

Concussion

Tuition: \$229

Hours: 15

Instructor

- [Bill Moreau, DC, DACBSP, FACSM](#)

Course Description

Concussion is a serious and commonly encountered brain trauma often encountered in sport. Not all concussions are sports related, but many concussions in sport are sustained by pediatric or adolescent individuals. These patient populations are especially important because injury to a developing brain may result in long term deficits.

This fifteen-hour distance based course is intended to present Doctors of Chiropractic with information on the current best practices in concussion management with the understanding that this body of knowledge is currently in a state of transition. The evidence base used to develop concussion management protocols is primarily based upon lower level scientific research. Most of what is considered best practice in concussion management is not based on best evidence, but rather consensus. This class attempts to provide an unbiased knowledge base to the learner by including consensus statements for numerous organizations without professional discrimination.

By taking the time to further your knowledge base on concussion, you demonstrate to your patients and colleagues that you recognize the severity and possible consequences of head injury, and are committed to using best practices when managing concussed individuals.

Evaluation

The content of this course is provided through online reading material in which the learner's participation (time) is actively tracked and logged. A minimum of 15 hours is required. There will be at least three questions for every hour of the class. The learner must receive a score of 75% of the total possible points and log at least 15 hours to receive credit for the course. Learners not achieving the pass rate will be directed to additional study by the instructor and allowed to re-take the examination.

No textbooks required. Internet service required for completion of this course. Funding sources and potential conflicts of interest statement: No funds were received, underwritten or subsidized by any vendors of any goods including supplies or services for this course.

Outline

The first unit of the course consists of slide presentations on current concepts in concussion. These presentations include definition of concussion, incidence, sport specific concerns, case studies, and an introduction to other forms of mild traumatic brain injury.

The second section of the course includes assigned readings from several organizations. These readings are provided to you within this course.

The final portion of the course reviews on the field management of closed head injury. A checklist for on field management of concussion is introduced. Next, emergency procedures for on field management of the head injured athlete are discussed. This includes a paper from the NATA "Prehospital Care of the Spine-Injured Athlete." Head injury and spine injury often occur in unison, and this consensus paper is an excellent resource for on field management of spine injury for any health care provider.

Objectives

- 1) Identify what constitutes a concussion.
- 2) Learn the domains of neuronal dysfunction related to concussion.

- 3) Learn the etiology of how concussions occur.
- 4) Understand the nuances of concussion in the adolescent population.
- 5) Recognize that a loss of consciousness is a key but NOT a required factor in the diagnosis of concussion.
- 6) Identify the wide range of signs and symptoms of concussion.
- 7) Learn about tools used to assess and track concussed athletes.
- 8) Learn the current best practices of managing and determining return to play decisions.
- 9) Identify common risk factors related to concussion.
- 10) Identify an algorithmic approach for the assessment and management of a concussed individual at an athletic event.
- 11) Determine which clinical presentations indicate a prompt or urgent referral to an emergency department.
- 12) Develop the skills to implement a graded return-to-play protocol for concussed individuals.
- 13) Explore variables associated with concussion prevention.