

ACCOMPLISHMENTS

- Conducted Concussion Management Workshops to educate coaches, athletic trainers, nurses and school physicians.
- Distributed Concussion Management Guideline Cards to NYS schools.
- Introduced ImPACT: a tool for assessing neuro-cognitive functioning – baseline and post injury.
- Developed a website as an informational resource and a conduit to ImPACT for school registrations.
www.keepyourheadinthegame.org
- Published several articles related to concussion management.



GOALS

Educate coaches, athletes, athletic trainers, parents, nurses and school physicians about concussion recognition, management and prevention.

Develop an awareness among school personnel and parents of Medical Facilities in NYS that specialize in treating concussed athletes and introduce ImPACT as a tool for evaluation.

CONCUSSION MANAGEMENT TEAM

Karissa Graham, Certified Athletic Trainer - Marcellus High School

Dennis Fries, Representative of NYS Athletic Administrators Association

Tony Wong, PhD: Director of Neuropsychology - Unity Health Systems, Rochester, NY

Brian Rieger, PhD: Upstate Medical Center, Syracuse, NY

James M. Callahan, MD: The Children's Hospital of Philadelphia

Jay Dunkle, PhD: Neuropsychological Services of White Plains, NY.

John Leddy, MD: U. Buffalo Sports Medicine

John O'Bryan, MD: Troy Family Physicians, Troy, NY

Peter Acker, MD: Pediatrician, Rye Brook, NY

Gary Meierdiercks, Certified Athletic Trainer: North Shore HS

Mark Donnelly, Certified Athletic Trainer: Plattsburgh, NY

Lou Rende, Certified Athletic Trainer: Center of Sports Medicine, Schenectady, NY

Scott Dinse, Certified Athletic Trainer: University of Buffalo Sports Medicine

Scott Sabatelle, Certified Athletic Trainer: Beacon HS

John Scheible, Parent: Rochester, NY

Lloyd Mott, Assistant Director: NYSPHSAA



NEW YORK STATE
PUBLIC HIGH SCHOOL
ATHLETIC ASSOCIATION

AND

NEW YORK STATE
ATHLETIC ADMINISTRATORS
ASSOCIATION



Concussion Management in Secondary School Athletics

MISSION STATEMENT

The NYSAAA and The NYSPHSAA have partnered to educate interscholastic athletic personnel, school athletes, parents of athletes, school nurses and school physicians in current sports concussion management policies and procedures. Recognizing the concussed athlete, applying the guidelines for appropriate response, understanding the dangers of overlapping concussions and following correct protocols for return to school and athletic participation will be outcomes of the educational process. As a result, the number of New York State scholastic athletes suffering from "post concussion syndrome" or "second impact syndrome" will be minimized.

SYNOPSIS OF PRAGUE CONFERENCE 2004

- Identify the difference between “simple” and “complex” concussion.
- Mild Traumatic Brain Injury (simple concussion) makes up 75% of all concussions.
- Concussion may be caused by a blow to the head or a significant shaking of the body, causing brain injury.
- A concussion may occur with or without a loss of consciousness. Loss of memory may be a more sensitive indicator.
- A majority of concussed athletes may return to play within 7 – 10 days.
- A concussed athlete should not return to play without a medical doctor’s release. Return to play must be gradual (increasingly difficult exercises).



ImPACT

- A concussion management tool
- Validated with multiple studies
- Easy to administer
- Baseline neuro-cognitive data for comparing to post concussion scores – measures memory, working memory, attention, reaction time and mental speed
- Provides a detailed clinical report
- Is not a replacement for comprehensive neuro-psychological testing

CLINIC AWARENESS

School personnel and parents have expressed a need for a listing of medical facilities with expertise in the treatment of concussed patients. The NYSPHSAA and the NYSAAA will post a list of facilities that have expressed a desire to work with secondary school athletes who need advanced neuro-psychological or neurological testing. The NYSPHSAA and the NYSAAA do not endorse these businesses and claim no relationship which could cause a liability issue. The clinics listed are to develop an awareness of available resources from which the schools and/or parents may request medical diagnosis and treatment. It is strictly the choice of the schools or parents as to what medical facilities they may decide to use. This listing is to only make the schools and parents aware of possible facilities for treatment of their student-athletes. For listing review: www.keepyourheadinthegame.org.



LINKS

Brain Injury Association of New York State:
www.bianys.org

Brain Trauma Foundation and Weill Medical
College of Cornell U., NYC
www.braintrauma.org

Sports Medicine Advisory Committee, NFHS
www.nfhs.org

Center for Disease Control
www.cdc.gov/concussioninyouthsports

ImPact
www.impacttest.com

Prague Conference
<http://bjs/bmj.com/cgi/reprint/39/4/196>

Concussion Management Program - SUNY
Upstate Medical University
www.upstate.edu/concussion

University of Buffalo Sports Medicine,
Concussion Clinic; www.ubsportsmed.buffalo.edu

FAST FACTS

- 20% of concussions (300,000/yr) are sports related.
- Football, soccer, equestrian, baseball and skiing are most common sports-related concussions in high school.
- 10% of high school football players sustain a head injury each year and 20% at some time in their career.
- Ice Hockey in Canada: 7% of players will sustain a concussion each season.