

PreDisc User Manual

This document contains the complete guide for using the PreDisc platform, designed to support the personalized prescription of physical exercise and nutritional recommendations by healthcare professionals. It includes instructions for accessing and using the public area, the patient area, and the professional area.



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INTRODUCTION

This user manual aims to provide a comprehensive guide for using the PreDisc web platform, a digital tool designed to facilitate the personalized prescription of physical exercise and nutritional recommendations for patients by healthcare professionals.

The application is structured into three main areas:

- **Public area:** This section is freely accessible and does not require registration or authentication. It is available to any user interested in obtaining general information.
- **Patient area:** Accessed using personal credentials generated exclusively by healthcare professionals. In this section, patients can view their prescribed training sessions and nutritional recommendations, as well as track their progress.
- **Healthcare professionals' area:** Intended for authorized specialists. Access to this section requires a professional account. From here, professionals can create, manage, and assign personalized physical activity and nutrition plans to their patients.

This document includes detailed instructions on how to access and use each of these areas, along with functional explanations of the main features and tools available on the platform.

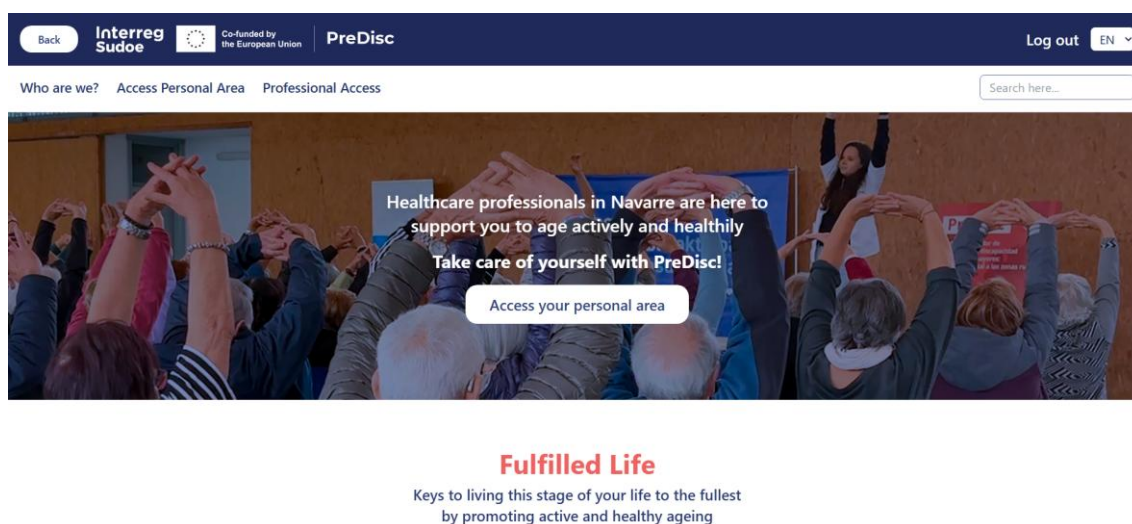
The registration of new professionals is not approved automatically; access requests remain pending until validated. To request registration as a professional on the platform, it is necessary to contact Patricia or Icíar from NavarraBioMed directly, as they are responsible for reviewing and approving accounts.

You can access the PreDisc platform via the following link: [PreDisc web](#)

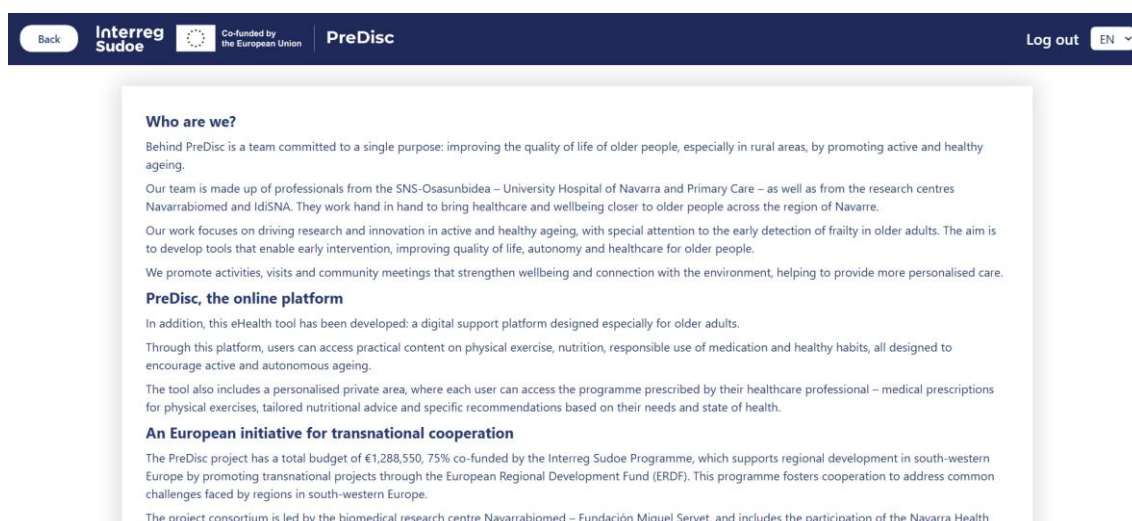
OPEN AREA

The public area of the platform can be accessed without logging in. Users do not need a patient account or a healthcare professional account to view this section. From the homepage, users can access general information about the platform and navigate to the main public content. The homepage also includes two access buttons:

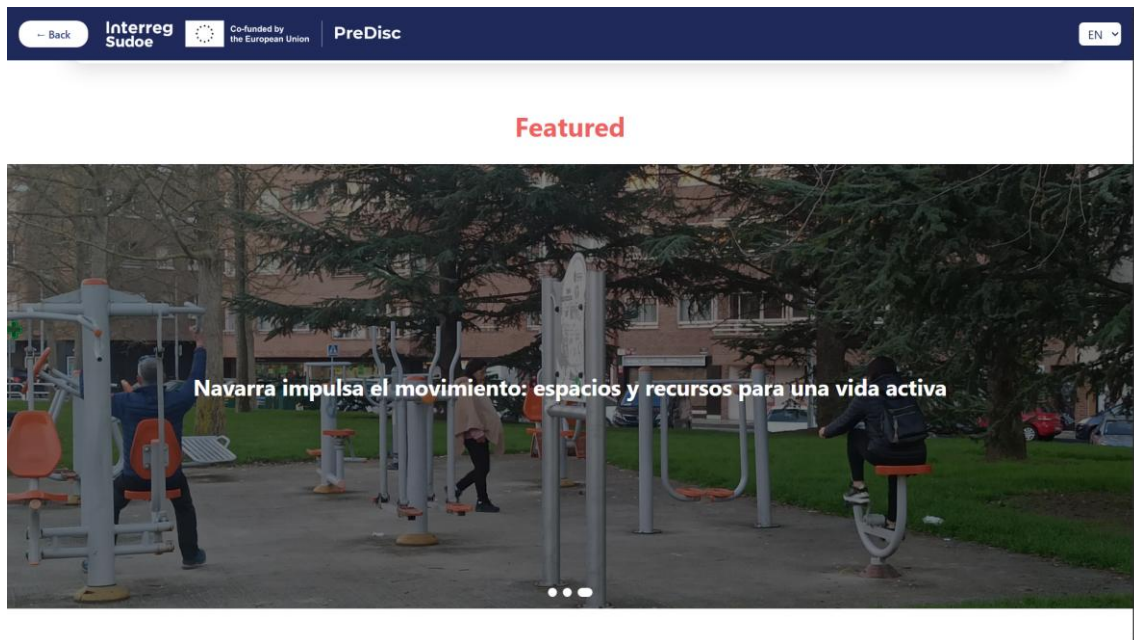
- Access Personal Area, for patients who want to enter their private area.
- Professional Access, for healthcare professionals who need to log in to the professional area.



The homepage also includes a “Who are we section”. This section provides a brief introduction to the project, its purpose, and the organizations or professionals involved. It helps users understand the context of the platform before accessing the available health-related content.

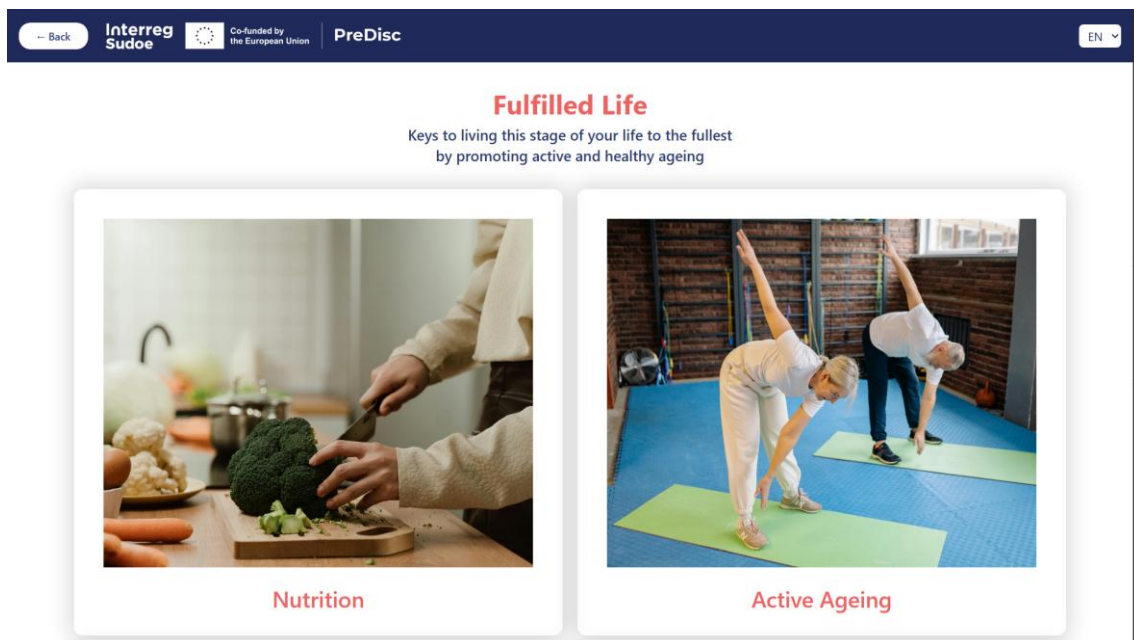


The public area includes several content sections. The first one contains the highlighted news items. These news items are displayed on the homepage so that users can quickly access relevant or recently published information. To read a news item, the user only needs to click on it. The platform then opens a detailed page with full content.



The second section shows the different content categories available on the website. These categories group the information by topic, making it easier for users to find content related to their needs or interests. The available categories are Nutrition, Physical activity, Social relationships, Medications, and Live better.

Users can click on any category to open its detailed page and view the information associated with that topic.



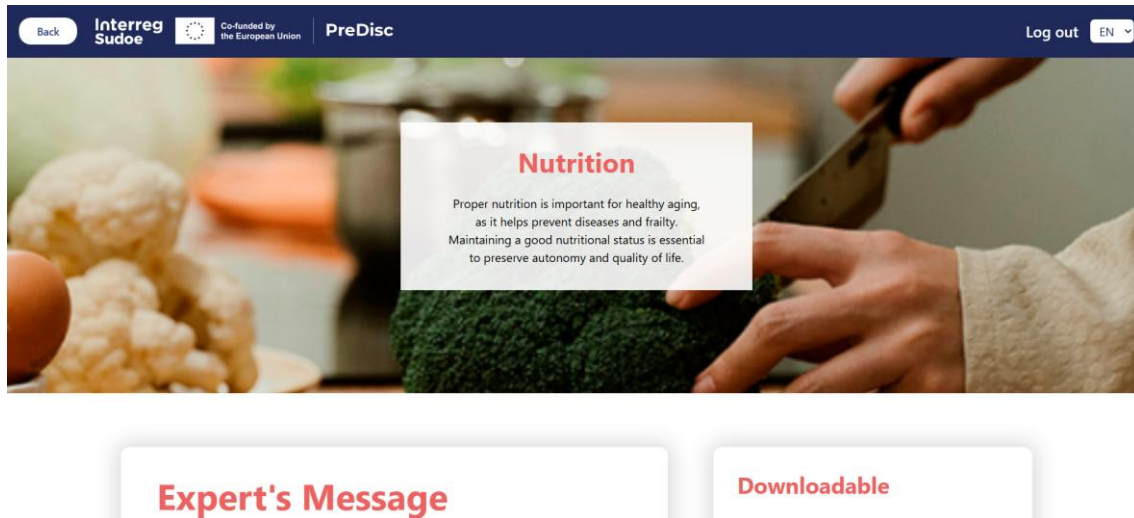
When users open a category page, they can find several types of content related to that category. Depending on the available information, the page may include:

- An expert message.
- Downloadable files, such as guides, information sheets, or supporting materials.
- Related resources that provide additional information about the category.

- News items associated with the selected category.

The related news section allows users to continue reading content connected to the same topic. For example, if a user is viewing the Nutrition category, the page may show news items related to healthy eating, dietary recommendations, or food habits.

The related resources section provides access to additional materials linked to the category. These resources may be useful for users who want to download information or consult recommendations later.



Users can also access the detailed view of a news item. In this view, the full text of the news item is displayed. If additional content is available, the page also shows:

- Resources associated with the news item.
- Other related news items connected to the same topic or category.

The associated resources help users access practical or complementary information related to the news item. The related news section helps users continue exploring similar content without returning to the homepage or category page.

Llega la primavera: disfruta de las verduras de nuestra tierra

Los días se alargan, las temperaturas suben y la huerta navarra se viste de gala. Con la llegada de la primavera, nuestra tierra nos regala una explosión de sabor con una gran variedad de verduras de temporada, perfectas para disfrutar de una alimentación deliciosa, saludable y llena de color.

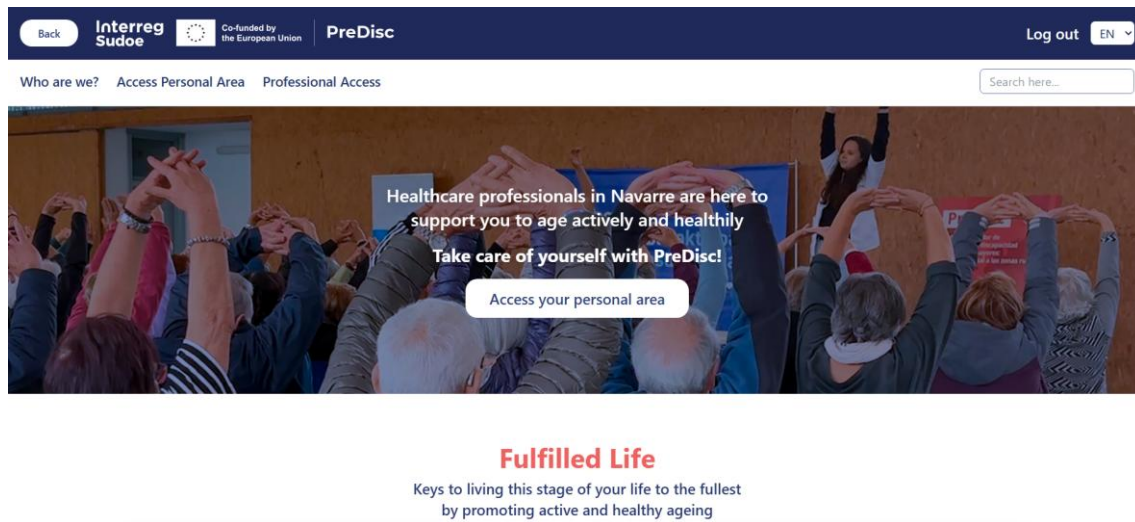


In summary, the public area gives users access to the open informational content of the platform without requiring registration or login. From this area, users can learn about the project, explore the available health categories, read featured news, and access related documents and resources. This makes the public section a useful entry point for patients, caregivers, healthcare professionals, and any other visitors who want to understand the platform and consult general information before accessing the private areas.

PATIENTS

The patient area is designed for patients, relatives, and caregivers. It has a simpler and more accessible structure than the professional area, since its main purpose is to allow users to consult and follow the guidelines assigned by healthcare professionals.

Patients cannot create an account by themselves. Patient profiles must be created by healthcare professionals from the professional area. Once the profile has been created, the patient can access the personal area from the public homepage by clicking on the Access Personal Area button.



Login

To log in, the patient must enter their first surname and date of birth. These data are used to identify the patient and give access to their assigned content.

The screenshot shows the login form for over-70s or carers. It has the same header and navigation bar as the homepage. The main heading is 'Access for Over-70s or Carers'. Below this, there are two input fields: 'First Surname:' with a placeholder 'Enter your first surname...' and 'Date of Birth:' with a placeholder 'dd/mm/aaaa' and a calendar icon. At the bottom is a blue 'Log in' button.

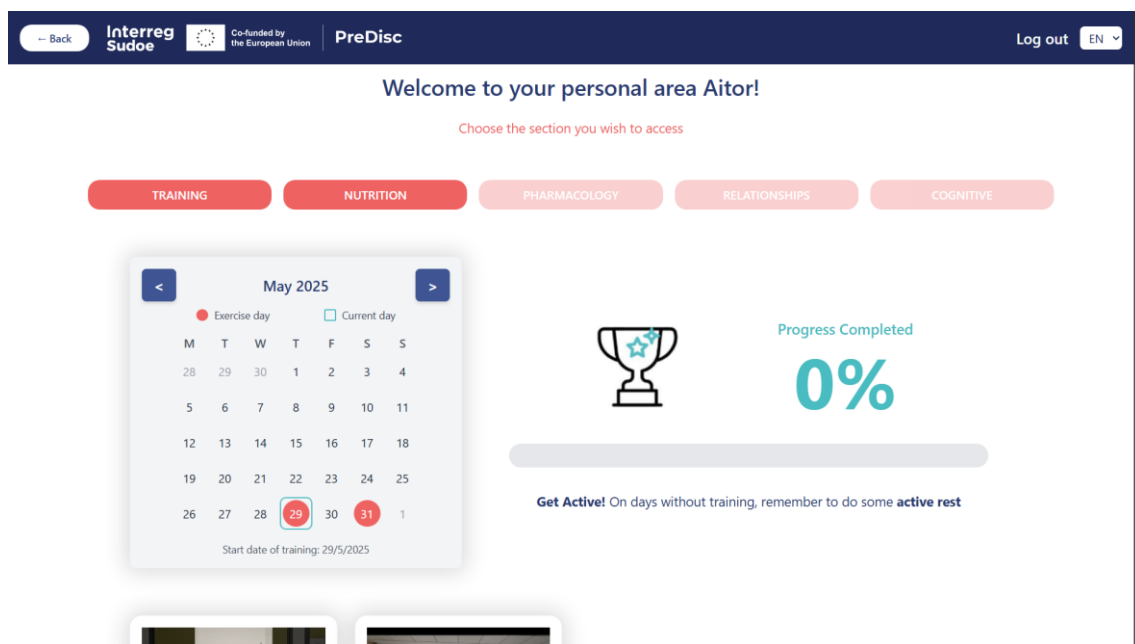
After logging in, the patient accesses their personal area. This area is divided into two main sections: Training and Nutrition

The content shown in these sections depends on what healthcare professionals have previously assigned to the patient. If no physical exercise guidelines or nutritional recommendations have been assigned yet, the corresponding section will appear empty.

Training section

The Training section allows patients to consult and follow their individual physical exercise sessions. These sessions must first be prescribed by healthcare professionals. If no training sessions have been assigned, the patient will not see any scheduled exercises.

When training sessions have already been assigned, the patient will see a calendar, the monthly progress indicator, and, when applicable, the exercises scheduled for the current day.



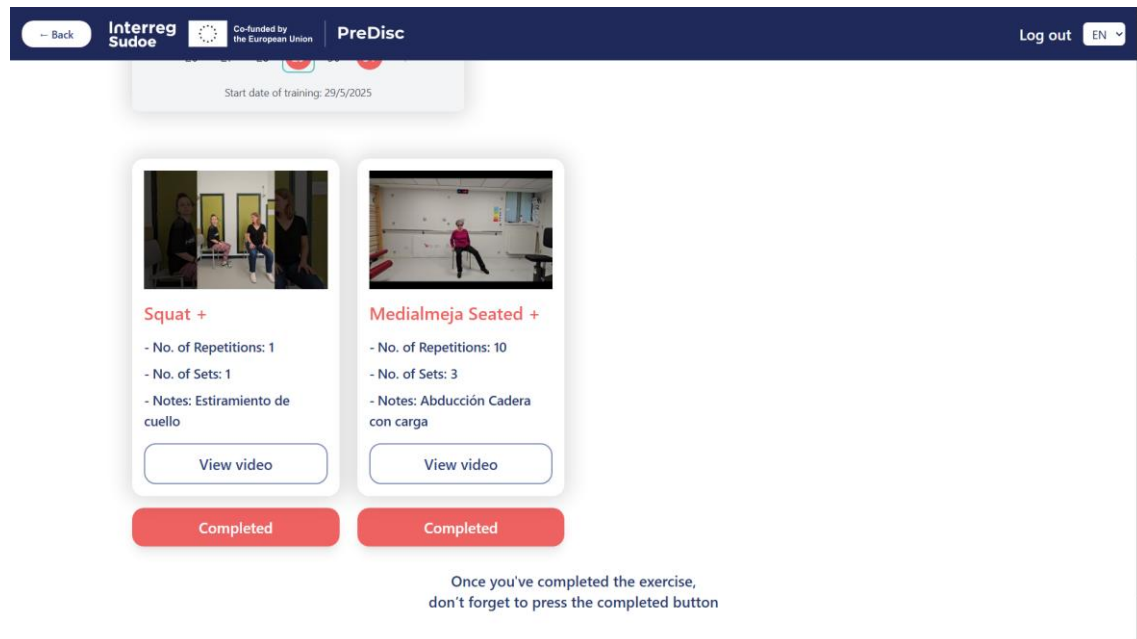
The calendar helps the patient identify the days on which they have exercise sessions scheduled. The colors used in the calendar have the following meaning:

- Days marked in red indicate scheduled training sessions that have not been completed.
- Days marked in dark blue indicate training sessions that have already been completed and evaluated.
- The current day is shown with a light blue border, so the patient can easily identify today's date.

The Training section also includes a monthly progress percentage. This percentage shows the patient's level of completion for the training sessions planned during the current month. When the patient completes and evaluates a scheduled session, the progress indicator is

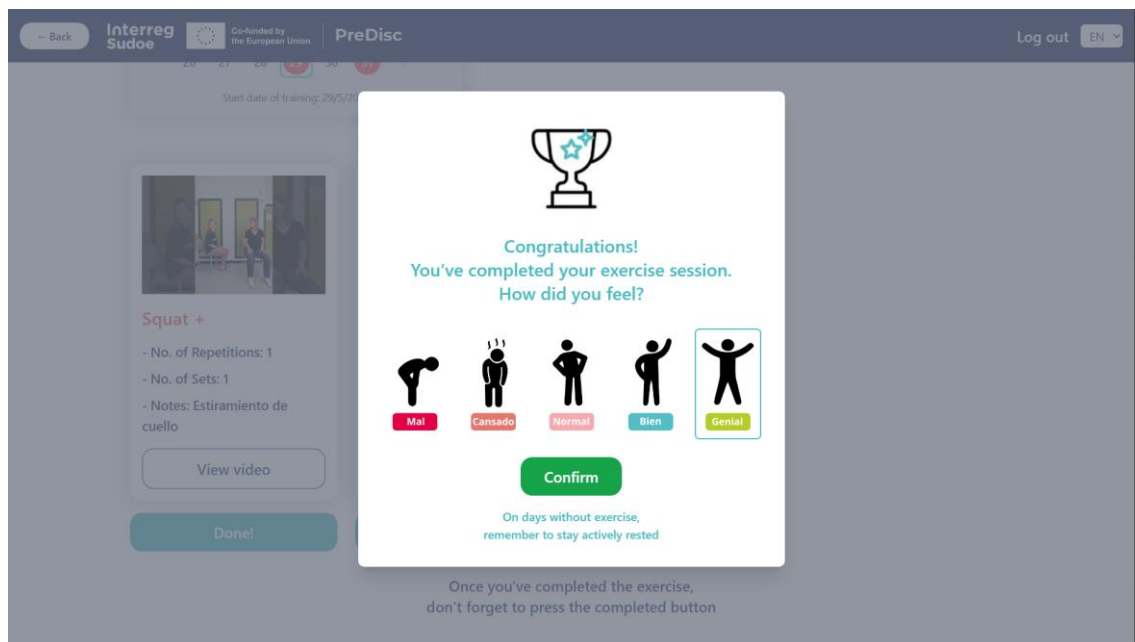
updated automatically. This progress only refers to the current month. When a new month starts, the progress is reset to 0%.

If the patient has exercises assigned for the current day, they will be displayed in the Training section. Each exercise includes a video that shows how to perform it. The patient can watch the video by clicking on the View video button.



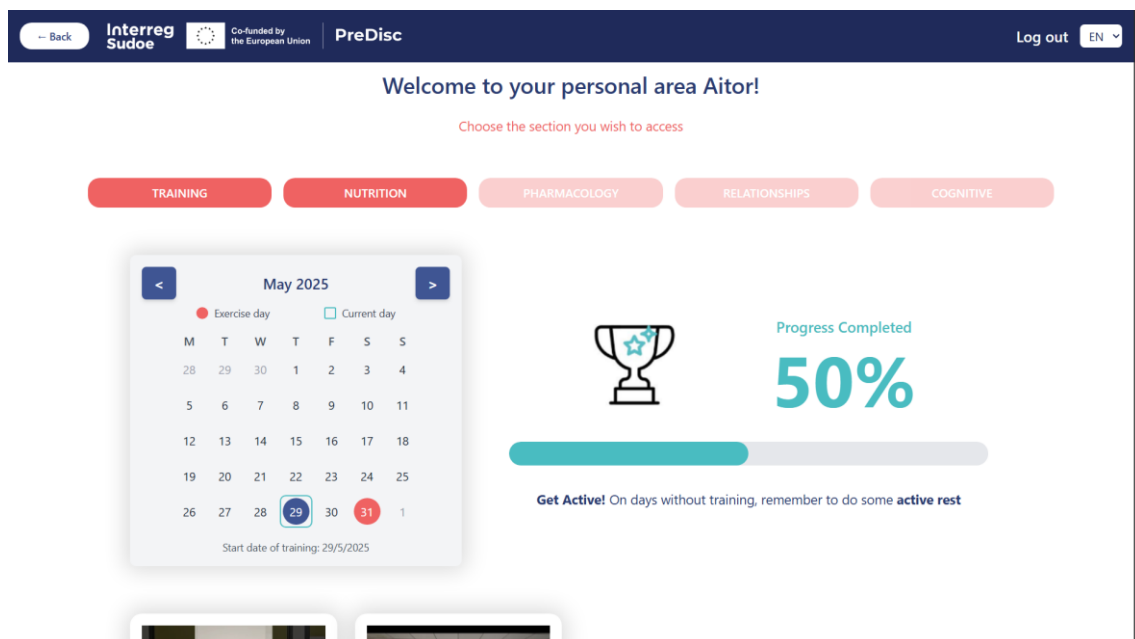
After performing each exercise, the patient must mark it as completed. It is important to complete this step for all exercises assigned to the session. If the patient does not mark all the exercises as completed, the training session will not be recorded as completed.

Once all exercises assigned for the day have been marked as completed, the patient must evaluate how they felt during the training session. The platform shows five different options, based on a perceived exertion scale, so the patient can indicate how intense or difficult the session felt.



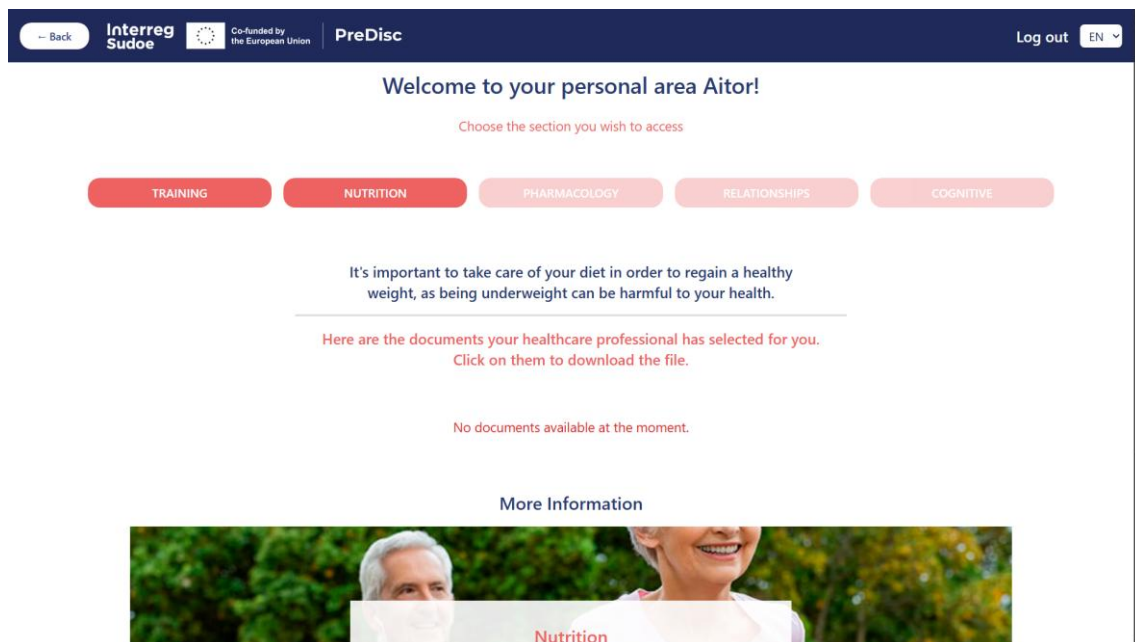
This subjective evaluation is useful because it records the patient's perception after each session. Healthcare professionals can later use this information to assess whether the prescribed exercise guidelines are appropriate or whether they need to be adjusted.

After the patient evaluates the session, the calendar and the monthly progress indicator are updated. The day that was previously marked in red will change to dark blue, indicating that the session has been completed and evaluated correctly.



Nutrition section

The Nutrition section allows patients to consult the nutritional recommendations assigned by healthcare professionals. As with the Training section, this content will only be available if a professional has previously assigned recommendations to the patient.



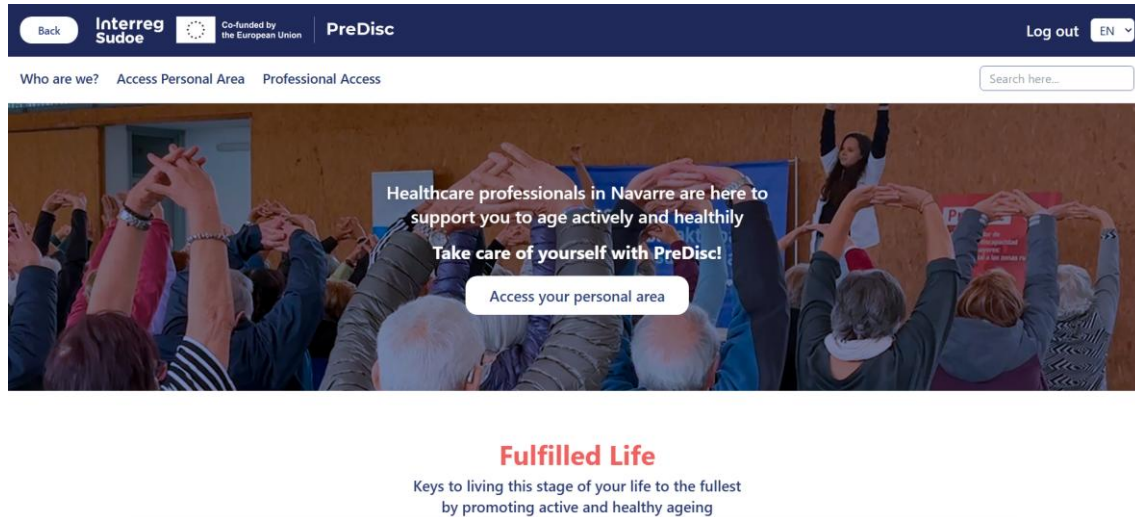
The nutritional recommendations are provided in PDF format. Patients can open and read these documents directly from the platform, and they can also download them. This makes it easier to consult the recommendations later without needing to access the web tool every time.

This option is also useful for relatives and caregivers, as they can review the recommendations together with the patient and use them in daily routines, meal planning, or follow-up activities.

HEALTHCARE PROFESSIONALS

The professional area is intended for healthcare professionals who need to manage patients, prescribe physical training sessions, assign nutritional recommendations, and manage the resources available on the platform.

To access this area, healthcare professionals must click on the Professional Access button from the public homepage.



Login and registration

If the professional already has an account, they can log in by entering their email address and password.

The screenshot shows the 'Healthcare Professional Access' login page. It has the same header and navigation bar as the homepage. The main content area is titled 'Healthcare Professional Access'. Below the title, there is a form with two input fields: 'Email:' with a placeholder 'Enter your email...' and 'Password:' with a placeholder 'Enter your password...'. Below these fields is a blue 'Log in' button. At the bottom of the form, there are two links: 'Don't have an account yet? Register' and 'Forgot your password? Recover password'. The footer of the page is a dark blue bar with the text '© 2024 PreDisc - All rights reserved'.

If the professional does not have an account yet, they must register first. During registration, they need to complete the required personal and professional information.

The screenshot shows the registration form for a healthcare professional account. The form is titled "Request Healthcare Professional Account Creation" and is part of the PreDisc system, which is co-funded by the European Union and Interreg Sudoe. The form includes fields for email address, password, confirm password, first name, first surname, country, type of healthcare professional, and health centre. A "Request account" button is at the bottom. Below the form, there is a link "Already have an account? Sign in". The footer contains the copyright notice "© 2024 PreDisc - All rights reserved".

Interreg Sudoe Co-funded by the European Union PreDisc EN

Request Healthcare Professional Account Creation

Enter your email address:

Password: Confirm Password:

Enter your first name: Enter your first surname:

Select your country:

Select your type of healthcare professional: Select your health centre:

Request account

[Already have an account? Sign in](#)

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To prevent unauthorized users from accessing the professional area, new professional accounts are not activated immediately. After registration, the account remains pending approval. Once the account has been reviewed and approved, the professional can log in using their credentials.

Professional profile

After logging in, the first page displayed is the professional profile. This page contains the main account information, such as the professional's name, surname, email address, country, and hospital or health center.

The screenshot shows the professional profile page for Aitor Molero. The page is part of the PreDisc system, which is co-funded by the European Union and Interreg Sudoe. The profile includes a user icon, the name "Aitor Molero", and an "Edit profile" button. Below this is a table with user information. The footer contains the copyright notice "© 2024 PreDisc - All rights reserved".

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Aitor Molero

Edit profile

User Information	
First Name	aitor molero
Email Address	[REDACTED]
Country	Spain
Hospital	Hospital Universitario de Navarra (HUN)

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Professionals can update their personal information by clicking on the Edit profile button. This opens a form where they can modify the available fields and save the changes.

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Profile Patients Resources Library Log out EN

Update Healthcare Professional Profile

Enter your email address:
aitor.molero@opendeusto.es

Enter your first name:
aitor

Enter your first surname:
molero

Select your country:
Spain

Select your gender:
Male

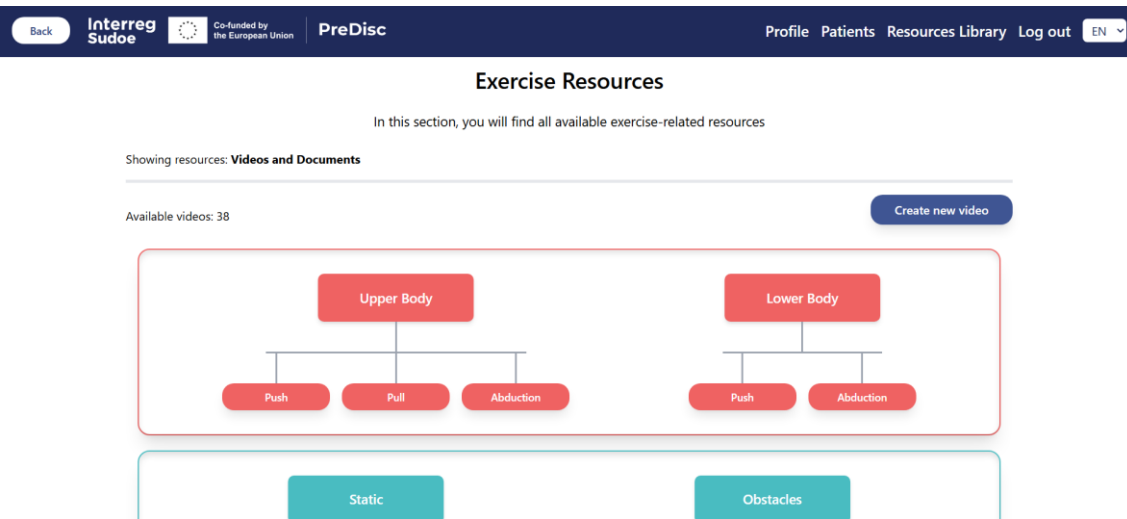
Update profile

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Resources library

From the top navigation bar, professionals can access the Resources Library section. This section allows them to view, create, edit, and delete the resources available on the platform.

Resources are organized into different areas, such as: Exercise activity, Nutrition, Medications, and Social relationships. In each area, resources can be created either as videos or as documents.



Although this manual shows the creation of a physical exercise video and a nutritional document as examples, the same logic applies to the other areas. Professionals can create videos or documents from the corresponding page of each category.

Creating a new video

To create a new video resource, the professional must click on the Create new video button.

The screenshot shows the 'Create new physical video' form within the PreDisc interface. The header includes navigation links: Back, Interreg Sudoe, Co-funded by the European Union, PreDisc, Profile, Patients, Resources Library, Log out, and a language dropdown set to EN. The form fields are as follows:

- Video title:** A text input field with the placeholder 'Enter a title for the video...'.
- Description:** A large text area with the placeholder 'Enter a description for the video...'.
- Video link:** A text input field with the placeholder 'Enter a valid YouTube video link...'.
- Select the type of access to the resource:** A dropdown menu with options: Private (selected), *Private: only professionals from the same health centre can manage it., and *Regional: professionals from your region can manage it.
- Enter the video category:** A dropdown menu with the option Strength (selected).
- Enter the video subcategory:** A dropdown menu with the option Lower Body (selected).
- Enter the video sub-subcategory:** A dropdown menu with the option Push (selected).

When creating a physical exercise video, the professional must complete the required information, such as the title, description, video file or link, and the specific exercise parameters. For physical activity resources, additional fields may be required, such as the exercise category, number of sets, number of repetitions, rest time, or other exercise-related details.

These fields are important because they help define how the exercise will be presented and later prescribed to patients.

For the other areas, such as nutrition, medications, or social relationships, the video creation process is similar, but the form may not include the physical exercise parameters.

The screenshot shows the 'Create new nutrition video' form within the PreDisc interface. The header is identical to the previous form. The form fields are as follows:

- Video title:** A text input field with the placeholder 'Enter a title for the video...'.
- Description:** A large text area with the placeholder 'Enter a description for the video...'.
- Video link:** A text input field with the placeholder 'Enter a valid YouTube video link...'.
- Select the type of access to the resource:** A dropdown menu with options: Private (selected), *Private: only professionals from the same health centre can manage it., and *Regional: professionals from your region can manage it.
- Duration in seconds:** A text input field with the placeholder 'Enter the video duration in seconds...'.
- Indicate whether the video is an initial one for all users:** A checkbox.
- Create new video:** A large blue button at the bottom of the form.

Creating a new document

To create a document resource, the professional must click on the Create new document button from the corresponding resource area.

The screenshot shows the 'Create new physical exercise document' form. At the top, there is a navigation bar with 'Back', 'Interreg Sudoe', 'Co-funded by the European Union', 'PreDisc', and links for 'Profile', 'Patients', 'Resources Library', 'Log out', and a language dropdown set to 'EN'. The form title is 'Create new physical exercise document'. It contains the following fields and options:

- Document title:** A text input field with the placeholder 'Enter a title for the document...'.
- Description:** A larger text input field with the placeholder 'Enter a description for the document...'.
- Add a PDF document:** A section with a 'Select file' button and the text 'No file selected'.
- Select the type of access to the resource:** A dropdown menu with 'Private' selected. Below it, there are two explanatory lines: '*Private: only professionals from the same health centre can manage it.' and '*Regional: healthcare professionals from your region can manage it.'.
- Indicate whether the document is an initial one for all users:** An unchecked checkbox.
- Create new document:** A large blue button at the bottom of the form.

The professional must complete the required fields and upload the document, usually in PDF format. Documents can be used to provide recommendations, educational material, guidelines, or supporting information for patients.

Editing and deleting resources

Professionals can edit or delete the resources they have uploaded. To modify an existing resource, they must click on the Edit button. The platform will open a form with the current information already filled in, so the professional only needs to update the necessary fields and save the changes.

The screenshot shows the 'Update physical video' form. It has the same top navigation bar as the previous form. The form title is 'Update physical video'. It contains the following fields and options:

- Video title:** A text input field with the value 'Paso lateral'.
- Description:** A larger text input field with the value 'Paso lateral sin asistencia'.
- Video link:** A text input field with the value 'https://youtu.be/s3lGw57Udel'.
- Select the type of access to the resource:** A dropdown menu with 'Private' selected. Below it, there are two explanatory lines: '*Private: only professionals from the same health centre can manage it.' and '*Regional: professionals from your region can manage it.'.
- Introduce la categoría del vídeo:** A dropdown menu with 'Strength' selected.
- Enter the video category:** A dropdown menu with 'Lower Body' selected.
- Enter the video sub-subcategory:** A dropdown menu with 'Push' selected.

To remove a resource, the professional can use the Delete button. This action should be used carefully, especially if the resource is already being used or assigned to patients.

Patient management

The Patients section allows healthcare professionals to manage patient profiles and assign content to them. Professionals can view the list of their own patients and, depending on their permissions, patients registered at the same health center. Patients cannot create their own accounts, so healthcare professionals are responsible for creating patient profiles.

Back

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ProfilePatientsResources LibraryLog outEN

Patient List

Here you can view both your patients and those assigned to your health centre, access their information, and create new patient profiles.

Available patients: 9

Show only my patients

Create new patient

First Name	Age	Gender	My patient	
M. Zambom	71	Female	No	View
J. Goni	61	Male	No	View
C. Rodriguez	59	Female	No	View
D. Marcos	36	Male	No	View
M. Izco	36	Female	No	View
M. Fernandez	29	Female	No	View
T. Test	26	Female	No	View
T. Teste	26	Female	No	View
A. Molero	21	Male	Si	View

To create a new patient, the professional must click on the corresponding Create patient button and complete the patient information form.

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Create Patient Account

Enter the patient's first name:

Enter a name...

Enter the patient's first surname:

Enter the first surname...

Select the patient's country:

Spain

Select the patient's gender:

Male

Enter a contact number for the patient:

Phone number...

Enter the patient's date of birth:

dd/mm/aaaa

Enter the patient's hospital:

Hospital Universitario de Navarra (HUN)

Enter the patient's primary care centre:

Allo

Create patient account

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From the patient list, professionals can access a patient's profile by clicking on the View button next to the selected patient.

The screenshot shows the PreDisc interface. At the top, there's a navigation bar with 'Back', 'Interreg Sudoe', 'Co-funded by the European Union', 'PreDisc', and links for 'Profile', 'Patients', 'Resources Library', 'Log out', and a language dropdown 'EN'. Below the navigation bar, a user profile for 'aitor molero' is shown with tabs for 'Profile', 'Follow-Up', and 'Training'. The 'Profile' tab is active, displaying a list of management options: 'Edit patient', 'Transfer patient', 'Prescribe sessions to patient', and 'Prescribe nutritional recommendations'. Below these is a 'User Information' table with the following data:

User Information	
Name	Aitor Molero
Date of Birth	18/12/2003
Age	21
Country	Spain
Gender	Male
Assigned Healthcare Professional	Aitor Molero

The patient profile gives access to the patient's information and management options. From this page, the professional can:

- Edit the patient's personal information.
- Transfer the patient to another health center.
- Prescribe training sessions.
- Prescribe nutritional recommendations.
- Review assigned resources.
- Personalize physical exercises according to the patient's needs.

To modify the patient's information, the professional must click on the Edit patient button.

The screenshot shows the 'Update Patient Profile' form. It contains the following fields and options:

- Enter the patient's first name:
- Enter the patient's first surname:
- Select the patient's country: - Select the patient's gender: - Enter a contact number for the patient:
- Enter the patient's date of birth: - Enter the patient's hospital: - Enter the patient's primary care centre: -

At the bottom of the page, there is a footer: '© 2024 PreDisc - All rights reserved'.

If a patient needs to be moved to another health center, the professional can use the Transfer patient button. This option allows the professional to select the new health center to which the patient should be transferred. Once the transfer is completed, the patient will be associated with the new center.

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Patient Transfer

Enter the type of destination medical centre:
Hospital

Enter the patient's destination hospital:
Hospital Universitario de Navarra (HUN)

Transfer

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Prescribing training sessions

To assign physical exercise sessions to a patient, the professional must click on the Prescribe sessions to patient button from the patient profile.

The process has two main steps. In the first step, the professional selects the exercise videos that will be included in the patient's training plan. Once all the desired exercises have been selected, the professional must click on NEXT to continue.

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Profile Patients Resources Library Log out EN

Aitor Molero

18/12/2003 > 21 years

Upper Body

Push Pull Abduction

Lower Body

Push Abduction

Static

Obstacles

Mobility

Stretching

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In the second step, the selected exercises must be assigned to specific training sessions. The professional can select an exercise, drag it, and drop it into the desired session.

The screenshot shows the 'Create training sessions' interface in the PreDisc application. The top navigation bar includes 'Interreg Sudoe', 'Co-funded by the European Union', and 'PreDisc'. The user profile on the left shows 'Aitor Molero' with a date of birth '18/12/2003 > 21 years'. The main area has a 'Set the start date' field set to 'dd/mm/aaaa'. Below this, there are two exercise selection buttons: 'Squat +' and 'Medialmeja Seated +'. A table with six columns labeled 'Session - 1' through 'Session - 6' is shown, each with a 'Drag videos here' placeholder. At the bottom, there are two red buttons: '<<< BACK' and 'VALIDATE PATIENT RECORD >>>'.

The professional must also set the start date of the training plan. This date is required, because the platform uses it to schedule the sessions in the patient’s calendar. Without a start date, the prescription cannot be completed.

Once the exercises and dates have been configured, the professional must click on VALIDATE PATIENT RECORD to save the training plan in the patient’s profile.

Prescribing nutritional recommendations

Healthcare professionals can also prescribe nutritional recommendations to patients. To do this, they must click on the Prescribe nutritional recommendations button from the patient profile.

The screenshot shows the 'SELECT NUTRITIONAL RECOMMENDATIONS FOR THE PATIENT' interface. The top navigation bar is the same as the previous screenshot. The user profile on the left is also the same. The main area has a heading 'SELECT NUTRITIONAL RECOMMENDATIONS FOR THE PATIENT'. Below this is a table with three columns: 'Name', 'Description', and 'Selected'. The table contains one row with the text 'Test document' and 'This is a document for testing', and a checkbox in the 'Selected' column. Below the table is a blue button labeled 'VALIDATE PATIENT RECORD'. At the bottom of the page, there is a copyright notice: '© 2024 PreDisc - All rights reserved'.

Personalizing exercises for a patient

Not all patients have the same physical condition, mobility, strength, or tolerance to exercise. For this reason, the platform allows professionals to personalize assigned exercises for each patient.

From the patient's profile, the professional can access the Training tab. This tab shows the resources assigned to the patient. The professional can use the filter on the right-hand side to display specific types of resources, such as physical videos.

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aitor molero

ProfileFollow-UpTraining

Customising Training **physical – videos**

Physical – Videos

Video	Last Watched	Views	Interval	Current Status	
Prueba ejercicio físico	Never	0	Every 1 days	Assigned	View
Abducción Cadera con carga	Never	0	Every 3 days	Not Assigned	View
Paso lateral sin asistencia	Never	0	Every 4 days	Not Assigned	View

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To personalize an exercise, the professional must click on the View button next to the exercise. A window will open where the professional can adjust the exercise parameters for that specific patient.

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Prueba ejercicio físico

P

Video prueba 1 - ejercicio físico



Ver más ta...Compartir

Ver en  YouTube

El numero de series del ejercicio actual es 1

1

El numero de repeticiones del ejercicio actual es 1

1

In this window, the professional can define values such as:

- Number of sets.
- Number of repetitions per set.
- Rest time between sets, in seconds.

This personalization allows the professional to adapt the exercise to the patient's abilities and needs without changing the original resource in the library.