

“Growing the Concussion Network”

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Growing the Concussion Network

Dr Niamh Lynch

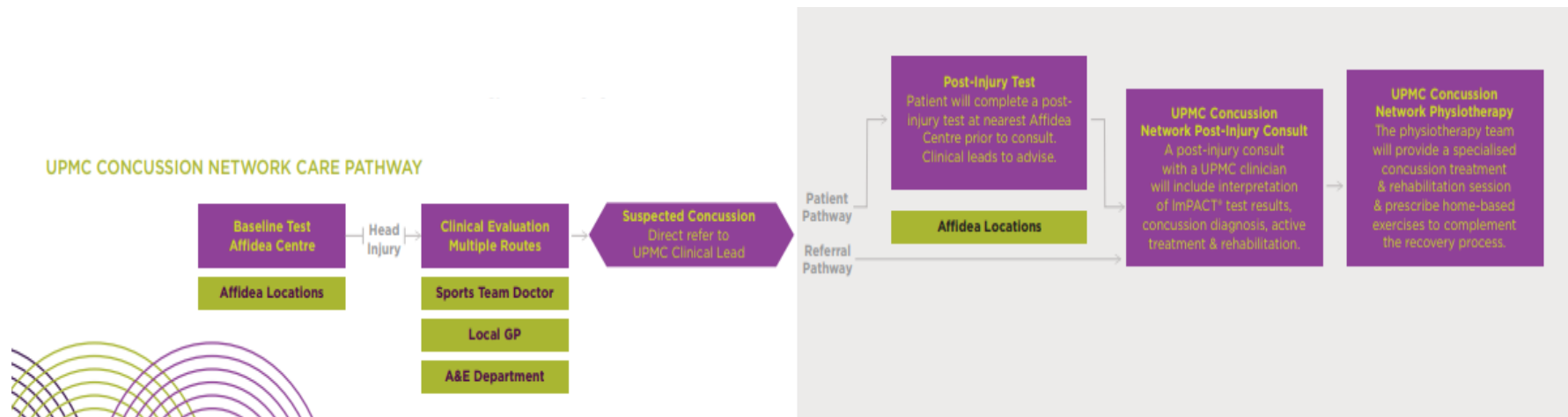
Bon Secours Hospital Cork



The Concussion Network

- Clear pathway for children and adults with concussion
- Four centres at present
- Cork, Waterford, Galway, Mayo
- Dublin service will begin soon

Pathway to Care

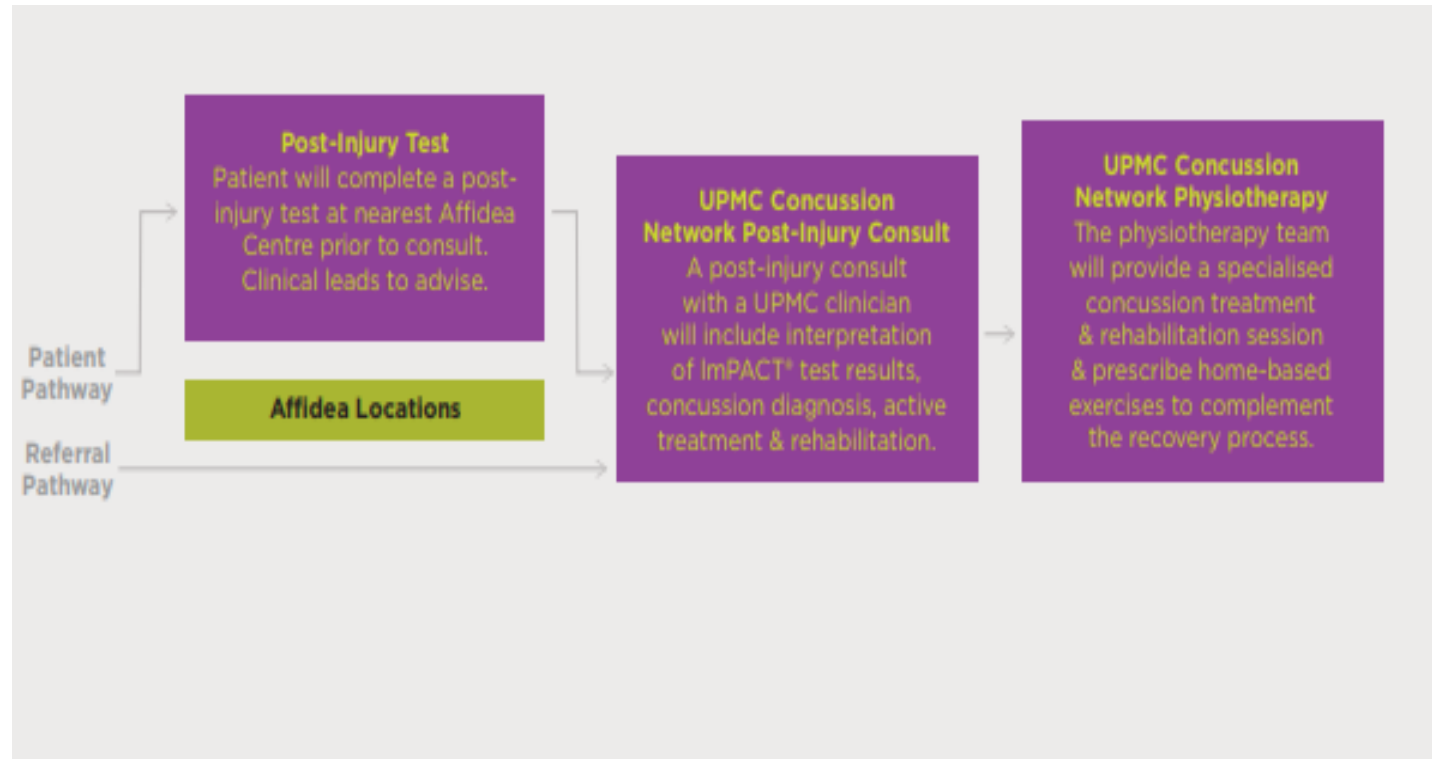


Pathway to Care

UPMC CONCUSSION NETWORK CARE PATHWAY



Pathway to Care



Concussion Network



Concussion Network



Concussion Network



Pre-season



Supervised
at School
Or clinic



Remove
From Play

1-3 Days



Evaluation



Return to Play

How It Works

- Most patients- no baseline
- Referred to network
- Advised to have ImPACT post injury test prior to appointment
- Clinic appointment and physiotherapy appointment on same day
- Rehab programme, follow up as required
- Typically 3 physio visits, two rooms visits, two post injury tests

Concussion Network in Action



ImPACT without Baseline

- Female: Known dyslexia
- GAA injury
- Highly symptomatic- vestibular and migraine
- VOMS testing provoked symptoms
- B student but works very hard
- Two weeks out from injury: off school, napping all day, withdrawn, anxious

ImPACT without Baseline

- Designed academic program: return to learn
- Vestibular rehab program
- Migraine management
- Two weeks later
- Passed physio exertion test, ImPACT numbers good
- Return to play

Case Report

- Male
- Straight A student
- 5 weeks out from injury
- Headaches and poor sleep
- Minimal provocation on VOMS and physio exertion
- Constant background headache

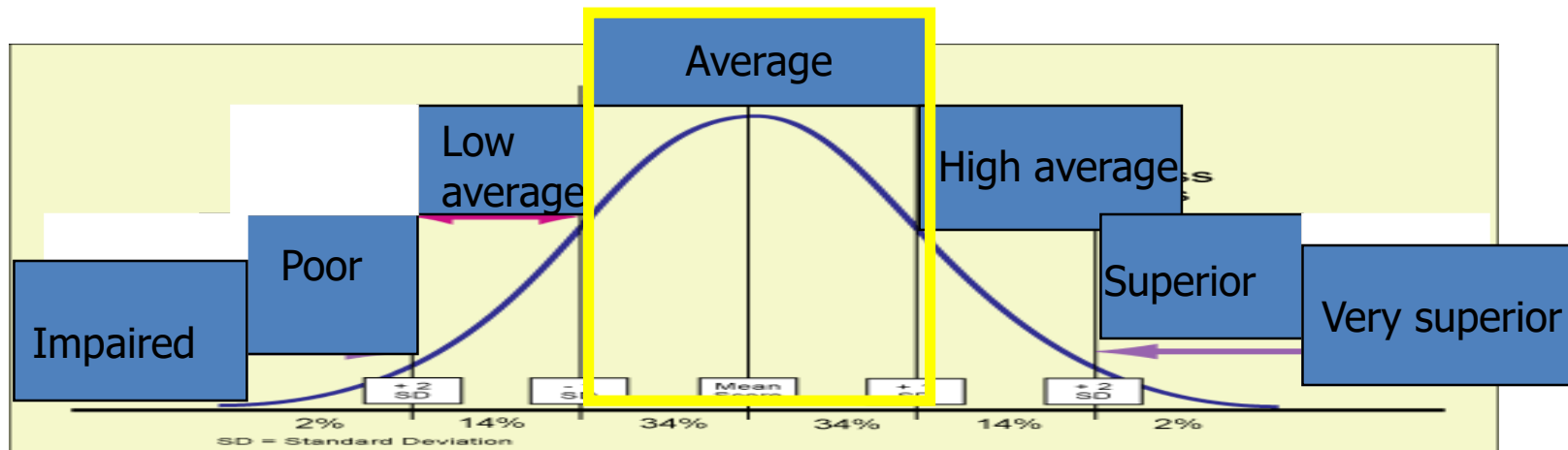
Case Report

- Migraine profile, but symptoms not dramatic and no clinical signs
- Neurocognitive profile NOT normal
- Help with sleep: denies anxiety but has trouble 'turning off his thoughts'
- Return to exertion but not contact
- Retest in 2 weeks: Passed exertion test, but...



Percentile Ranges

Superior/Very Superior	90 – 99 th % ile
High Average	75 – 89 th % ile
Average	26 – 74 th % ile
Low Average	16 – 25 th % ile
Poor (Borderline Impaired)	6 – 15 th % ile
Impaired	< 5 th % ile



Growing the Concussion Network

- Baseline testing
- More clinicians on the network
- Increasing awareness amongst GPs and the public
- Because...

Concussion is a treatable injury!