future complications associated with the female athlete triad, therefore, saving healthcare dollars.

## **Objectives:**

We are determined to reach not only young active females affected by the female athlete triad, but also make an impact on the community level. We are confident we will make a positive impact by encouraging those affected to take ownership regarding this health issue, increasing awareness and health literacy, and improving the process by which healthcare is delivered.

### **Patient Objectives:**

- **Enhance health literacy** regarding the topic of the female athlete triad by expanding the knowledge of associated risk factors
- **Encourage young female athletes to take ownership** of their own healthcare by building a network of trusted individuals and healthcare professionals ready to assist
- **Foster confidence** in these individuals to take appropriate action when they recognize that there is a problem

### **Community Objectives:**

- **Increase awareness** of each component of the health problem and the potential harm
- **Streamline the healthcare experience** for all stakeholders by providing appropriate referrals only when necessary
- **Reduce the stigma** regarding this topic by engaging in open dialogue with these individuals

## Strategies:

We are looking to establish a cultured network regarding this topic through the use of marketing, collateral material, and financial backing in order to accomplish our individual and community objectives. We recognize that this has a lot of moving parts and requires a balance of efforts and resources to be successful.

### Individual

- **Marketing:** In order for us to generate a strong user presence, we have to promote the purpose and values of our program.
  - We will use established connections with Strength and Conditioning coaches, Athletic Trainers, and faculty members within the UNE community to get in contact with coaches and athletes.
  - We will communicate via email with physicians, nutritionists, gynecologists and psychologists through the UNE Health Center and pitch our ideas for this program.
  - We will conduct a small presentation for the coaches in which electronic and tangible educational material will be distributed for marketing purposes. We will use the established connection with the coaches in order to reach out to our intended population.
  - We will conduct a formal presentation for female college students that presents a patient persona in order to engage in an open discussion regarding the health topic and the possible solutions. This will provide audience members with an adequate understanding of the complexity of the factors impacting this health issue, that are often taken for granted.
  - Throughout our program, we will address this health topic with sensitive and compassionate language that allows potential clients to feel comfortable sharing their experiences.

## Community

- **Marketing:** To create a strong understanding of the health issue in all stakeholders and the larger community, we will utilize online resources.
  - We will use social media platforms such as Instagram and Facebook to create an online presence that consistently reaches out to our intended population.
  - Our social media account will share a variety of personal anonymous stories and anecdotes regarding the health topic.
  - These stories will be diverse in nature, ranging from those publicized by famous athletes to college students struggling with body image.
  - These stories will be geared toward educating women throughout our program and moving forward.
  
- **Financial:** By participating in our screening program, clients will understand the severity of this health issue and the importance of getting the proper treatment, not only to improve their health but also save them unnecessary healthcare dollars.
  - Our strategy is to provide a screening program at no cost to our clients so that they are more inclined to participate.
  - We will save unnecessary healthcare dollars by providing appropriate referral sources, therefore, avoiding excessive healthcare appointments that do not address the health issue.
  - We will keep costs low by promoting our program through word of mouth and social media.

## **S.W.O.T Analysis:**

There are several factors that may influence the execution of our program including our personal strengths and weaknesses and external threats and opportunities. We acknowledge these influential factors and intend to minimize their effect on participation and the success of our intervention.

### **Strengths:**

- Our doctorate level curriculum
- Our clinical background as Doctor of Physical Therapy candidates
- Our personal experiences as young active females
- We are screening specifically for the female athlete triad
- We are going directly to the at-risk population without them having to seek out treatment
- Sensitivity toward the topic
- Cost-effective
- Similarities to the client population, easier to connect with clients and build a rapport

### **Weaknesses:**

- Time, conflicts in schedule
- First time developing an outreach program
- Limited ability to encourage clients
- The sensitive nature of the healthcare topic
- Limited demographic as clients are only young adult females

### **Opportunities:**

- Build partnerships with other healthcare professionals including, physicians, nutritionists, athletic trainers, strength and conditioning coaches, psychologists, and women's health specialists
- Expanding to the entire UNE population, other local colleges and local high schools
- Building relationships with faculty including teachers, coaches and the athletic director
- Creating a similar program for young active males with disordered eating habits

### **Threats:**

- Availability of clients, unable to participate due to work/class schedule
- Lack of interest in the program
- Clients uncomfortable discussing the health topic
- Unwillingness of other healthcare professionals to participate in program
- Lack of financial backing
- Limited target population: young females at UNE; there may not be many individuals that fit our patient persona
- Difficulty reaching target population due to geographical location

### **Goals:**

We have created goals for ourselves to put into practice what we envision for our program, so that the individual clients and surrounding community can reach the goals we hope to see them achieve. Our goals are financially responsible, time sensitive and representative of our overarching vision.

### **Team Goals**

- **Gather program materials** including: surveys, educational videos, and resource lists needed to implement our program within 1 week
- **Build a network** of physicians, psychologists, and nutritionists that will be trusted as valuable referral sources for our clients within 2 weeks
- **Utilize existing connections** to build partnerships with two coaches within 2 weeks
- **Use marketing techniques**, such as social media and networking to recruit 15+ clients within 3 weeks
- **Execute presentation** with permission from the UNE administration
- **Implement screening program** and provide tangible educational resources to clients within 4 weeks

## **Patient Goals**

- **Educate clients** on the female athlete triad, risks factors, and long-term complications by implementing a formal presentation and providing tangible and online resources on the first day of our program
- **Instruct clients** on how to take action regarding their health issues and provide appropriate referrals by the end of our program
- **Encourage self-confidence** in our clients regarding their health issue and to seek treatment by the end of our program

## **Community Goals**

- **Promote awareness** of the female athlete triad through advertisement materials and social media by the end of our program
- **Reduce overall healthcare costs** by referring clients to the correct health care providers by the end of our program
- **Lead a voluntary group discussion** with willing clients to provide appropriate emotional support between health professionals and fellow peers by the end of the semester by the end of our program

## **Programs:**

Our program will provide the appropriate attention imperative to addressing this underdiagnosed health issue. Active young adult females are rarely educated about or screened for the female athlete triad, and most are uncomfortable discussing their symptoms with male health care providers. By going directly to the at-risk population and screening for this health issue, we will save individuals time and money that they would have spent seeking out treatment. We will streamline the patient experience by providing appropriate referrals as needed.

**Educate:** Presentation about the Female Athlete Triad and advertising/promoting our program

- Posters that promote program
- Informational brochures and pamphlet/flyers about our program

- PowerPoint presentation on female athlete triad
- Resource list including links to online sites and an educational video
- Create an Instagram page containing facts about the female athlete triad and encouraging statements, reaching our target population
- Offering healthy snacks to encourage attendance

**Screen:** Schedule clients for individual screenings to evaluate patient experiences and determine if referrals are necessary

- Have clients fill out a survey
- The purpose of our survey is to bring up sensitive topics and give individuals the opportunity to reflect on their feelings and experiences regarding body image, disordered eating, performance, and stress.
- We are administering this survey at the beginning of our program in order to start a conversation with each individual client and take a comprehensive history based on their specific needs, goals, and concerns.
- Take a medical and social history, referring to survey
- Perform a brief physical assessment if stress fractures are present or suspect

**Refer:** Provide referrals to other healthcare professionals as needed. We will not reveal any client's personal or medical information with the healthcare providers/facilities, instead, we will provide clients with the names and locations of our partnered healthcare providers and help them make their appointments. We will maintain compliance with all HIPAA regulations and guidelines.

**Reduce Stigma:** Lead a voluntary group discussion with clients and healthcare professionals at the closing of our program.

- Encourage open dialogue regarding the female athlete triad, its challenges, and potential solutions
- Provide social support to those dealing with this health issue
- Reduce the stigma surrounding the female athlete triad

## **PESTL Analysis:**

Our program will address political, economic, social, technological and legal issues by reducing the stigma, educating the community, and streamlining the patient experience.

### **Politics:**

- The needs of female athletes are often overlooked
- Healthcare providers are not always screening for this health issue
- These patients often do not know who to turn to regarding their health issue
- Unspoken health problem in society, no one is talking about it

### **Economy:**

- Could save healthcare dollars by preventing injury/conditions such as stress fractures, osteoporosis later in life, fertility issues, disordered eating
- Save the patients money by offering a free screening and educational tool so they do not need to seek treatment, unless referred to other healthcare provider

### **Society:**

- There is a lack of awareness and knowledge regarding this health issue
- The public and media have an ideal image of what the female body should look like
- Pressures to look and weigh a certain amount for their sport
- Pressures from coaches, teammates and parents to perform at a high level no matter the costs to their health
- Stigma surrounding the health topic

### **Technology:**

- By using social media platforms, such as Instagram, we can streamline and shed light on this sensitive health topic.

### **Legal:**

- Our program is guided by HIPAA values and we will maintain confidentiality with each participant.

## **Trends & Disruptions in Healthcare**

Healthcare is in constant evolution and in order to provide the appropriate care and address this health issue we must keep pace and adapt with the trends in healthcare. We must overcome the disruptions in the current state of the healthcare system by staying informed on the multiple components that affect it.

- **Healthcare costs** are putting a significant burden on the economy and individuals receiving care. The trends in healthcare today stress the importance of providing a higher value of care at lower costs.
  - Our program will be financially feasible for individuals to participate in, as we will be providing complimentary screenings for the female athlete triad.
- **Healthcare has become much less personal**, as the high volume of patients makes it almost impossible to provide individualized care. Patient satisfaction is becoming more important as individuals want to make sure the care they receive is both value-based and patient-centered, and ultimately worth their money.
  - We intend to provide individualized patient-centered care to our clients based on a detailed history, survey responses, and patient goals and concerns.
- Patients in today's healthcare system are having more **difficulty with seeking out the correct healthcare providers** and understanding the referral process based on changing insurance policies. These individuals are often passed off from one healthcare provider to another until they eventually find the correct provider who can treat their condition.
  - Our screening program will go directly to the target patient population and provide information regarding this health issue and provide the appropriate

referrals to streamline the patient experience. By working within an interprofessional team with participating healthcare providers, we will be able to create a collaborative plan of care that is specific for each patient's needs.

- **Prevention** is becoming a larger component of healthcare, as preventing injuries and diseases can help to save healthcare dollars.
  - By screening for the female athlete triad and educating individuals on the potential complications, we may be able to encourage them to seek treatment. This could prevent future costs such as treatment for potential stress fractures, early onset of osteoporosis, disordered eating/malnutrition, anemia/iron deficiency, and fertility issues later in life.
- **Marketing is going digital** and many healthcare systems are using social media platforms to promote their services.
  - By creating an Instagram page, and posting educational information, resources, and encouraging statements, we believe we can reach the target population and promote awareness of this health issue.

## **Recommendations:**

In putting together this plan we realize the significance of its purpose and recommend that it continues to be provided as a yearly service.

- **Make connections early:** The ideal time to begin implementing this idea to the intended population is at the beginning of the fall semester. It is important to connect with coaches, healthcare providers and other stakeholders during the summer before they have other agendas that become their priority.
- **Build a network** of trusted and willing healthcare providers to provide comprehensive care and referrals to clients.

- Make sure you **have the correct tools and knowledge** to work with this population. Having similarities with the target population is important in order to build trusting relationships and allow the clients to open up and discuss this sensitive health topic.
- **Demonstrate compassionate care** and empathy towards the sensitive health topic.
- **Continue to keep costs low** by using marketing techniques that utilize social media platforms and provide clients with online resources.
- **Continue to expand** the intervention program within the UNE community, not only with athletic teams.
- If program continues to be successful, **consider partnering** with other high schools and colleges in order to increase the impact.

## **Conclusion:**

Our screening program will increase awareness regarding the female athlete triad to female students within the UNE athletic community. Our clients will gain knowledge, resources and the confidence needed to take action regarding their health issues. We intend to create a network of appropriate healthcare providers, in order to provide clients with the referrals they need. We will establish a comfortable environment comprised of clients, healthcare providers, coaches, and family members to encourage consistent, open communication and acceptance of this health topic. This complimentary screening tool will help reduce the financial healthcare burden on these stakeholders and streamline the patient experience.

## **Team Philosophy of Care:**

Our philosophy of care is to approach this healthcare issue at the source by implementing a screening tool to ensure that the clients are getting the proper medical treatment they may need.

By demonstrating compassionate patient-centered care, we intend to empower young adult active females to take ownership over their healthcare needs. We also plan to educate the at-risk population and the community about the potential risks and complications associated with the female athlete triad. By educating the public, we hope to reduce the stigma surrounding the female athlete triad.

## **Biographies:**

### **Carly Theriault**

- **Her background:** Carly is a certified Athletic Trainer and a Doctor of Physical Therapy candidate at the University of New England (UNE). She completed her bachelor's degree in Athletic Training from UNE in 2016 and works per diem through multiple companies and school districts. During her time at UNE, Carly has completed 7 clinical rotations at various high schools, outpatient PT clinics, and with UNE athletics. She worked primarily with Men and Women's Soccer and Women's Hockey during her on-campus clinical rotation. She assessed and treated a variety of orthopedic injuries and gained experience working with female athletes.
- **Her passion:** Through these experiences, she realized that signs and symptoms regarding disordered eating, decreased bone density, and loss of period in female athletes often go unnoticed and untreated. Being an active young adult female and former high school athlete, Carly has been exposed to components of the female athlete triad as well as pressures concerning body image. As a woman and a healthcare provider, she is committed to educating female college students about the risks of the female athlete triad and empowering these women to take action regarding their individual health needs. Carly regularly participates in outreach and volunteer programs working with vulnerable populations, where she demonstrates compassion and empathy towards patients and athletes. She intends to approach this health topic with the same compassion and sensitivity in order to provide a comfortable environment for young women to open up about their health concerns.

## **Kaitlyn Savard**

- **Her background:** Katie is a certified personal trainer through the National Strength and Conditioning Association (NSCA) and is currently a Doctor of Physical Therapy candidate at the University of New England. She completed her bachelor's degree from UNE concentrating in applied exercise science. She had an opportunity to intern with the school's strength and conditioning program where she coordinated team lifting sessions and led strength and agility testing batteries.
- **Her passion:** She grew passionate about working with collegiate level athletes and understanding the contributing factors that lead to optimal sport performance. She enjoys volunteering as an assistant basketball coach during her downtime through her hometown youth basketball program where she can help develop skills and physical abilities with both young and experienced athletes. She also enjoys living an active lifestyle through hiking, swimming, and playing intramural sports. As a young active female, Katie has experienced components of the female athlete triad and hopes to guide young female athletes towards improving their health literacy and self-efficacy regarding this problem. She is able to be empathetic and sensitive to those who may be suffering from this condition and can act as a peer support as they navigate through this health journey.

## **Polina Weinstein**

- **Her background:** Polina is a Doctor of Physical Therapy candidate at the University of New England. She earned her bachelor's of Kinesiology degree from Temple University in 2014. During her time at UNE, Polina has participated in a multitude of interprofessional activities and service learning opportunities through which she has gained an understanding and appreciation of the importance in a transdisciplinary approach to providing quality patient-centered care. As a student working towards becoming a future health care provider, Polina has strived to immerse herself in opportunities to help further her knowledge of other cultures and ability to communicate and work effectively with people of diverse backgrounds. Polina has completed 2 outpatient orthopedic clinical rotations where she provided preventative and rehabilitative care to a wide age range of individuals with musculoskeletal and neuromuscular

impairments to assist in achieving their goals for maximum functional independence. Through these experiences, she has gained professional competency in the ability to understand when an outside referral is needed, conduct individualized examinations and plan of cares, implement therapeutic interventions that address functional impairments, promote safety and independence, and educate patients regarding diagnosis, safety, physical activity, and more.

- **Her passion:** As an active young adult female, Polina has experienced components of the female athlete triad and has been exposed to the social pressures and beliefs of the ideal body image. A woman and future health care provider, Polina is passionate and dedicated to educating female college students regarding the female athlete triad and providing them with the resources and support they need to take action to address their individual health needs. Throughout her service learning experiences, Polina has demonstrated compassion, sensitivity, and empathy towards each individual person she has interacted with and intends to approach this health topic with the same regard to ensure a safe and comfortable environment for young females to help them openly share their experiences and health concerns.

### **Mayra Zerpa Calderon**

- **Her background:** Mayra is a Doctor of Physical Therapy candidate at the University of New England (UNE). She holds a Bachelor of Science in Biology from North Central College (NCC) located in Naperville, Illinois. During her time at NCC and UNE, Mayra has participated in a variety of service learning and interprofessional case-based learning opportunities. These experiences have strengthened her belief in the importance of collaboration between members of the healthcare team when creating a plan of care that addresses the individual needs of the patient. Mayra has completed two clinical rotations in which she enjoyed treating orthopedic and sports injuries for patients of all ages and backgrounds.

- **Her passion:** Her clinical exposure during these rotations and her evidence-based education have allowed her to gain a deeper understanding of women's health topics, including those pertaining to young females. As a young active female, she has experienced components of the female athlete triad. She understands the sensitivity of the topic and the lack of awareness there is about it. Mayra is passionate about decreasing the stigma that surrounds the female athlete triad across multiple cultures and populations. She hopes that the implementation of this screening and educational program will encourage active female college students to take a more active role in their own healthcare.

### **Add-ons:** Survey

- Do you worry about your weight or body composition?
  - Always, sometimes, rarely, never
- Do you limit or carefully control the foods that you eat?
  - Always, sometimes, rarely, never
- Do you try to lose weight to meet weight or image/appearance requirements in your sport?
  - Always, sometimes, rarely, never
- Does your weight affect the way you feel about yourself?
  - Always, sometimes, rarely, never
- Do you worry that you have lost control over how much you eat?
  - Always, sometimes, rarely, never
- Do you make yourself vomit, use diuretics or laxatives after you eat?
  - Always, sometimes, rarely, never
- Do you currently or have ever suffered from an eating disorder?
- Do you ever eat in secret?
  - Always, sometimes, rarely, never
- Do you exercise excessively in order to lose weight?
  - What age was your first menstrual cycle?

- Do you have monthly menstrual cycles?
- How many menstrual cycles have you had in the last year?
- Have you ever had a stress fracture?
- Do you feel pressured by coaches, teammates or parents to lose weight or change your eating habits?
  - Always, sometimes, rarely, never
- Do you think your performance is directly related to your weight?
- Do you have stress in your life outside of sport? What are these stresses?
  - Are you able to cope with stress? How?

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