

Sports Physicals & ImPACT® Concussion Testing



What is ImPACT®?

The following is taken from www.impacttest.com.

ImPACT® is a computerized neurocognitive assessment tool to help licensed healthcare providers evaluate and manage a suspected concussion. ImPACT® is the industry leader in concussion management and trusted by teams and organizations around the world.

ImPACT® comes in two forms:

1. Baseline Test – Administered by a licensed healthcare provider or a trained baseline administrator before the start of a sport season, school year, or other activity. Baseline scores are collected and stored on our privacy compliant servers. ImPACT® Applications recommends re-administering the baseline test annually in accordance with CDC guidelines.
2. Post-Injury test – Administered by a licensed healthcare provider when a concussion is suspected. Test results are compared to baseline scores and normative data scores as part of a healthcare provider's assessment of the injury. Multiple post injury tests may be given to an individual during the course of treatment and rehabilitation.

Top Actions for Parents and Test Takers:

Download the Free ImPACT® Passport™ Mobile App

ImPACT® Passport is a mobile app that enables ImPACT® takers to store their Passport ID – the secure personal identification code provided after completing an ImPACT® baseline test. ImPACT® Passport allows a parent or test takers to grant access to their data to a healthcare provider, record symptoms, locate a healthcare provider or access educational content on concussion.

More information can be found online at <https://concussioncareresources.com/topic/concussion-education/>.

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Rationale for Using ImPACT®

The following information is taken from ImPACT® Software Users Manual.

The management of sports-related concussion, regardless of participation level, is currently one of the most hotly debated topics in sports medicine. Much of this debate centers around the safe determination of return to participation once concussion has been diagnosed. Though long-term deficits in the form of post-concussion syndrome have been observed from a single concussive event, it is typically assumed that proper management of concussion should lead to good prognosis and no long-term harmful effects. Conversely, returning an athlete to participation prior to complete recovery may greatly increase the risk of lingering, long-term, or catastrophic neurologic sequelae. As such, acute assessment of injury and determination of existing symptoms that may indicate incomplete recovery proves critical to the safe management of the concussed athlete. No athlete should return to participation until all signs and symptoms of concussive injury have completely resolved.

The determination of lingering difficulties associated with concussion has traditionally proven problematic for a variety of reasons. These may include:

- Mainstream neurodiagnostic techniques, such as CT scan and MRI, though invaluable in discerning more serious intracranial pathology (e.g. skull fracture, hematoma, parenchymal lesion), are generally insensitive in measuring the subtle effects of concussion.
- Athletes who have experienced a concussion present with a wide variety of symptoms. Although the classic symptoms of loss of consciousness, confusion, memory loss, and/or balance problems may be present in some athletes with mild concussion, there may or may not be obvious signs that a concussion has occurred. Symptoms indicative of brain impairment can be quite subtle and may go unnoticed by the athlete, team medical staff, or coaches.
- Many coaches and other team personnel may have limited training in recognizing signs and symptoms of concussion and therefore may not accurately diagnose the injury when it has occurred. Many players may be reluctant to report concussive symptoms to the athletic trainer or team physician due to the fear that they will be removed from the game, thus jeopardizing their status on the team or their careers.
- Many sports medicine practitioners are not satisfied with the current concussion return-to-play and management options (at least 14 current versions) that are not based on data-driven or scientific principles.

Given these outlined issues, more sensitive neurodiagnostic assessment strategies have proven critical to the safe management of the concussed athlete. Further, such techniques have provided a valuable research paradigm for which to gain a better understanding of this elusive injury. At the forefront of these approaches is the advent of computerized neuropsychological testing. The UPMC Department of Orthopaedic Surgery and Center for Sports Medicine has recently developed a

computerized battery of neuropsychological tests called ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) that is becoming widely used both nationally and internationally to better diagnose and manage sports-related concussion.

ImPACT is a sophisticated research-based software tool developed to help sports-medicine clinicians evaluate recovery following concussion. The ImPACT program evaluates and documents multiple aspects of neurocognitive functioning including memory, brain processing speed, reaction time, and post-concussion symptoms. In addition, the program provides a user-friendly injury documentation system that facilitates the tracking of the injury from the field through the recovery process. ImPACT is currently being employed nationally and internationally across both amateur and professional levels of sporting activity.

It is important to emphasize that it has been the philosophy of the developers of ImPACT to conduct extensive research on ImPACT. To date, baseline testing has been conducted on over 7,500 athletes and post-concussion follow-up data has been collected on over 600 athletes. The National Collegiate Athletic Association (NCAA) and the National Academy of Neuropsychology (NAN) funded initial studies for the development of ImPACT, and a current five-year study funded by the National Institute of Health continues this line of research. Regarding ImPACT data, seven manuscripts have recently been published in peer-reviewed journals such as in the *American Journal of Sports Medicine*, *Journal of Neurosurgery*, *Neurosurgery*, *Current Sports Medicine Reports*, the *Clinical Journal of Sport Medicine*, as well as other well-respected medical journals.

ImPACT team members have dedicated the past 15 years to scientific study of sports-related concussion and the clinical application of this knowledge throughout professional and amateur sports. ImPACT is the culmination of this experience and has been developed to provide sports medicine practitioners with an objective and scientifically-based clinical tool to more effectively manage the concussed athlete.

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Sports Physicals & Concussion Testing

ICO Gives Back

Sports Physicals & Pre-Concussion Testing is now being offered at all **Immediate Care of Oklahoma** locations in partnership with Oklahoma schools. **\$10 per athlete** will be donated to his/her school. Be sure to let our front desk know what school you attend and we will be donating \$10 of your visit to your school's athletic department.

IMPACT® Baseline Concussion Test

- According to OSSAA rules, Sports Physicals are effective May 1st to May 1st.
- What is it? More detailed information below.
- Where? Immediate Care clinics (\$10)
- When? Any time from **8:00am-8:00pm** or 7:00am-10:00pm M-F at the Tecumseh Street Location. **Book an appointment online @ immediatecareok.com**. The physical and test will take approximately 45 minutes.
- How often do I need to complete a Baseline Concussion test? Athletes need to be tested every 2 years.
- How much does it cost? **\$25-Sports Physical \$10-Concussion Test**.
- **Can I complete the Physical and Concussion test at the same time? Yes, \$35.**

