




Concussions...
What is a Coach to do?




U16 HPDP



OST Saas Fee

- 
- Thank-you for spending an hour with me – we are changing the world one person at a time.
 - With us all knowing our role, we can take the fear and drain out of Concussions
 - I am not afraid of Concussions, I am afraid of Mismanaged Concussions
 - Neglect is a form of abuse

AOA Fall Education Summit 2017


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- My name is Erin Smith, and I am a concussion patient
 - Athletic Therapist
 - Holistic Lifestyle Coach

Why should you listen to me?

- Preseason
- Time of Injury
- Return to Snow

- Having a team to delegate to
- Knowing our roles

What is a Coach to do?

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- Send your staff/group a digital copy of;
 - The Preseason Education Sheet
 - Signed contract?
 - SCAT5
 - The Child SCAT5 (5-12 yoa)
 - The Apps:
 - Concussion Ed
 - The ACA Concussion Protocol

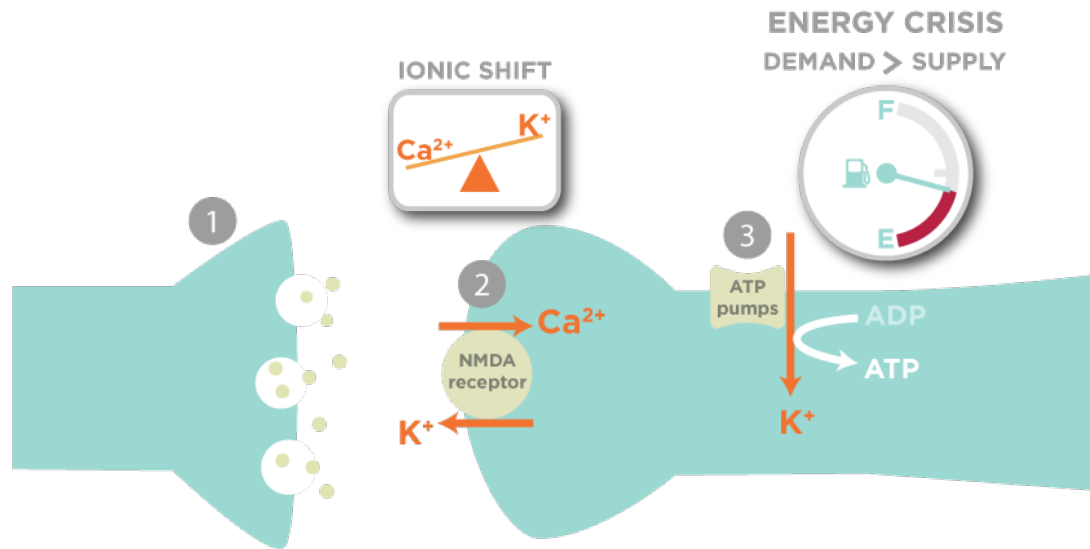
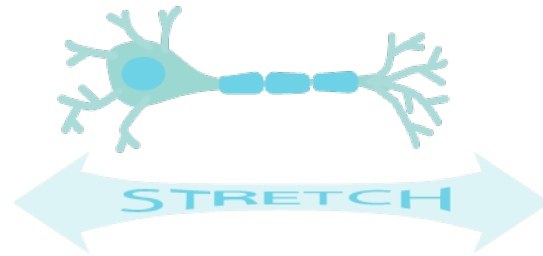
Preseason

- Review the Pocket Recognition Tool
- Baseline testing is not advised
- Locate a referral network; Doctor, AT, PT
 - Shift Concussion or Complete Concussion Provider

Pre-Season

- ACA protocol
- Pocket Recognition Tool
- ACA Pathway
 - Guardian or adult with the patient
- Nutraceuticals:
 - Organic electrolyte beverages as the only beverages for 1st 72 hours
 - Home made or coconut water (for neurological inflammation)
 - Macronutrients – a neurological rehab protocol like Atkin's or Low GI – Omega 3s
- EMFs lowered as much as possible
- Eye stretching to relax the eyes and neck
- Dental Protector

I hit my head...



What happens on the inside...

1. Pre-season Education

2. Head Injury Recognition

3A. Emergency Medical Assessment

3B. Sideline Assessment

4. Medical Assessment

5. Concussion Management

6. Multidisciplinary Concussion Care

7. Return to Sport Clearance

ACA Concussion Pathway

Canadian CT Head Rule

CT head is only required for minor head injury patients with any one of these findings:

High Risk (for Neurological Intervention)

1. GCS score < 15 at 2 hrs after injury
2. Suspected open or depressed skull fracture
3. Any sign of basal skull fracture*
4. Vomiting \geq 2 episodes
5. Age \geq 65 years

Medium Risk (for Brain Injury on CT)

6. Amnesia before impact \geq 30 min
7. Dangerous mechanism ** (pedestrian, occupant ejected, fall from elevation)

*Signs of Basal Skull Fracture

- hemotympanum, 'raccoon' eyes, CSF otorrhea/rhinorrhea, Battle's sign

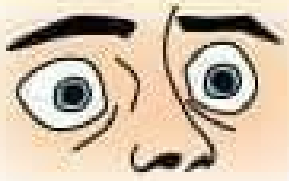

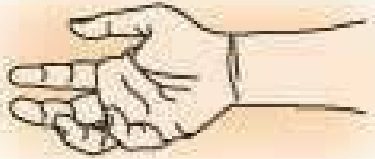
** Dangerous Mechanism

- pedestrian struck by vehicle
- occupant ejected from motor vehicle
- fall from elevation \geq 3 feet or 5 stairs

Rule Not Applicable If:

- Non-trauma cases
- GCS < 13
- Age < 16 years
- Coumadin or bleeding disorder
- Obvious open skull fracture

Glasgow Coma Scale

EYE OPENING		VERBAL RESPONSE		MOTOR RESPONSE	
					
Spontaneous >	4	Orientated >	5	Obey commands >	6
To sound >	3	Confused >	4	Localising >	5
To pressure >	2	Words >	3	Normal flexion >	4
None >	1	Sounds >	2	Abnormal flexion >	3
		None >	1	Extension >	2
				None >	1

GLASGOW COMA SCALE SCORE

Mild
13-15

Moderate
9-12

Severe
3-8

- Great outline in Protocol of criteria
 - Note from a health care professional & SCAT5
- Bridge missing in between injury and return
 - Not the coaches job, though guidance is appreciated
 - Treatment, progressions, baby steps
- Delegate RTS?

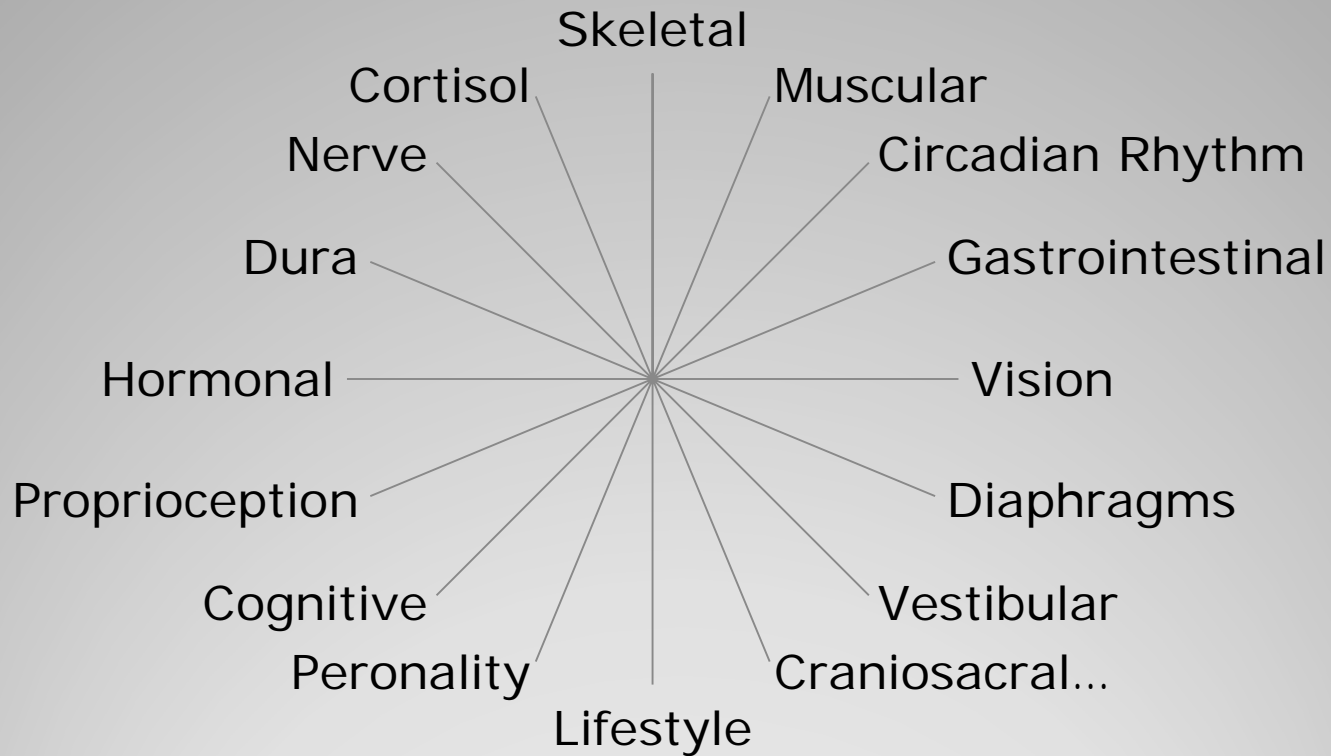
I want to ski!

- SIS; Second Impact Syndrome
- Autoimmune System Dysfunction
- Post Concussion Syndrome
 - -pain
 - -the web...

Secondary Complications

- Second Impact Syndrome (SIS)
- Danger Situations
- “Clearing the Slate”
- Helmets
 - No GoPro (free ski)
 - FIS rule 6.8
 - MIPS (multi-directional instability protection system)
 - Stickers
 - weaken, hide, surface change

Prevention



How I look at a Concussion: Pre & Post Injury

- Is real
- They are vulnerable to SIS (2nd Impact Syndrome)
- Autoimmune Dysfunction
- Pain
- Lifestyle/Purpose shift
- Finding a new “normal”
- Don't settle! (if you love them, don't let them settle)

Post Concussion Syndrome

- ACA Concussion Protocol 2017-18
- Parachute Canada
- Canadian Concussion Guideline
- Shift Concussion.ca

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Refer not Defer