

HET VINDEN VAN DE JUISTE BALANS

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codarts

rotterdam



INHOUD

- Performing Arts Health Monitor
- Resultaten
- Conclusies

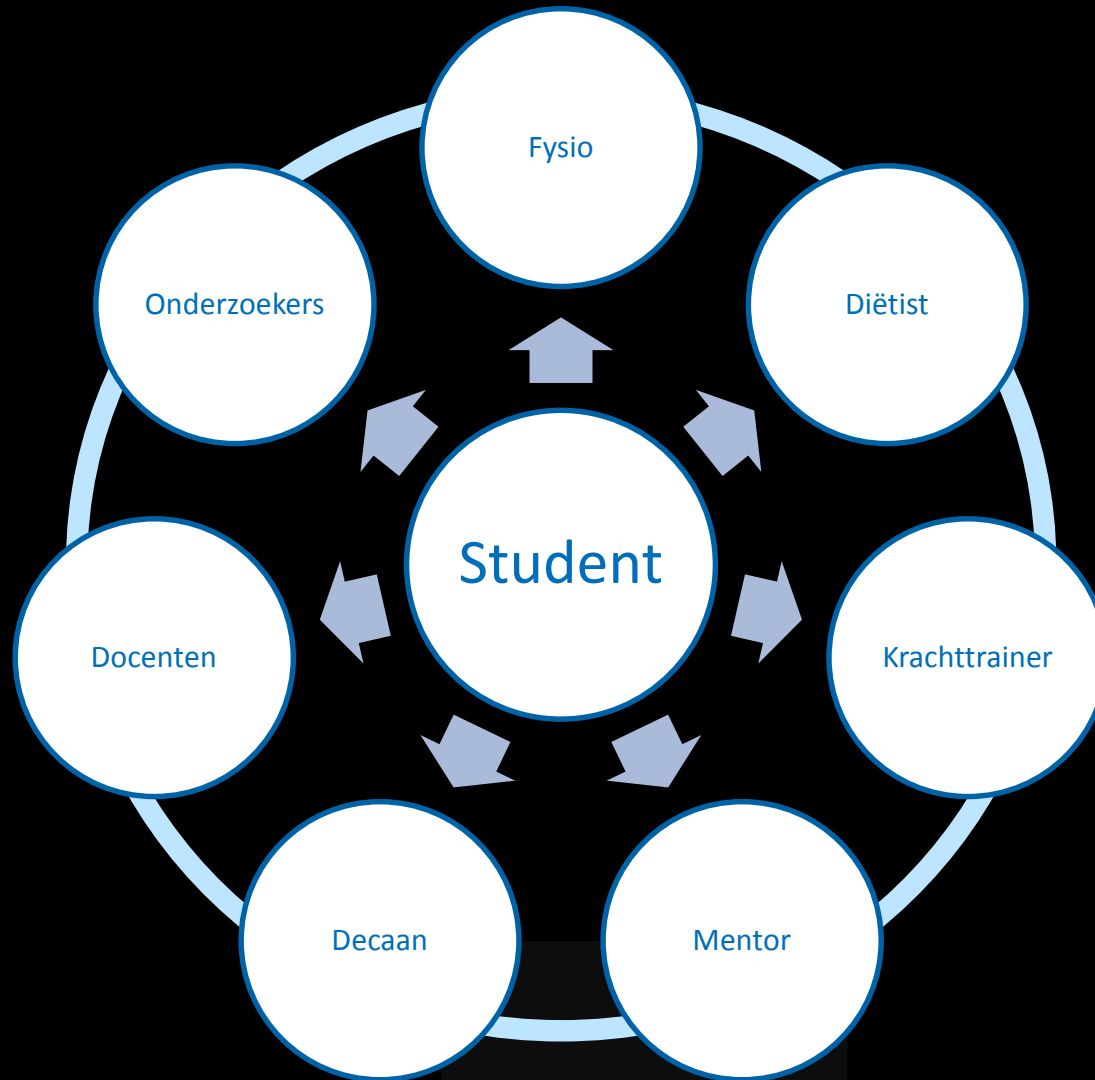


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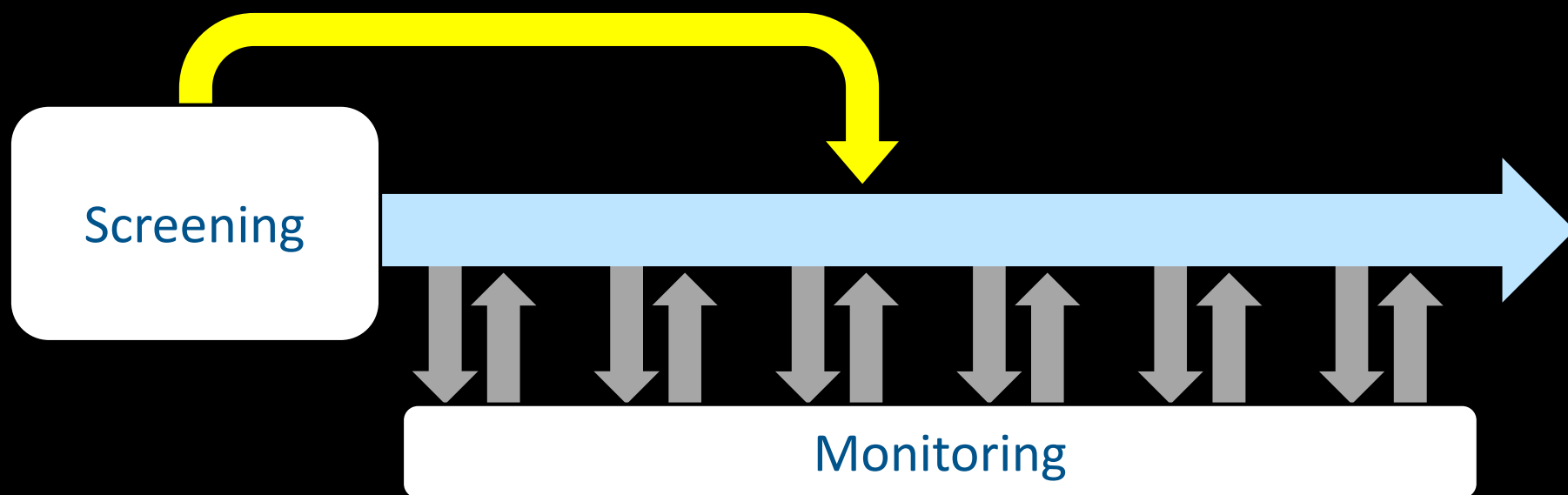


TEAM AROUND THE ARTIST APPROACH



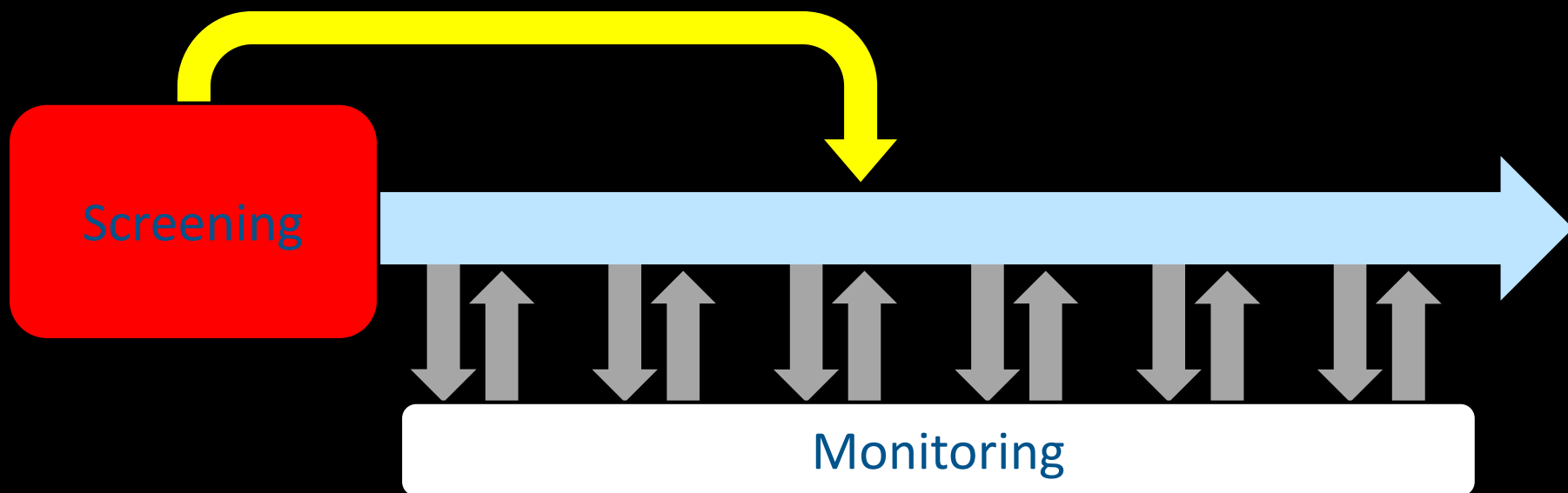
PERFORMING ARTS HEALTH MONITOR (PAHM)

Follow-up



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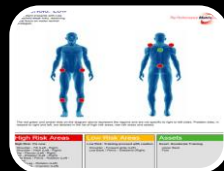


SCREENING

SPORT MEDISCHE KEURING



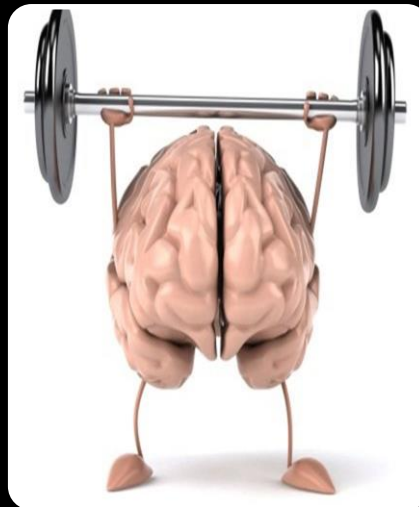
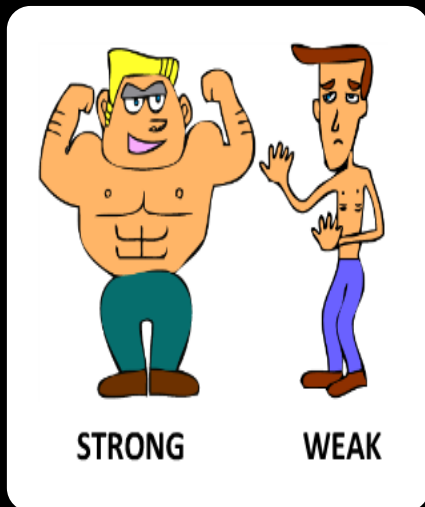
FYSIOTHERAPEUTISCHE SCREENING



FYSIEKE TESTEN



VRAGENLIJSTEN

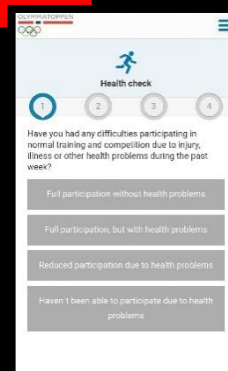


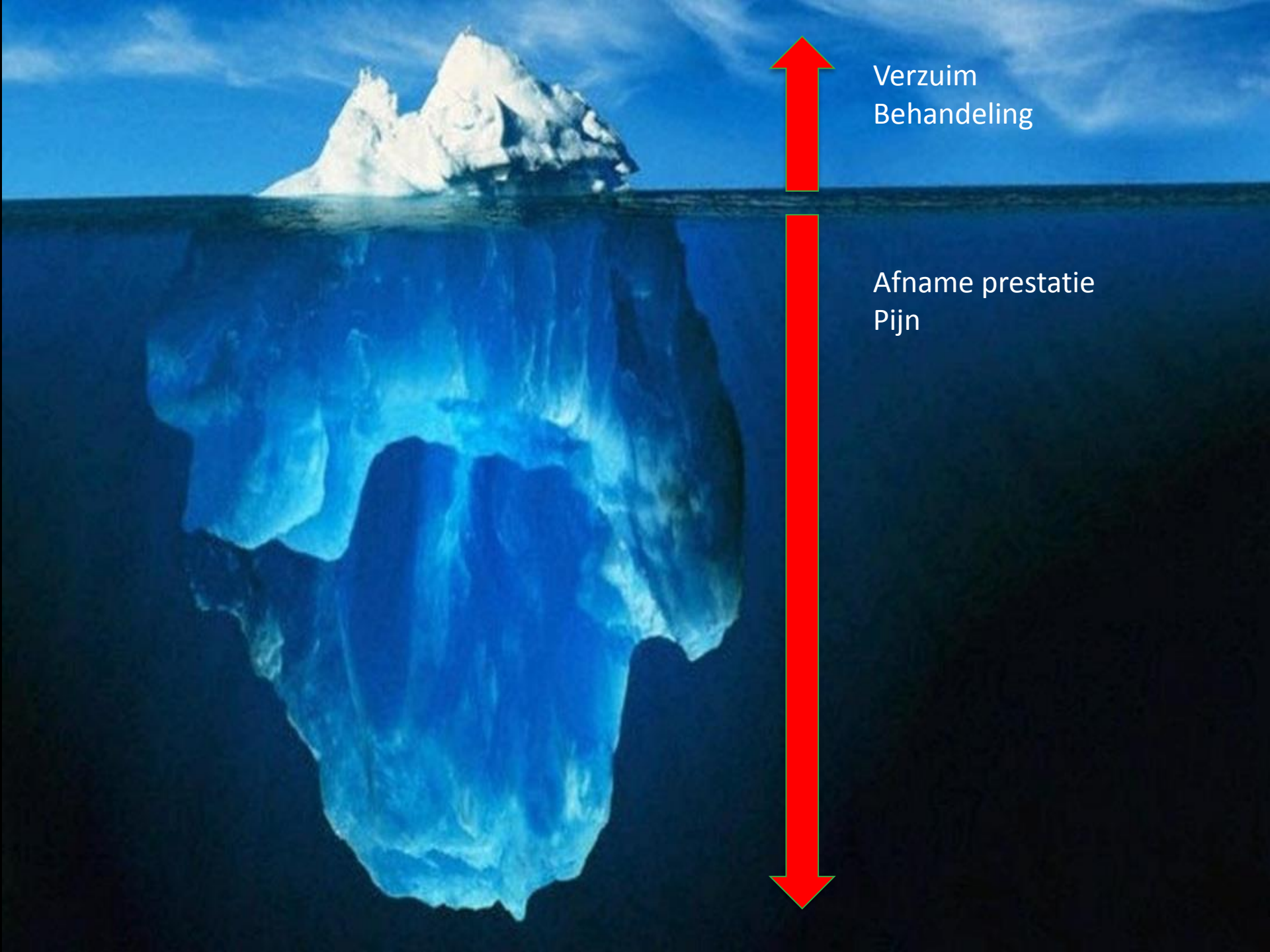
PERFORMING ARTS HEALTH MONITOR (PAHM)

Follow-up

Screening

Monitoring





Verzuim
Behandeling

Afname prestatie
Pijn



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

Student Life Monitor

Performing Arts

Start monitoring

Email

Wachtwoord

Go

codarts



hogeschool voor de kunsten

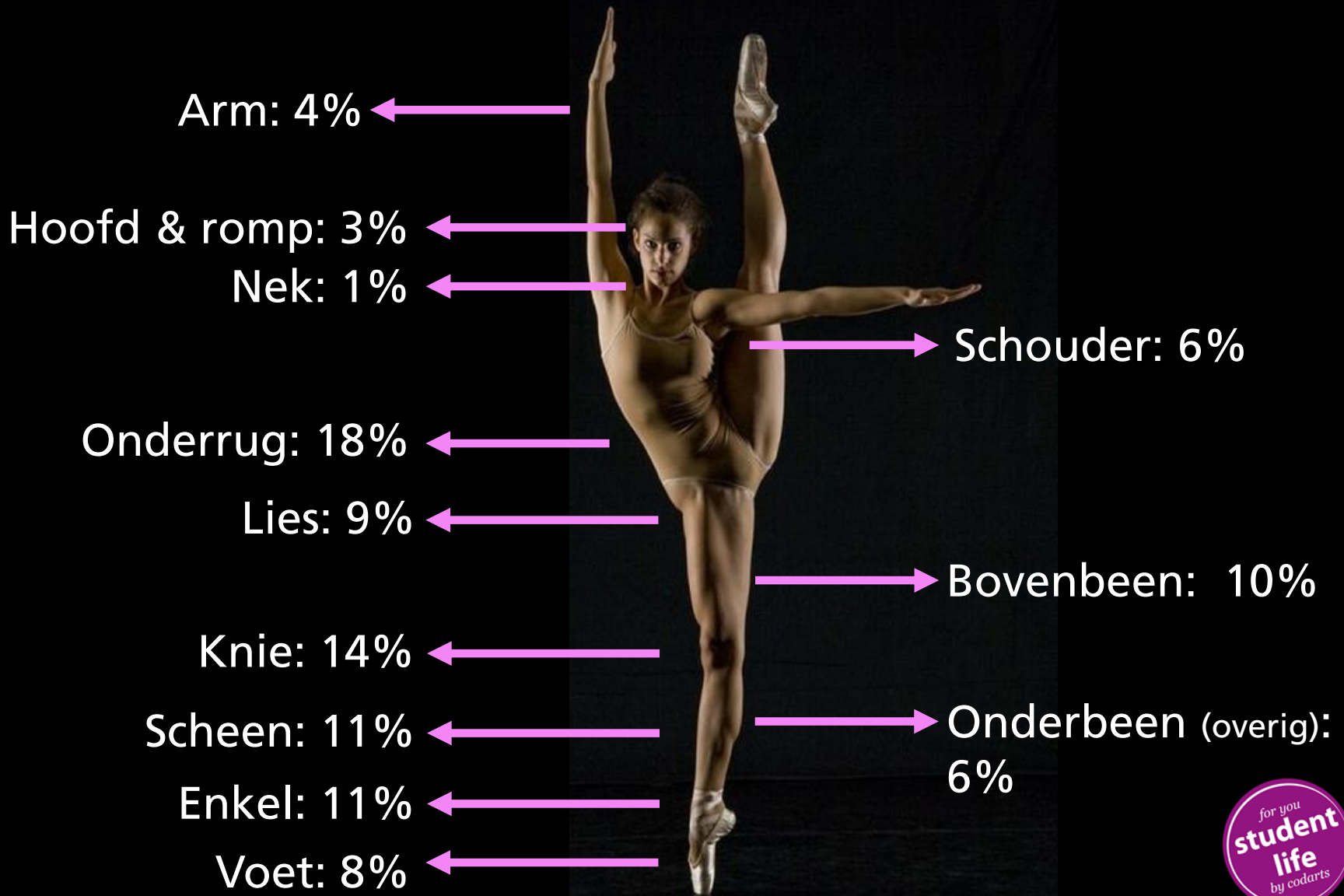


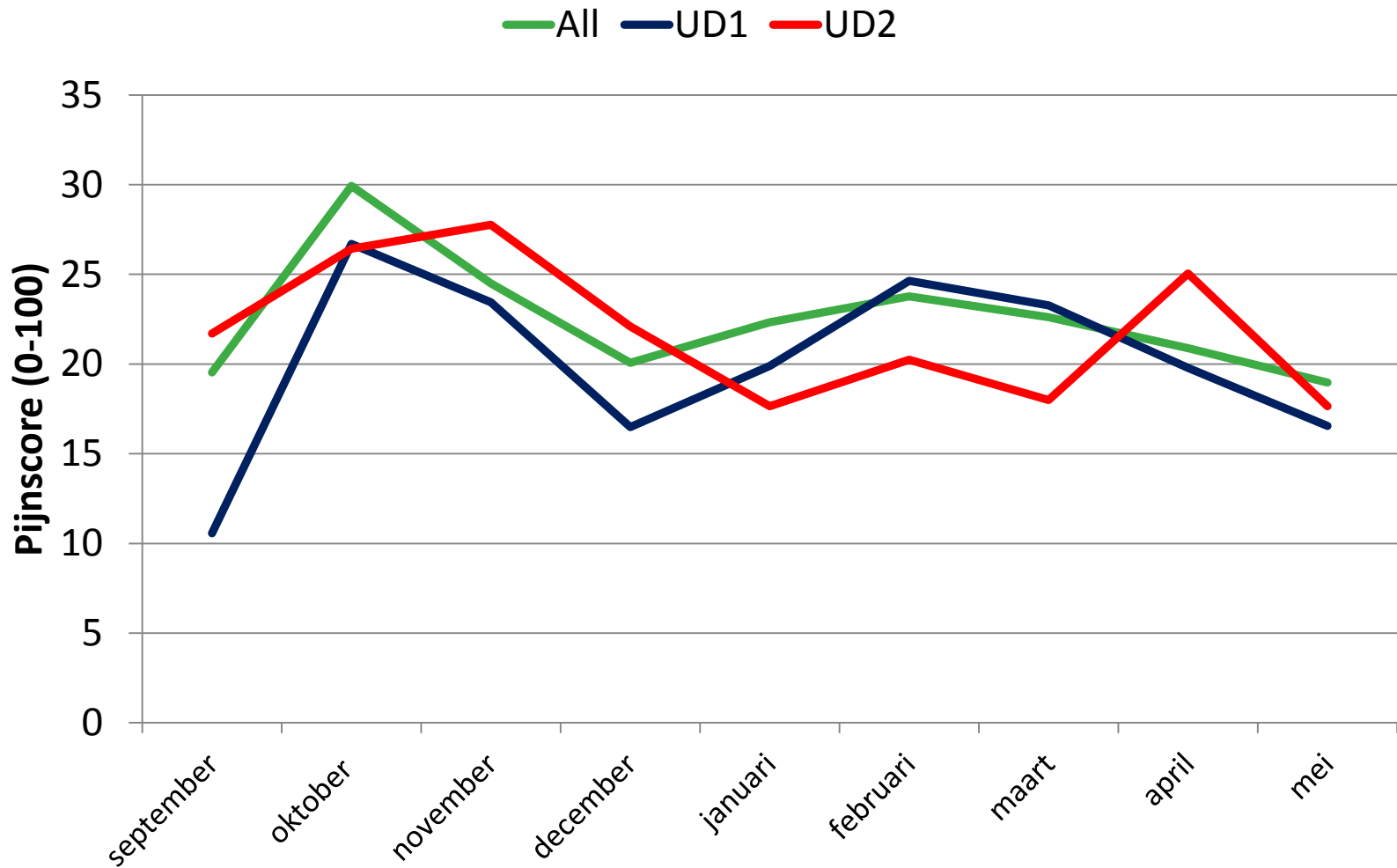
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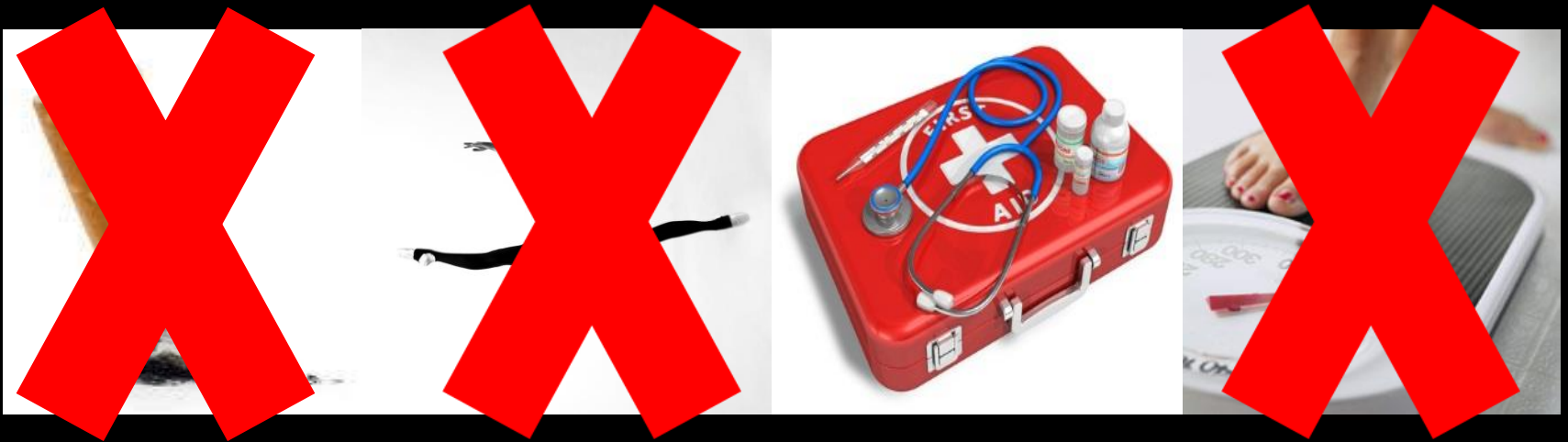


I. BESTAANDE PROBLEMATIEK

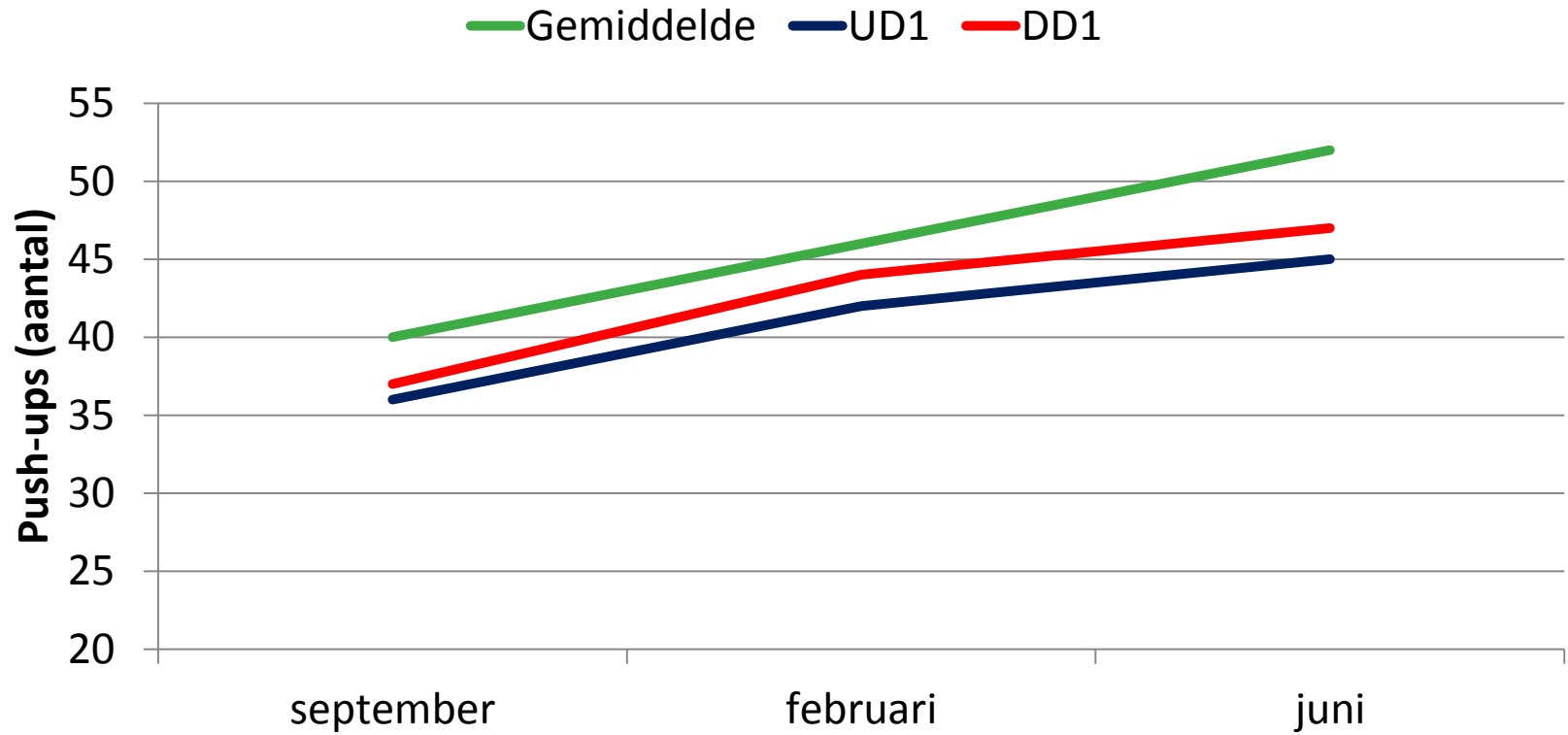




II. RISICOFACTOREN



III. PRESTATIEVERBETERING



IV. COMMUNICATIETOOL



Dennis van Poppelen

Dashboard

Gegevens

Screening

Consulten

Metingen

Kniepees ontsteking

De student is doorverwezen door

Decaan

15-06-2016

Consult registratie door Janine Stubbe

Bijzonderheden:

Gaat beter, nog wel wat zwelling aanwezig

Type hulpvraag

Blessure preventie

Diagnose

Kniepees ontsteking links

11-06-2016

Consult registratie door Janine Stubbe

Bijzonderheden:

Geen bijzonderheden

Recidief

Nee

Ontstaan door

Overbelasting

16-05-2016

Indicatie registratie door Janine Stubbe

Bijzonderheden:

Eerste consult

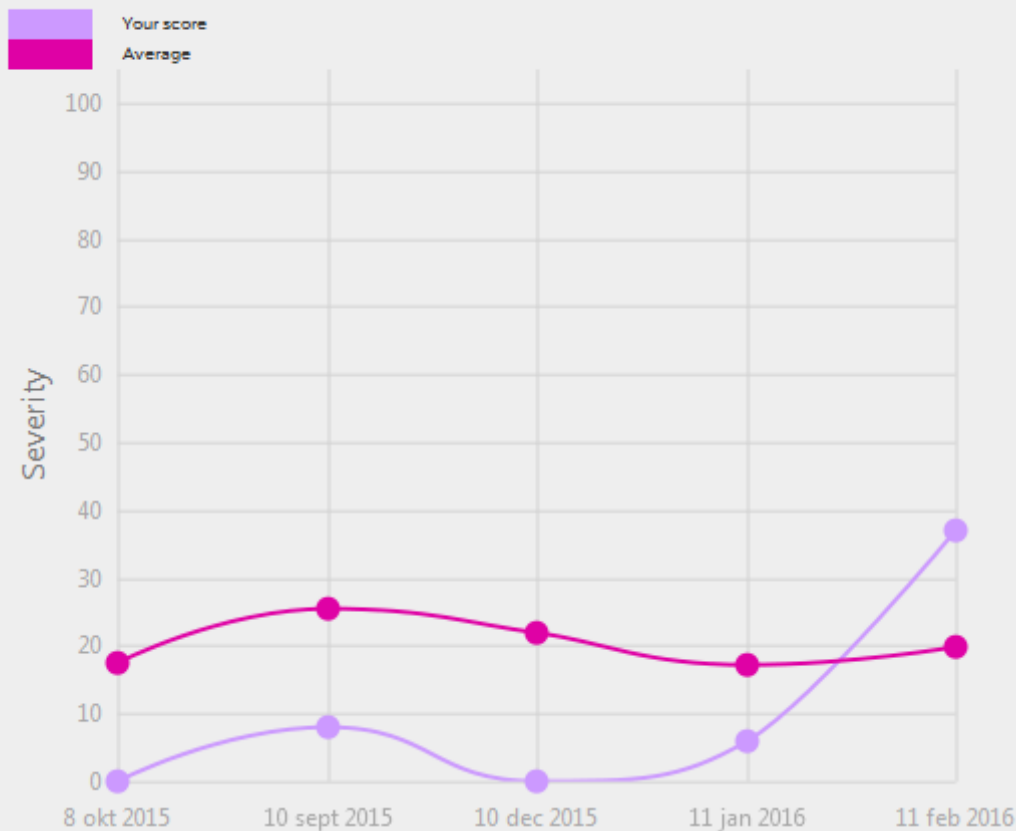
Hoelang bestaan de klachten al

6 weken

Datum eerste consult

16-05-2016

SEVERITY



Above you find your severity scores indicating health problems (injuries, illness and other health problems) calculated based on your answers. The scale ranges from 0, no problems, to 100, very serious problems. When your score is above 50, or will be in the future, it is important to take these complaint(s) seriously. It is important to listen to your body and take action. As well as informing your teachers and study coach in time and, when necessary, make an appointment with the physiotherapist.



Vragenlijst kort en helder

Feedback binnen een maand

Respons > 90%



Follow up van screening

Tijdens lessen



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CONCLUSIE

- Zorg voor draagvlak
- Werk samen met partners
- Feedback is essentieel



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