

OCHSNER HEALTH SYSTEM CONCUSSION MANAGEMENT PROGRAM

The Concussion Management Program is created for the protection of the students in participation in senior high school athletics, dance, cheerleading, and select clubs such as lacrosse and equestrian henceforth for this program collectively known as "student athletes" - while performing their activities in which physical contact is a component of the sport. This program will provide strong framework by which safety of practicing and potential for head injury and subsequent concussion may be gauged.

The use of computerized neurocognitive testing to evaluate the concussed athlete with persistent symptoms affecting short-term memory, reaction time, problem solving, etc. has been found to be an extremely helpful tool allowing for more safe, expedient return of the student athlete to sports, decreasing the risk of prolonged concussion-related symptoms and development of post-concussion syndrome. As a proactive measure, the program began in 2010-2011 in Northshore schools and 2011-2012 in Jefferson Parish. The program was implemented with Baton Rouge schools in the fall of 2018. All student athletes are strongly encouraged to participate in the Concussion Management Program. It is in conjunction with Ochsner Pediatric & Adolescent Concussion Management Program which utilizes the ImPACT neurocognitive test (www.impacttest.com). All the test results will be confidential and can only be reviewed by the assigned athletic trainer or a physician.

Enrollment in the program *does not* require a student athlete to seek medical treatment from an Ochsner healthcare provider or at an Ochsner facility for an injury sustained while participating in a school sponsored athletic event. A student athlete may seek medical treatment from his/her traditional healthcare provider or as insurance requires for any injury sustained while participating in a school sponsored athletic event including a concussion.

ImPACT Neurocognitive Testing

At the forefront of proper concussion management is the implementation of baseline and/or post-injury neurocognitive testing. Such evaluation aims to objectively evaluate the concussed student athlete's post-injury cognitive status and help with tracking recovery for safe return to play, thus preventing the cumulative effects of concussion. ImPACT is a user friendly computer based testing program specifically designed for the management of sports-related concussion. ImPACT is currently the most widely utilized computerized program in the world and is implemented effectively across high school, collegiate and professional levels of sport participation. Features of the ImPACT include:

- Measures player's symptoms
- Computer administered, web-based
- Assist physicians and athletic trainers in making difficult return to play decisions
- Provides reliable baseline test information
- Produces comprehensive report of test results
- Automatically stores data from repeat testing
- Measure attention, memory, processing speed and reaction time
- Reaction time measured to 1/100th of a second

STUDENT PARTICIPATION APPLICATION

My child, _____ (Name of Student), has my permission to participate in the Concussion Management Program at _____ (School Name). We have studied the requirements for participation and agree to its terms. We understand that the collected data from the ImPACT testing on my child will be confidential and can be reviewed only by the athletic trainer of my child's school and a physician. The viewing of my child's records by any other person must have expressed permission in writing. Questions can be answered by contacting the coach, principal or athletic trainer of the sport/school.

Yes, I approve participation No, I do not want my child to participate

Parent or Legal Guardian's Signature _____

Date _____

PRINT Parent or Guardian Name _____

Student Signature (if 18 or above) _____ Date _____