# **BEST PRACTICES**



# **Concussion Management Model for Schools and Teams**

### STEP 1

Pre Season Baseline **Testing & Education** 

#### STEP 2

Concussion is Suspected

## STEP 3

Post Injury Testing & Treatment Plan

## STEP 4

Is Athlete Ready for Non **Contact Activity** 

## STEP 5

**Determining Safe** Return-to-Play

Educate Athletes, Parents, Coaches, Teachers on Concussions

Take an ImPACT Training Webinar or Workshop to Learn about Baseline Test Administration

Have a Concussion Management Protocol On-hand and Have Your Team of Key Professionals (listed below) Ready to Treat Athlete - Roles/ Duties Should be Established for: - ATC - Concussion Specialist

> Have Parents Sign High School **Permission Slip**

(MD/DO/PhD)

- Rehabilitaion

Schedule Supervised Baselines in School's Computer Lab

Test Administrator Confirms All Baselines are Valid (if Invalid retest Athlete) Sideline Assessment

If Concussion is Suspected - Immediate Removal from Play/ Activity

ATC Sets Up Referral for Concussion Specialist (MD/DO/PhD)

Vestibular Screening

At the discretion of trained medical personnel... Optional Brain imaging if needed

Athlete to Take Supervised Post Injury Test 24-48 Hours Áfter Injury Supervised

ATC Continues to Coordinate Concussion Specialist (MD/DO/PhD) Referral

**Team Coordinates Care** between Athlete, Parent, MD/DO/PhD, ATC, Teachers, Coaches

Does the athlete need additional and more extensive neuropsychological Testing? If so, Refer to Neuropsychologist

#### CRITERIA:

- A. Symptom Free @ Rest & With Cognitive Exertion
- Post ImPACT Test: Within Normal Range of Baseline
- C. Written Clearance for Progression to Activity by Supervising Doctor (non-ER Doctor)

Normal Vestibular Evaluation

IF NOT: Return to STEP 3

IF YES: Stepwise Returnto-Play Progression Beginning with Light Non-Contact Activity Progressing to Full Non-Contact Exertion

Return-to-Play Decisions Should Always be Made by a Concussion Specialist (MD/DO/ PhD)

No Recurring Symptoms at Rest or Following Physical or Cognitive Exertion

ImPACT Test Scores Back to Baseline

After Return to Play Athlete's Final ImPACT Score is Set as their New Baseline

In accordance with the American College of Sports Medicine Guidelines: http://www.acsm.org/AM/Template.cfm?Section=ACSM\_News\_Releases&CONTENTID=12895&T EMPLATE=/CM/ContentDisplay.cfm ACSM's Team Physicians Consensus Statement on Concussion:

http://www.acsm.org/AM/Template.cfm?Section=Home\_Page&SECTION=Annual\_Meeting& TEMPLATE=/CM/ContentDisplay.cfm&CONTENTID=12896

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