Unintentional musculoskeletal injuries can severely degrade a military mission’s success. The impact on highly skilled Service Members (SMs) who are required to deploy to extreme environments can be devastating. The Joint Communications Support Element (JCSE) must acquire strategies to optimize and enhance service member performance so they are able to meet their assigned mission.

The ultimate aim of this quality improvement initiative (QII) is to evaluate whether the PRC program improves physical fitness and minimize injuries to new members of JCSE enrolled in Joint Standards & Assessment Course (JSAT-C). The objectives are to:

- Implement and evaluate the PRC protocol
- Compare training performance metrics among JSAT students participating in JCSE’s PRC program (Class 2—002) and JSAT-C students who underwent traditional military training (Class 19-004)
- Assess JCSE’s PRC rehabilitation process

The results of this QII study assessed the effectiveness of the PRC Protocol. The PRC protocol has the potential to improve physical fitness as indicated by their push ups, sit ups, and pull ups.

SMs with pre-existing injuries (as indicated in the pre-training survey) received modified training plans.

- Class 20-002 sustained 1 injury during training compared to 3 in Class 19-004.
- All 18 participants showed an improvement in their overall fitness as indicated by their push ups, sit-ups, and pull-ups.

• SMs who obtain early medical care for their injuries can minimize the number of lost man hours.
• Understanding the mission of the population being serviced can help with writing medical profiles.

<table>
<thead>
<tr>
<th>Component</th>
<th>Class 20-002</th>
<th>Pre-PRC</th>
<th>Post-PRC</th>
<th>Total</th>
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Note: Profiles document injuries or medical conditions that prevent SMs from performing some or all of their duties.

Retroactive Review of the Prevention, Rehabilitation and Conditioning (PRC) Protocol: A Quality Improvement Initiative

Tahera English, DNP, APRN, FNP-C

Setting: Joint Military Base, Tampa, Florida

Participants: Total of 18 SMs from Air Force, Army, Marines and Navy attending JSAT-C class 20-002, 23 to 41 years of age, communications career field

Design: Two-part data collection
- Self-reporting survey to evaluate demographics, existing injuries, and current workout status
- Joint Physical Fitness Test scores of SMs with PRC compared to classes without PRC

Analysis: Descriptive statistics, T-test, and Chi-square were generated with Statistical Package for Social Sciences to identify differences in physical fitness test metrics in relation to injuries.

MILITARY BALANCE

Math concepts in action

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<tr>
<th>Class 20-002</th>
<th>Test 1</th>
<th>Test 2</th>
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<td>53.2</td>
</tr>
<tr>
<td>Navy</td>
<td>46.6</td>
<td>53.2</td>
</tr>
</tbody>
</table>

New Metrics

What is your branch of service?

Air Force
Army
Marines
Navy

What specifically is the organization trying to accomplish?

What changes might the organization make and why?

How will the organization know that a change is an improvement?

Aim: Stakeholders set the goal
Measure: Choose measurement metrics
Change: Develop Change

Steps to test the change solution
Plan it, implement the plan, view the results, act on lessons learned

Model for Improvement developed by the Associates for Process Improvement (Institute for Healthcare Improvement, 2019)

PRC Protocol: An Innovative way to minimize unintentional musculoskeletal injuries among service members.