How useful is an online tool to monitor physical health in pre-professional dancers?

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Disclosures

Janine Stubbe has **no** financial disclosures that would be a potential conflict of interest with this presentation.
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• Performing Arts Health Monitor (PAHM)

• Methods

• Results

• Conclusions
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Feasibility online tool

Question 1: What is the participation rate and response rate?

Question 2: How do users rate PAHM?

Question 3: What is the prevalence of injuries?
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INLOGGEN

Email

Wachtwoord

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The Oslo Sports Trauma Research Centre (OSTRC) overuse injury questionnaire

**Question 1**
Have you had any difficulties participating in normal training and competition due to injury, illness or other health problems during the past week?
- □ Full participation without health problems
- □ Full participation, but with injury/illness
- □ Reduced participation due to injury/illness
- □ Cannot participate due to injury/illness

**Question 2**
To what extent have you reduced your training volume due to injury, illness or other health problems during the past week?
- □ No reduction
- □ To a minor extent
- □ To a moderate extent
- □ To a major extent
- □ Cannot participate at all

**Question 3**
To what extent has injury, illness or other health problems affected your performance during the past week?
- □ No effect
- □ To a minor extent
- □ To a moderate extent
- □ To a major extent
- □ Cannot participate at all

**Question 4**
To what extent have you experienced symptoms/health complaints during the past week?
- □ No symptoms/health complaints
- □ To a mild extent
- □ To a moderate extent
- □ To a severe extent

Bron: Clarsen et al., 2014. BJSM.
Consult registration (medical attention injuries)
Consult registration (medical attention injuries)
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RESULTS

N = 131 invited

N = 2 not willing

Participation rate = 98.5%

N = 655 sent

N = 504 completed

Response = 77%
## RESULTS

<table>
<thead>
<tr>
<th>Question</th>
<th>Outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>Aim is clear</td>
<td>92%</td>
</tr>
<tr>
<td>Useful</td>
<td>93%</td>
</tr>
<tr>
<td>Feedback is clear</td>
<td>90%</td>
</tr>
<tr>
<td>Grade (0 – 10)</td>
<td>6.9</td>
</tr>
</tbody>
</table>
RESULTS

101 medical attention injuries

213 injuries according to OSTRC
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CONCLUSIONS

- High participation rate
- High response rate
- High rating
- Complete picture