

GEISINGER

SPORTS MEDICINE



The Best Approach To Concussion Management

Dear Parent/Guardian,

Geisinger Sports Medicine and your child's high school are well prepared to provide care to your student athlete. Over the last year there has been a significant increase in awareness and media coverage of concussions or mild head injuries. We feel it is important you know your athletic department and Geisinger are on the forefront of concussion care for your student athlete. We have a highly integrated medical network of professionals ready to address these medical needs.

We continue to evaluate and treat patients with concussions using the latest research and data. We also use a software tool called ImPACT to assist our health care providers. ImPACT is not new and is the industry standard of care. This is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to help manage concussions. How is this used? ImPACT can be utilized by an athletic trainer or physician exam to help determine the recovery progress of a head injury and when it is safe for the injured player to return to their sport.

The computerized exam is utilized best when given to athletes prior to beginning contact sport practice or competition. Essentially, the ImPACT test is a preseason physical of the brain. This non-invasive test is set up in "video-game" type format and takes about 15-20 minutes to complete. It is simple, and actually many athletes enjoy the challenge of taking the test. It tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test. Injury tracking has demonstrated over a number of years that certain sports have a higher incidence of concussions. Considering injury statistics and associated risk within respective sports, Geisinger Sports Medicine and your high school has determined only contact sports will have their athletes baseline tested. These sports include, football, boys' and girls' soccer, field hockey, boys' and girls' basketball and wrestling. Baseline tests are obtained every **other** year unless a student athlete **suffers a concussion, in which case they are baseline tested every year.**

When a concussion is suspected, the athlete will be required to re-take the test. The information gathered will be used by our sports medicine physicians and can also be shared with your family doctor. The test data will enable these health professionals to determine when return-to-play is appropriate and safe for the injured athlete. If an injury of this nature occurs to your child, you will be promptly contacted with all the details.

The information gathered from the ImPACT program may also be utilized in future concussion studies. To ensure and guarantee your child's anonymity, ImPACT has set-up an anonymous data submission system.

Why should your son or daughter participate?

Participation is optional. However, it will be a health benefit to your son/daughter in the unfortunate circumstance that they experience or are suspected of having a concussion. This testing is just another tool a physician can use to determine and diagnose the severity of a concussion. This testing **DOES NOT** take the place of a physician. The results from this test do not necessarily hold an athlete out of participation or give them clearance to play. A clinical evaluation is always needed in addition to utilizing this tool.

Where can I find out more information about this test?

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Your school Athletic Trainer is an excellent resource. They are trained professionals to recognize the signs and symptoms of a concussion and manage their treatment in conjunction with a physician. The National Athletic Trainers' Association released a position statement for the management of concussions available here: <http://www.nata.org/health-issues/concussion>

ImPACT also has an excellent collection of resources at www.impacttest.com.

We wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete. We are excited to implement this program given that it provides us the best available information for managing concussions and preventing potential brain damage that can occur with multiple concussions. The School administration, coaching, and athletic training staffs are striving to keep your child's health and safety at the forefront of the student athletic experience. Please return the attached page with the appropriate signatures. If you have any further questions regarding this program please feel free to contact me at 570-758-2011 x 1505.

Sincerely,

Amanda LeValley MA, LAT, ATC
Certified Athletic Trainer
Geisinger Sports Medicine
Line Mountain Area School District
570-758-2011 x 1505
alevalley@linemountain.com

Consent Form

For use of the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT)

I have read the attached information. I understand its contents. I have been given an opportunity to ask questions and all questions have been answered to my satisfaction. I agree to participate in the ImPACT Concussion Management Program.

Printed Name of Athlete

Sport

Signature of Athlete

Date

Signature of Parent/Guardian

Date