

# HeadsUp NY: Referrals and Educational Resources

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# 30 Second Instant Replay

- Familiar now with concepts of RTL and RTP within Berlin Consensus Guidelines
- Concussion Management in today's:
  - Medical-Educational-Legal Context
  - Emphasis on Individualized Management
- Changes in safety in amateur sports often follow tragedy: E.g. Death of Harold Ransom Moore, a Union College football player who died on 11/25/1905 in game vs. NYU at Columbia Univ.
- So too today: Lystedt Law passed in Washington State in 2009 tragic injury to Zackery after returning to football game after sustaining an apparent concussion during the first half



# NYS Legal Context

- By 2014 all 50 States and D.C. each had their version of Concussion Management based on Lystedt Act
- NYS in 2011 passed the Concussion Management and Awareness Act (Amends both the Education AND Public Health Laws).
- NYSED issued Guidance to Public School Districts in 2012, updated 2014, in revision now (based on Berlin Guidelines).
- 3 Key Aspects:
  - Education on prevention & management of concussion.
  - Immediate removal from play if concussion is suspected.
  - Return to play after 24hours symptom free & MD clearance.

# NYS Medical Context

- NYS “powerhouse” TBI Model Centers (NYU), Model Systems (Mt.Sinai) & research (UBuffalo)
- MDs have a critical & pivotal role in providing educational information AND managing concussions for school aged children & student/athletes.
- Whether ED, PCP, or district Medical Director
- Law has flaws: applies only to public schools not private schools & youth sports, weak MD & school physician training, and lack of knowledge in both the prior RTL and RTP protocols & changes with Berlin!



# Where to find the Standards? CDC & Professional Societies

- American Academy of Neurology: Evidence-based Practice Guidelines & Sports Concussion Toolkit. [www.aan.com](http://www.aan.com)
- American Academy of Pediatrics: Concussion in children and adolescents: Management Up-to-Date [www.uptodate.com](http://www.uptodate.com)
- Berlin Consensus Statement on Concussion in Sport McCrory, P. et al (2017) British Journal of Sports Medicine, Published Online First. Accessed 28 April 2017. DOI:10.1136/bjsports-2017-097699
- Centers for Disease Control and Prevention (Pediatric TBI Guidelines to be released in 2018) HeadsUp: Online Concussion Training for Health Care Providers. [www.cdc.gov/headsup/providers/training/index.html](http://www.cdc.gov/headsup/providers/training/index.html)
- National Association of Athletic Trainers: Position Statement: Management of Sports Concussion (2014) [www.nata.org](http://www.nata.org)



# Free Concussion Resources for Health Care Providers



[www.cdc.gov/HEADSUP](http://www.cdc.gov/HEADSUP)





# General Resources: Managing the Recovering Student in RTL & RTP

- Berlin Guidelines: British Journal of Sports Medicine
- BIAUSA Concussion Information Center  
[www.biausa.org/concussion/concussion-information-center](http://www.biausa.org/concussion/concussion-information-center)
- Iverson, G. & Gioia, G. (2016) Returning to School Following Sports-Related Concussion. *PM&R Clinics of North America*, 27, 429-436.
- Upstate University Hospital Concussion Management Program. Concussion in the Classroom. [www.upstate.edu/concussion](http://www.upstate.edu/concussion)
- University of Pittsburgh Sports Concussion Management Program: Resources for computerized testing (i.e. ImPACT) [www.upmc.com](http://www.upmc.com)
- REAP: The Benefits of Good Concussion Management [www.bianys.org/wp-content/uploads/2015/05/REAP-NY](http://www.bianys.org/wp-content/uploads/2015/05/REAP-NY)

# Complex Cases and/or “Slow to Recover” Patients

- Recovery can be predictably slow in complex etiology (e.g MVA), prior history of concussion(s), migraine, affective disorders, or LD/ADHD.
- Children & teens: estimates for recovery 2-4 weeks (O’Neill, 2017). Patients not progressing or predictably slow, need to consider referring to specialist or interdisciplinary concussion center @ 3 weeks: Sports Med. Centers, Pediatric Neurology Centers or Rehabilitation Hospitals w/ Concussion Clinics.
- Parent Ed: CHOP Concussion Care for Kids: Minds Matter  
[www.chop.edu/centers-programs/concussion-care-minds-matter](http://www.chop.edu/centers-programs/concussion-care-minds-matter)
- MD ED: Concannon, L. et al (2014) The Million Dollar Question: When Should an Athlete Retire After Concussion? Current Sports Medicine Reports. 13(6), 365-369.



# Secondary Prevention

- All comfortable about primary prevention talks (e.g. bike & ski helmets, safe sports equipment, “Feet first, first time”)
- After the second concussion or other injuries, is there an honest discussion of why the student/athlete has now had 2+ concussions???
- Are we discussing risk factors such as style of play? over scheduling? playing on multiple travel teams? “playing up”? or other risk factors?
- Are you calling school MD/NP asking about districts “sports culture” & need for emphasis on safety & rule enforcement.

# Additional Educational Resources for Parents & Students

- BIANYS Concussion Initiative & Youth Advisory Gp [www.bianys.org](http://www.bianys.org)
- NYSED: [www.p12.nysed.gov/sss/schoolhealth/.../ ConcussionManagement Guidelines.pdf](http://www.p12.nysed.gov/sss/schoolhealth/.../ConcussionManagementGuidelines.pdf)
- NYDOH: [www.health.ny.gov/prevention/injury/prevention/concussion.htm](http://www.health.ny.gov/prevention/injury/prevention/concussion.htm)
- CDC: Resources and trainings for school professionals, youth sport coaches, students/families, and HCP [www.cdc.gov/headsup](http://www.cdc.gov/headsup)
- NYSPHSAA (See the Handbook ): [www.nysphsaa.org](http://www.nysphsaa.org)
- Mom's Team: Youth Sport Concussion Safety Center (Wealth of Resources for Parents, Coaches & Professionals) [www.momsteam.com](http://www.momsteam.com)
- Additional Resources in Appendix/Handout



Don't be like Dr. Harry

