



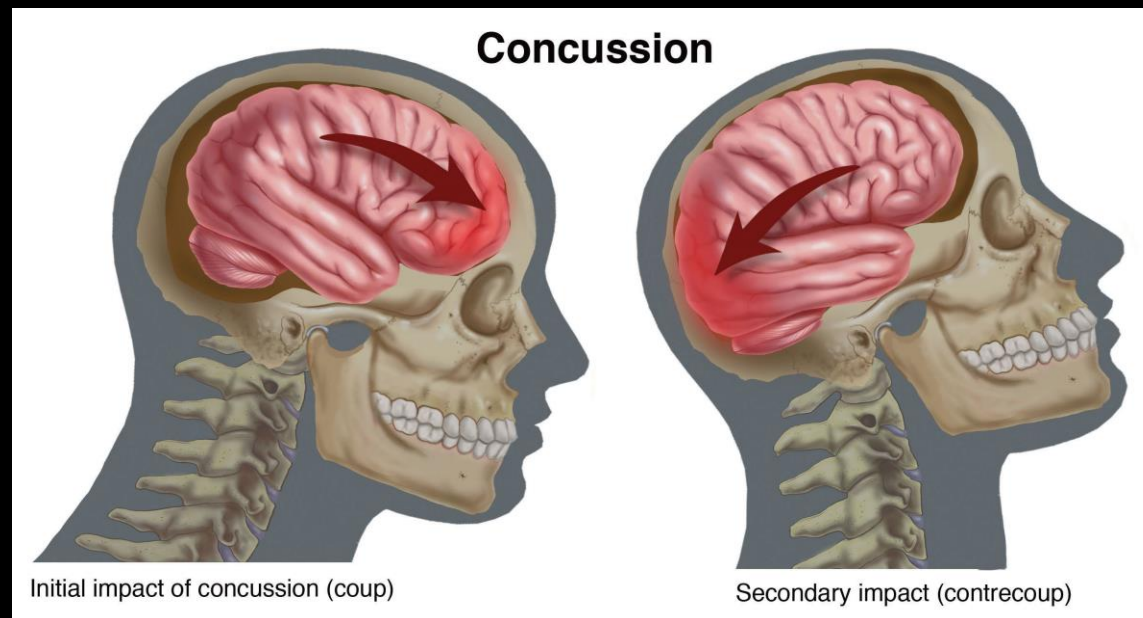
SCHOOLCRAFT  
MEMORIAL HOSPITAL

# CONCUSSION PROGRAM WITH IMPACT TESTING

Jessica Rochefort NP-c

# WHAT IS A CONCUSSION?

- A concussion is a type of traumatic brain injury that results in temporary loss of normal brain function.
  - Bump, blow, jolt to head
  - Hit to body causing head and brain to move rapidly back and forth



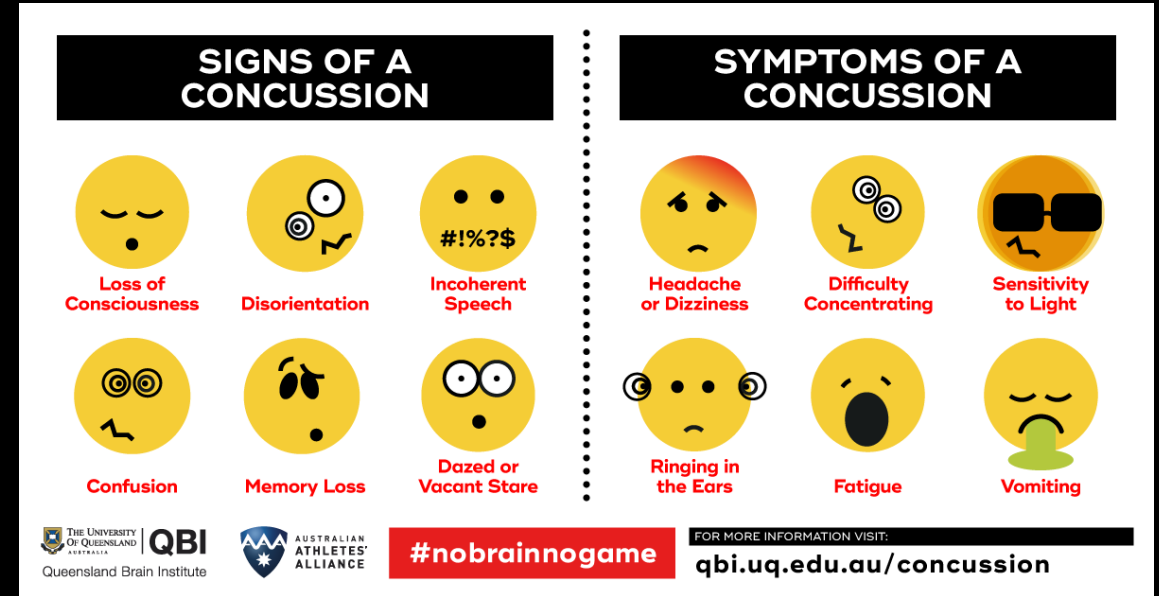


# DID YOU KNOW?

- More than 300,000 sports related concussion a year in USA
  - Likelihood of suffering a concussion up to 19% per year of play
- Concussions are not seen on an MRI or CT scan
- It is not bleeding of the brain or a brain bruise
- You do not always loss consciousness

# SYMPTOMS OF A CONCUSSION

- Amnesia
- Confusion
- Memory issues
- Changes in judgement
- Slowed reflexes
- Slurred speech
- Disruption of balance and muscle coordination



# REMOVAL FROM PLAY

- After a sports related concussion immediate removal from play is the most important aspect of recovery
- 5.93 times more likely to have recovery within 3 weeks
- Continuing to play may result in double the recovery time
- Second impact syndrome
  - Second impact syndrome is a very rare condition in which a second concussion occurs before a first concussion has properly healed, causing rapid and severe brain swelling and often catastrophic results



# IMPACT AND IMPACT PEDIATRIC

- ImPACT stands for-Immediate Post-Concussion Assessment and Cognitive Testing
  - is a neurocognitive assessment administered online in a controlled environment.
- two components:
  - baseline testing
  - post-injury testing
- used in conjunction to determine if a patient can safely return to an activity
- ImPACT Pediatric ages 5-11
  - 10 minute test on iPad
- ImPACT ages 12-59
  - 25 minute test on computer



# SCHOOLCRAFT MEMORIAL CARE

- ImPACT Baseline Testing
- Next business day appointments to injured athletes
  - Personal Healthcare Professional, Jessica Rochefort NP-c Credentialed ImPACT Consultant, Dr. Richard Vermeulen MD, Physical Medicine and Rehabilitation Specialist
- ImPACT Post-Injury Testing
- Physical Therapy
  - Ryan Pairolero PT, ImPACT Specialist
- Back to Healthcare Professional or Jessica Rochefort NP-c for return to play or if symptoms continue or worsen, referral to Dr. Richard Vermeulen

**HEAD INJURY:**  
REMOVAL FROM PLAY



**MEDICAL EVALUATION:**  
HEALTHCARE  
PROFESSIONAL, POST-  
INJURY ImPACT TESTING



**PHYSICAL THERAPY:**  
RETURN TO PLAY PROTOCOL  
ALONG WITH ImPACT RETESTING



**RETURN TO  
PLAY**



**MEDICAL EVALUATION:**  
CLEARANCE FROM PRIMARY  
PROVIDER  
VS  
REFERRAL TO DR RICHARD  
VERMEULEN







# REFERENCES

- <https://impacttest.com/>
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- [https://www.cdc.gov/headsup/basics/concussion\\_what\\_is.html](https://www.cdc.gov/headsup/basics/concussion_what_is.html)
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