

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 neuron-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 for concussion management.

CONCUSSION MANAGEMENT TEAM

Karissa Graham, Athletic Tr.
Marcellus High School

Dennis Fries, Representative of
NYS Athletic Administrators
Association

Tony Wong, PhD: Director of
Neuropsychology, United
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Brian Rieger, PhD: Upstate
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Jim Callahan, MD: The
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Jay Dunkle, PhD:
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Johan Leddy, MD: U. Buffalo
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Peter Acker, MD: Pediatrician,
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NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION AND NEW YORK STATE ATHLETIC ADMINSTRATORS ASSOCIATION

Concussion Management in
Secondary School Athletics

MISSION STAMENT

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 inappropriate actions 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 “secondary impact syndrome” will significantly decrease.

GOALS

Educate coaches, athletes, athletic trainers, parents, nurses and school physicians to concussion management.

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.

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 damage.
- Loss of consciousness may, or may not indicate a severe concussion. Loss of memory may be a more significant 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).

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

LINKS – (continued)

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

FAST FACTS

20% of concussions (300,000/yr) are sports related

Football, soccer, equestrian, baseball and skiing are most common sports related concussions in HS

10% of HS football players sustain a head injury each year and 20% at sometime in career

Ice Hockey in Canada: 7% of players will sustain a concussion each season

ImPACT

- A concussion management tool
- Validated with multiple studies
- Easy to administer
- A baseline neuron-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 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 neuron-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 to select for treatment of their student-athletes. For listing review: www.keepyourheadinthegame.org.