



# **Connected Cared Beyond Video Visits**

## **Post-Pandemic Applications in Athletic Training**

**David Gallegos, MA, ATC, Cert. MDT**  
**Deputy CEO - Southwest Sport & Spine Center, Inc.**  
**Vice-President - National Athletic Trainers' Association**

# Key Health Innovation Points in Athletic Training

1950

National Athletic Trainers' Association established with focus on supporting integrated primary care services in athletics.

1969

First NATA Accredited educational programs established utilizing coursework from the fields of: 1. Physical Education & Exercise Science, 2. Physical Therapy & Primary Care, 3. Emergency Response, and 4. Health Care Administration.

1990

AMA recognition of athletic population health. Integrated primary care model expanded to additional populations.

2000

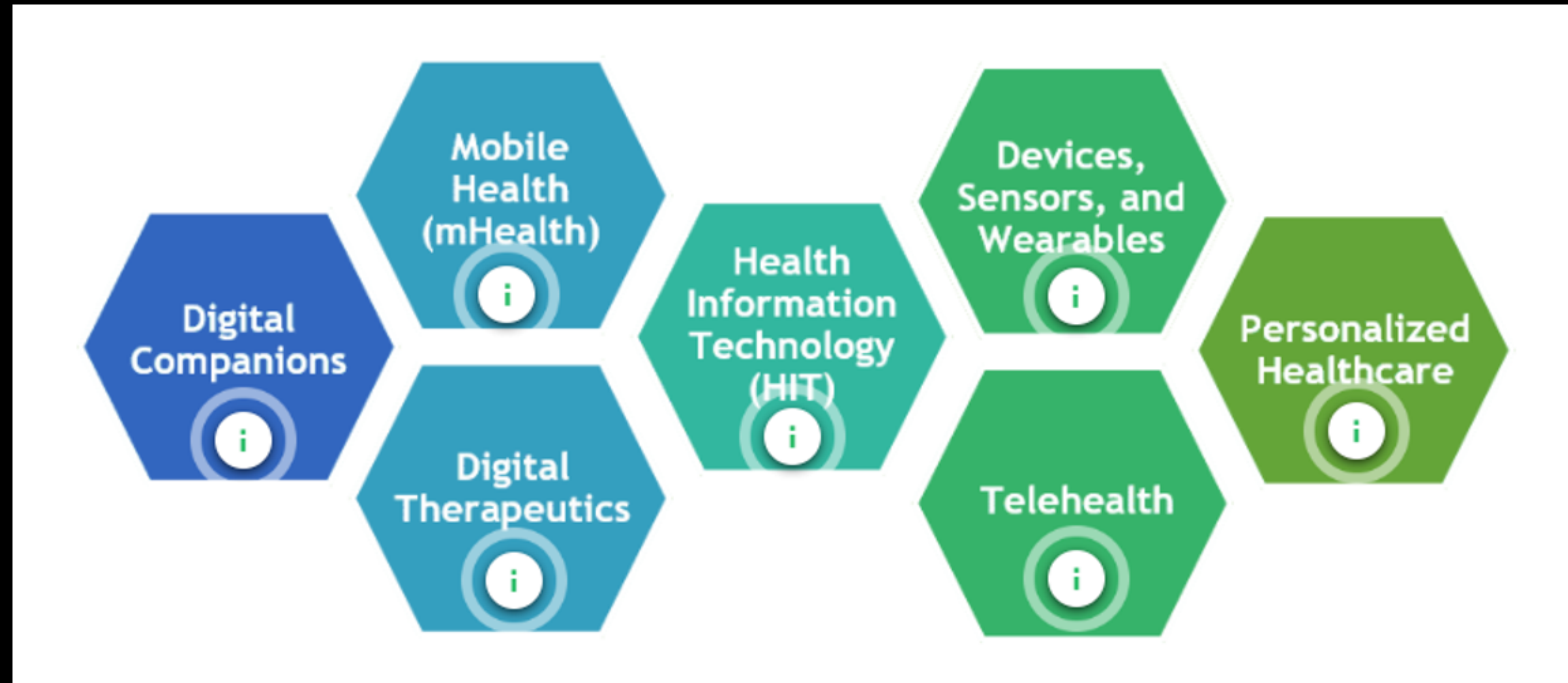
Broadband and big data open the door for analytics and digital health care delivery model.

2020

Pandemic response identifies current and future applications of digital health, preventative science and connected care.



# Digital & Connected Care Touch Points



# Expanded Digital Health Landscape

## MOBILE HEALTH

Fitness Trackers  
Nutrition Apps  
Sleep Apps  
Adherence Apps



## DIGITAL THERAPEUTICS

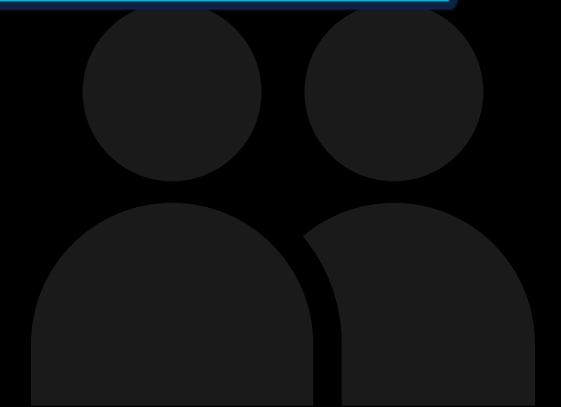
Evidence – Based software interventions in prevention / management

AI & Analytics

Ex: Clickitine

## HEALTH INFORMATION TECHNOLOGY

EMR's  
Personal Health Records  
Electronic Rx



# Expanded Digital Health Landscape Cont.

## DEVICES, SENSORS, & WEARABLES

Biometric Sensors  
Remote Patient Monitoring  
Wireless Devices



## PERSONALIZED HEALTHCARE

ePROM's  
Predictive Analytics  
Clinical Decision Support

## TELEHEALTH

Telemedicine Virtual Visits  
Remote Care Programs  
Patient Portals  
Texting  
Chatbots



# Digital Health Examples



# Support Opportunities

Remote Therapeutic and Physiological Monitoring for primary care, emergency medicine and performance science applications.

Telehealth Facilitator roles to extend medical providers with service and reimbursement support.

Epidemiological studies in preventative and upstream uses of Telehealth in population health models.

Expanded primary care definitions for systems approach vs. provider.





Questions?