

Using Sportsware 2013

Injury Tracking Software

1. Go to their website and log in.
 - a. <https://www.swol123.net/%28S%28totwtebvaojqyqoxl4heg22%29%29/defaultDesktop.aspx>
 - b. Use your WSU e-mail account as your username
 - c. Your password is: Wildcat1! (If that doesn't work, enter your WSU e-mail address and click on Reset password.)
2. Entering your SOAP note
 - a. Click on Database, then scroll down and click on Athlete
 - b. Click on Add
 - c. Enter information for athlete/patient – **DO NOT use their real name or personal information here!!!!**
 - i. Just enter their name, gender, and sport, then click Save
 - d. Click on the picture of the ambulance, which is the Injury tab
 - e. Choose your athlete/patient from the drop down list under “Narrow By” and then click on their record below (will then be highlighted in yellow/orange)
 - f. Click Add in the bar on the left
 - g. Enter all of the information about the injury requested under the General tab including the type of injury, location on the body, etc.
 - h. Go through each of the tabs at the top to add any information that you can.
 - i. To enter the SOAP note, Click on the Notes tab
 - j. Click on “SOAP”
 - k. Enter your SOAP note here
 - l. Try using the “Evaluate” button
 - i. Choose the type of injury eval you completed from the drop down list at the top and then click on Evaluate
 - ii. It will provide a list of special tests typically performed for this eval
 - iii. Choose positive or negative for each test you did
 - iv. It will import this directly into your SOAP note in the Objective section
 - v. Add any additional tests you did manually and/or any other objective assessments you performed
 - m. When your SOAP note is completed, click on Save

3. Entering progress notes (if your instructor has required this)
 - a. You have two choices:
 - i. Click on SOAP again to enter your progress note. Remember, progress notes must be in full SOAP note format, but you don't repeat the entire history. Explain if they're feeling better or worse (pain, function, swelling, etc) – Click Save when done. Repeat for additional progress notes.
 - ii. The other option is to just manually type it into the box below your original SOAP note.
 - b. Be sure to always click on Save when you are finished.
4. Printing SOAP Notes
 - a. After last progress note has been entered, click on Save
 - b. Choose the athlete again from the drop down list and then click on their name below to highlight it.
 - c. Click on Print on the bar on the left
 - d. Sportsware will automatically print it to an electronic pdf file.
 - i. Sign, date, and print your name on the form – that's all you turn in (**check with your course instructor regarding their preference for an electronic vs. paper submission**)
 - j. Should look like sample on next page, only with MORE detail and two progress notes (if progress notes were a requirement of your assignment)

Injury Record SportsWare 2013 Injury Report

Doe, Jane ()		Entered/Updated: 7/22/2013 7/22/2013	
Sport/Group		Status	
Sport Gymnastics,w		Injury Date 7/22/2013	
Group		Return To Play	
		Athletic True	
		Days Out	
		Hidden False	
		Closed False	
		Closed Date	
Injury			
Body Area Lower extremity		Body Part Ankle	
		Side Left	
Injury	Site	Severity	ICD9
Sprain	Anterior Talofibular	Mild	
Fracture	Lateral Malleolus	Moderate	
Evaluation/Action			
AT Hunt, J		Hospitalized False	
Action Sent to Hospital		Surgery False	
Referred Emergency Room		Handling	
Injury Background			
Mechanism Inversion		Activity Conditioning	
Onset Acute		Season In-Season	
Level Freshman		Location Gymnasium	
Position Rhythmic Gymnastics		Environment Facility Controlled	
Protection None		Surface Multipurpose Floor	
Attachments			
Notes			
7/23/2013			
SUBJECTIVE: Doing better today, pain is a 4/10			
OBJECTIVE: X-rays were positive for a non-displaced fracture of the left distal fibula, orthopedist in hospital applied fiberglass cast to foot and low leg			
ASSESSMENT: Grade II lateral ankle sprain, fibular fracture			
Goals: Manage pain, protect from injury while fracture heals, maintain fitness as cast allows			
PLAN: Lift weights as injury allows in weight room, two bouts of 10 minutes on UBE for cardiovascular fitness, withhold from participation until further notice			
7/22/2013			
SUBJECTIVE: Rolled (inversion) left ankle in practice today while running sprints at the end of practice. Pain = 8/10. Felt a pop when it happened. Has sprained both ankles several times over the past 5 years, but not in the last 12 months. None of those injuries resulted in fractures. Treated with ice, rest, gradual return to play, has always fully recovered in 2-3 weeks.			
OBJECTIVE: Noticable swelling around the lateral malleolus. Does not want to bear any weight. Did not test AROM, PROM, or RROM due to excessive pain.			
Evaluation: Foot and Ankle Eval			
Compression (Squeeze) Test Positive			
Percussion (Bump) Test Positive			
Anterior Drawer (Clunk) Test Positive			
ASSESSMENT: Grade II lateral ankle sprain, possible fracture			
Goals: Reduce pain, protect from further injury, reduce swelling			
PLAN: Ice (20 min), splint, fitted with crutches, sent to McKay-Dee Hospital ER for x-rays immediately following practice			
Signatures			
Signature _____		Date _____	
Name _____			