Providing Access to Athletic Physicals
Axford CL, BSN-S; Craft M, JD-S; Hajzus VA, PA-S; Mclnnis M, CDM; Michaud JL, PharmD-S; Mosketti RF, SPT; Ponton A, CDM; Sebring EJ, PharmD-S; White BM, MPH, PhD-S; Wingo L, MPH, MS3; Fleming BD, PhD; Holmes-Maybank K, MD

Presidential Scholars Program
The Medical University of South Carolina

AIM OF STUDY
- To identify an underserved population and provide access to a medical benefit
- To measure before and after outcomes and determine if our project will be sustainable

INTRODUCTION

Background
- Childhood obesity increases the risk of chronic diseases and other complications
- Childhood obesity has increased over the past 30 years
  - In South Carolina, 1 in every 3 students are overweight or obese
- Regular physical activity can lower the risk of obesity and reduce risk factors for chronic diseases
- Community engagement in public health efforts to reduce obesity and increase physical activity among school-aged youth can increase the sustainability of projects

Purpose of group project
- To improve access to the underserved
- To provide access to athletic physicals for students at an underserved elementary and middle school

Community partners
- An elementary/middle school located in downtown Charleston, SC
  - 513 students in pre-kindergarten to eighth grade
  - 99% African American
  - 97% receive free lunch through national school lunch program
- Sweetgrass Pediatrics
  - Located in North Charleston, Summerville and Moncks Corner, SC
  - Full-service pediatric practice offering comprehensive care for children and young adults

Importance of topic for the chosen population
- School/parents identified the need for physicals
- Benefits of participation in sports activities

METHODS

RESULTS
- 15 students were seen at the health expo; 11 received a sports physical and 4 were excluded due to lack of a parent/guardian signature
- 61% had played a sport before and 88% intended to play a sport during the upcoming season
- 52% reported they had previously been denied the opportunity to play sports
- 88% of respondents stated they would be able to receive their sports physical before the start of their sport’s season

CONCLUSIONS

Limitations of data
- Inaccuracy of data due to students filling out their own forms despite having instructed parents to do so
- Do not have copies of physical exam forms completed (due to HIPAA)

Recommendations
- Assess the need from the community’s point of view
- Contact school in early summer for event in fall to target all student athletes
- Improve advertisement of event and avoid scheduling conflicts
- Increase engagement from school staff members
- Collect relevant data to assess effectiveness of program
  - Number with incomplete forms
  - Number who were unable to participate due to lack of parental signatures
  - Number of completed exams
- Improve equipment and setup for exam rooms
- Distribute and collect forms by alternative route
- Received many incomplete or blank forms

Interprofessional collaboration
- Accomplish different aspects of the project
- Different resources/contacts to use for assistance

Lessons learned
- Importance of assessing the need from the community’s point of view

REFERENCES