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Female Athlete Triad: Presentation


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Female Athlete Triad: Presentation

Abstract

Presentation created to summarize a strategic plan and screening program focused on the Female Athlete Triad. 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.

Disciplines

Business | Physical Therapy

Comments

The plan on which this presentation is based can be found here:

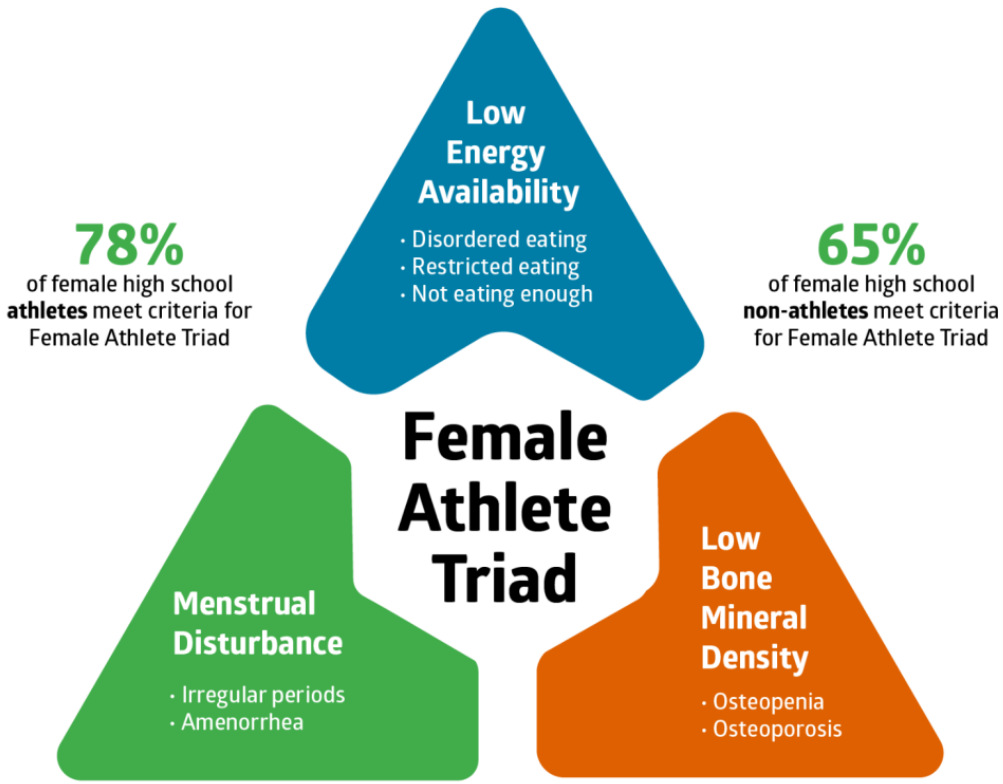
http://dune.une.edu/pt_studadmin/3/

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

A female triathlete is captured from behind, running on a dirt path. She is wearing a white tank top, dark shorts, and yellow running shoes. The path is surrounded by dense green foliage and tall grasses. The sky is bright blue with scattered white clouds. The text 'THE FEMALE ATHLETE TRIAD' is overlaid on the right side of the image in a large, white, sans-serif font.

THE FEMALE ATHLETE TRIAD

Katie Savard, Carly Theriault, Polina
Weinstein, Mayra Zerpa Calderon



AlgaeCal

Source <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2848387/>

Long-term complications:

- Osteoporosis/stress fractures
- Infertility
- Malnutrition
- Depression

Prevention:

- Well-balanced diet
- Avoid excessive exercise
- Stress reduction
- Seek treatment early

Patient Persona



Source: <https://mercyhealthsystem.org/female-athletic-triad-syndrome-in-young-athletes/>



Source: <https://athletics.une.edu>

- Age: 19
- Cross country runner
- Often skips meals
- Overexerts herself at practice
- 4 months without period
- Pressure to perform

Our Vision

- Empower
- Streamline the patient experience
- Reduce the stigma



Source: <https://www.cabarrus.k12.nc.us/Page/56965>

Our Mission

- To recognize health risks and prevent injury by encouraging women to take action



Source: <https://www.medbridgeeducation.com/blog/2016/04/the-female-athlete-triad-five-key-takeaways/>

Our Program

- **Educate**
 - Present to UNE female athletes
- **Screen**
 - Surveys
 - Medical/social history
- **Refer**
 - Provide appropriate referrals/resources
- **Reduce stigma**
 - Engage in open group discussion



Source: <http://www.kellerbenefit.com/help-support-advice-guidance-signpost/>



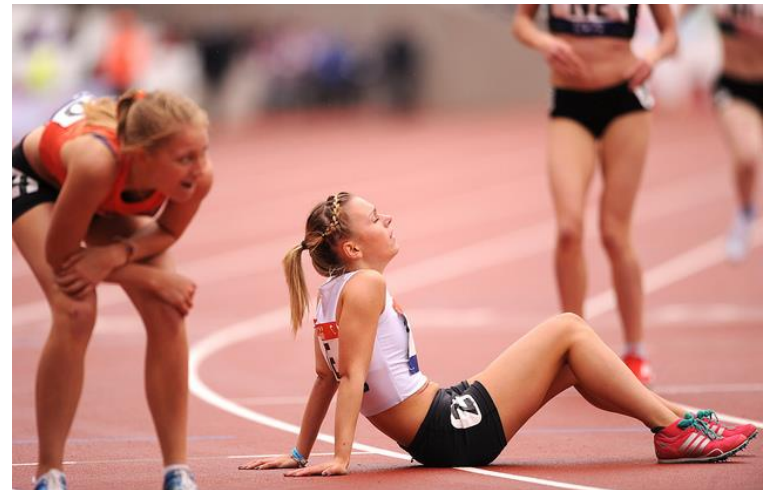
Source: <https://twitter.com/o4dkc/status/175333719849177088>

Critical Health Topic

- Female athlete triad prevalence in female college athletes
 - 69% secondary amenorrhea
 - 22-50% osteopenia
 - 16-47% clinical eating disorders

Essence

- Reduce impact of triad
- Streamline the patient experience
- Reduce unnecessary healthcare costs



Source: <https://www.flickr.com/photos/youthsporttrust/7413735506>

Our “WHY”



Source: <https://www.lifeworkscommunity.com/blog/eating-disorders-in-the-wake-of-retirement-from-professional-sports.html>

- First-hand experience
- Professional background
- Underserved Topic

Our Values



Source: <https://www.tah-heetch.com/teamwork-in-business-communication>

- Patient-Centered Service
- Teamwork
- Sensitivity
- Evidence-Based Reasoning
- Financial Prudence

Our Objectives



Source: <https://www.thriftyfun.com/Being-a-Good-Patient-at-the-Doctors-Office-1.html>

Individual

- Enhance health literacy
- Take ownership
- Foster confidence

Community

- Increase awareness
- Streamline healthcare experience
- Reduce stigma

Our Strategies

Establishing a cultured network



Source: <http://translation-blog.multilizer.com/how-social-media-aggregation-can-help-the-translators/>

- **Individual**

- Use established connections
- Communication via email
- Presentations

- **Community**

- Social media platforms
- Complimentary services and referrals

Our Goals



Source: <https://www.pennmedicine.org/updates/blogs/musculoskeletal-and-rheumatology/2018/february/cross-training>

- **Team goals**
 - Build a network
 - Implement our program
- **Patient goals**
 - Educate participants
 - Encourage self-confidence
- **Community goals**
 - Promote awareness
 - Reduce healthcare costs

Potential Barriers



Source: <https://www.better-angels.org/features/the-war-on-partisanship>

- Sensitive nature of health topic
- Limited demographic
- Limited ability to encourage participants
- Availability of clients
- Lack of interest
- Unwillingness to participate

Opportunities



Source: <https://www.cerner.com/ae/en/blog/untangling-value-in-complex-healthcare-ecosystems>

- Building partnerships with healthcare professionals
- Potential sponsorships
- Expanding population
- Creating similar program for young active males

Stakeholders



Source: <https://www.moveforwardpt.com/Resources/Detail/female-athlete-triad-what-you-should-know>

- 1. Primary**
- 2. Secondary**
- 3. Tertiary**

Trends and Disruptions in Healthcare



Source: <https://www.expat.com/en/expat-mag/1775-what-the-right-health-insurance-for-you.html>

- Financial burden
- Less individualized care
- Difficulty seeking out the correct healthcare providers
- Digital marketing

Recommendations



Source: <https://www.shutterstock.com/search/similar/149644118>

1. Make connections early
2. Build a network of trusted healthcare providers
3. Demonstrate compassion
4. Keep costs low
5. Expand

Conclusion



Source: <https://hubpages.com/@hafsaimran>

- Increase awareness of this health topic
- Participants will gain knowledge, resources and confidence
- Reduce financial healthcare burden

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Questions?



Source: <https://www.obstacleraceworld.com/obstacle-course-races-and-mud-runs-business-guide/>