

PreDisc Healthcare Professional User Manual

This document contains the healthcare professional user guide for using the PreDisc platform, designed to support the personalized prescription of physical exercise and nutritional recommendations by healthcare professionals.



**Interreg
Sudoe**



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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 the healthcare professional area, along with functional explanations of the main features and tools available on the platform.

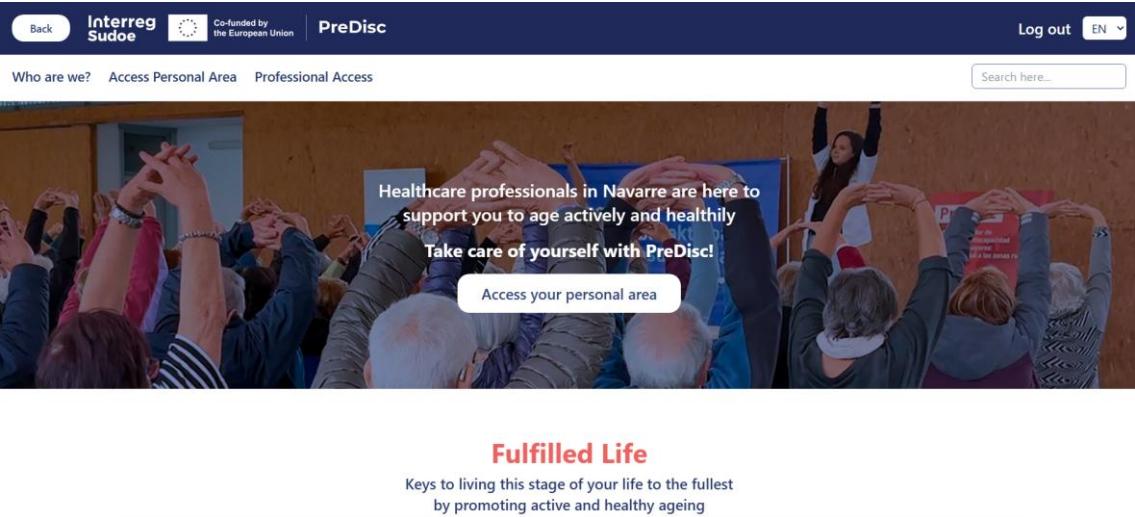
The registration of new professionals is not approved automatically; access requests remain pending until validated. To request registration as a professional on the platform, it is necessary to contact Patricia or Icíar from NavarraBioMed directly, as they are responsible for reviewing and approving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

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

HEALTHCARE PROFESSIONALS

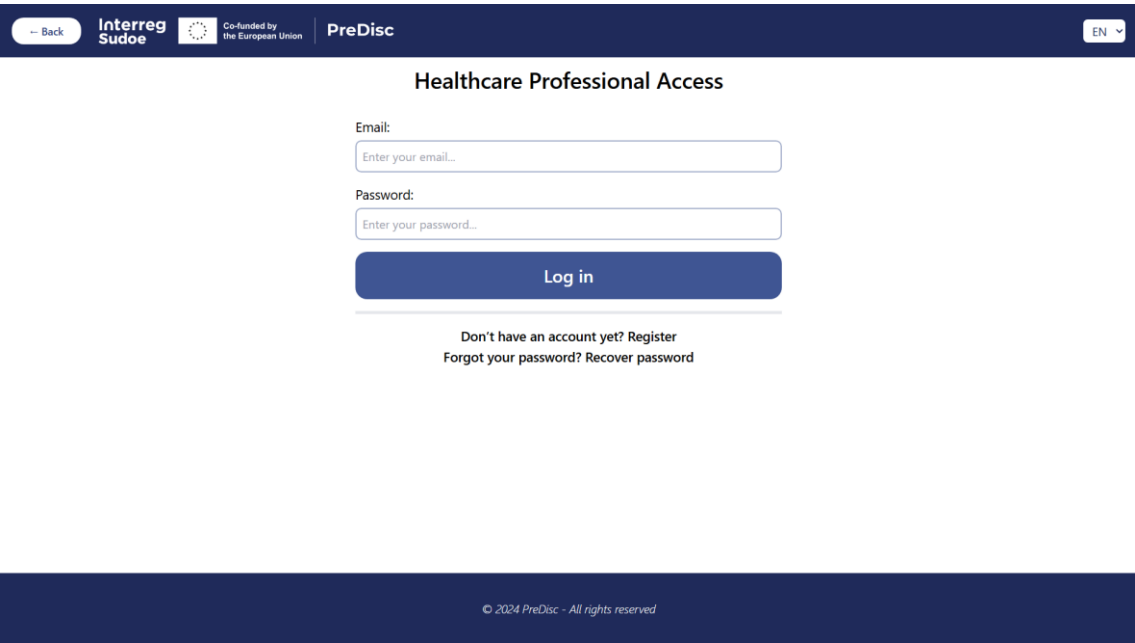
The professional area is intended for healthcare professionals who need to manage patients, prescribe physical training sessions, assign nutritional recommendations, and manage the resources available on the platform.

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.



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.

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EN

Request Healthcare Professional Account Creation

Enter your email address:

Enter a valid email...

Password:

Enter a password...

Confirm Password:

Confirm the password...

Enter your first name:

Enter your first name...

Enter your first surname:

Enter your first surname...

Select your country:

Spain

Select your type of healthcare professional:

Hospital

Select your health centre:

Hospital Universitario de Navarra (HUN)

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.

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Profile Patients Resources Library Log out

EN



Aitor Molero

Edit profile

User Information

First Name

aitor molero

Email Address

Country

Spain

Hospital

Hospital Universitario de Navarra (HUN)

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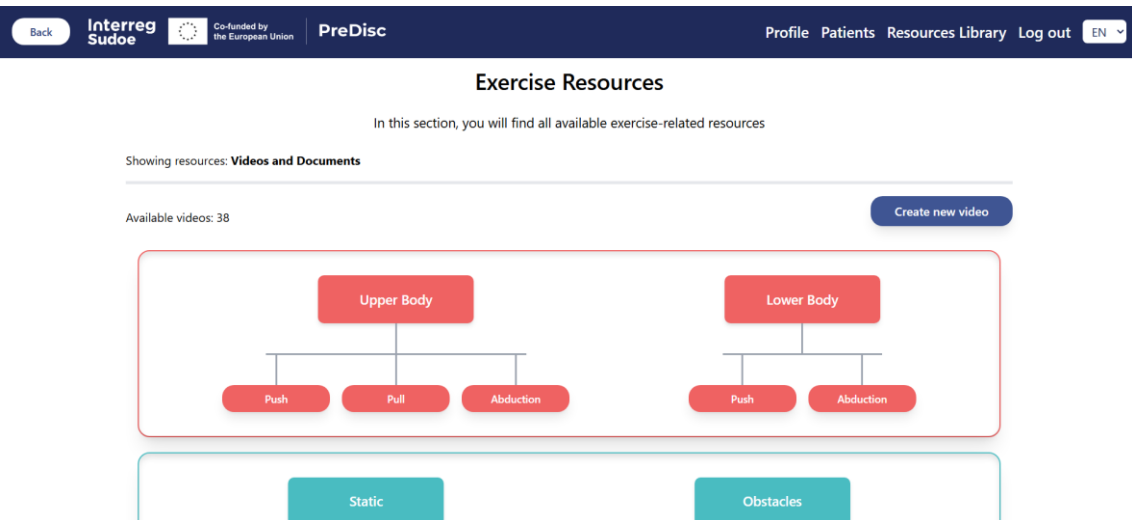
Professionals can update their personal information by clicking on the Edit profile button. This opens a form where they can modify the available fields and save the changes.

The screenshot shows the 'Update Healthcare Professional Profile' form. At the top is a dark blue navigation bar with a 'Back' button, 'Interreg Sudoe' logo, 'Co-funded by the European Union' logo, 'PreDisc' logo, and links for 'Profile', 'Patients', 'Resources Library', 'Log out', and a language dropdown set to 'EN'. The form title 'Update Healthcare Professional Profile' is centered. Below it are input fields for 'Enter your email address:' (containing 'aitor.molero@opendeusto.es'), 'Enter your first name:' (containing 'aitor'), and 'Enter your first surname:' (containing 'molero'). There are also dropdown menus for 'Select your country:' (set to 'Spain') and 'Select your gender:' (set to 'Male'). A large blue 'Update profile' button is at the bottom. A footer bar at the very bottom contains the copyright notice '© 2024 PreDisc - All rights reserved'.

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 itself has a title 'Create new physical video' and contains the following fields: 'Video title' (text input), 'Description' (text area), 'Video link' (text input), 'Select the type of access to the resource:' (with subtext for 'Private' and 'Regional'), an access type dropdown (currently 'Private'), 'Enter the video category.' (dropdown, currently 'Strength'), 'Enter the video subcategory.' (dropdown, currently 'Lower Body'), and 'Enter the video sub-subcategory.' (dropdown, currently 'Push').

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. This form includes: 'Video title' (text input), 'Description' (text area), 'Video link' (text input), 'Select the type of access to the resource:' (with subtext for 'Private' and 'Regional'), an access type dropdown (currently 'Private'), 'Duration in seconds' (text input), and a checkbox labeled 'Indicate whether the video is an initial one for all users'. A blue 'Create new video' button is at the bottom.

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 section with explanatory text: '*Private: only professionals from the same health centre can manage it.' and '*Regional: healthcare professionals from your region can manage it.' Below this is a dropdown menu currently set to 'Private'.
- Indicate whether the document is an initial one for all users:** A checkbox that is currently unchecked.
- 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 containing 'Paso lateral'.
- Description:** A larger text input field containing 'Paso lateral sin asistencia'.
- Video link:** A text input field containing 'https://youtu.be/s3lGw57Udel'.
- Select the type of access to the resource:** A section with the same explanatory text as the first form, followed by a dropdown menu set to 'Private'.
- Introduce la categoría del vídeo:** A dropdown menu set to 'Strength'.
- Enter the video category:** A dropdown menu set to 'Lower Body'.
- Enter the video sub-subcategory:** A dropdown menu set to 'Push'.

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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Profile Patients Resources Library Log out EN

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 a 'Profile' tab selected. The main content area contains four action buttons: 'Edit patient' (blue), 'Transfer patient' (red), 'Prescribe sessions to patient' (blue), and 'Prescribe nutritional recommendations' (red). 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 controls:

- 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, a large blue button labeled 'Update patient'.

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

Lower Body

Static

Obstacles

Mobility

Stretching

10

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. On the left, a sidebar displays the user's profile: Aitor Molero, with a date of birth of 18/12/2003 and age > 21 years. The main area has a header with 'Interreg Sudoe' and 'PreDisc' logos, and navigation links for 'Profile', 'Patients', 'Resources Library', and 'Log out'. Below the header, there are two note boxes: '- Notes: Estiramiento de cuello' and '- Notes: Abducción Cadera con carga'. The 'Create training sessions' section includes a date picker set to 'dd/mm/aaaa' and two exercise buttons: 'Squat +' and 'Medialmeja Seated +'. Below these is a table with six columns labeled 'Session - 1' through 'Session - 6'. Each session column contains a placeholder text 'Drag videos here'. 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 in the PreDisc application. The layout is similar to the previous screenshot, with the same sidebar and header. The main area features a table with three columns: 'Name', 'Description', and 'Selected'. The table contains one row with the text 'Test document' in the 'Name' column, 'This is a document for testing' in the 'Description' column, and an unchecked 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 footer with the text '© 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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ProfilePatientsResources LibraryLog outEN



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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ProfilePatientsResources LibraryLog outEN

Prueba ejercicio físico

P

Video prueba 1 - ejercicio físico



Ver en YouTube

Ver más ta...

Compartir

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.