Using $R$ to protect athletes’ health

Saulo Delfino Barboza and Evert Verhagen
Amsterdam Collaboration on Health & Safety in Sports
Department of Public & Occupational Health, VU University Medical Center.

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**Background**

- Participation in sports at all levels exposes participants to an increased risk of injury and illness.
- At the recreational level, sports related injury and illness result in societal costs, posing a burden for contemporary society.
- At the elite level, sub-optimal health and injury are detrimental for performance.
- Consequently, prevention is of great importance, and monitoring athletes’ health is considered the first step towards effective prevention [1].

**Current strategy towards solution**

- Facilitate sports-health surveillance (step 1 of the sequence of prevention).
- Early detect athletes’ symptoms of injury and illness to facilitate early intervention.
- Our sports-health surveillance workflow is managed and documented in $R$.

**Work in progress**

- Flexdashboards for sporting teams.
- Personalised dashboards for athletes.
  This can be useful to provide tailored (evidence-based) feedback on health and safety behaviours. Although the possibility in theory exists, we are still investigating how to implement this in a feasible way.

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**References**