



Think Smart! Concussion Management Program

Dear Athletic Director:

A concussion is a mild traumatic brain injury that affects approximately 10% of all athletes involved in contact sports. It is estimated that approximately 300,000 sports-related concussions occur each year; an injury that can cause a functional brain disturbance that is not detected by X-ray, CT scans, or even MRI. Recent research shows that concussions are more common and more serious than previously recognized. In some cases, seemingly mild symptoms may lead to permanent issues. The long term consequences of unrecognized and untreated concussions are currently a hot topic of interest at the state level in New York as well as in the media.

Studies now show that children and adolescents are more likely to sustain a concussion and may take longer to recover than adults. We also know that the key to recovery is increased awareness of the importance of rest and guided return to sport under the supervision of trained medical professionals. In response to this, St Charles Hospital, which hosts Long Island's only inpatient Pediatric Traumatic Brain Injury Rehabilitation Program*, in collaboration with Advanced Rehabilitation Medicine (ARM) and Orthopedic Associates of Long Island (OALI), has developed a Comprehensive Concussion Management Program entitled *Think Smart*.

The *Think Smart* program provides a continuum of care from injury through recovery and eventually a safe return to sport. Hospital-based services begin with the Emergency Department where staff is specialty trained to triage and care for athletes following an acute concussion. Through the outpatient Concussion Management Clinic, children and adolescents are seen by physicians, neuropsychologists and physical therapists with training in managing concussions. More than 50 professionals, specializing in brain injury rehabilitation, work as a team to provide comprehensive services to guide athletes through the recovery process and back to the playing field.

A critical element of our program is the provision of pre-sport computerized neurocognitive baseline assessments (ImPACT™) for athletes participating in contact sports. If a concussion is suspected during the sport season, this baseline assessment is helpful in establishing a treatment plan tailored to each child or adolescent.

The ***Think Smart Concussion Management Program*** is a comprehensive program and includes the following key components:

- Education: Our trained professionals will provide educational lectures to coaches, parents, athletic trainers, school nurses and others as requested by the school district regarding concussion management and the ImPACT™ testing.
- Baseline Neurocognitive Testing: Utilizing ImPACT™, all student athletes participating in contact sports as defined by the American Association of Pediatrics can receive baseline testing.
- Emergency Department: Athletes will be seen by ImPACT™ certified physicians with specialty training in concussion management.
- Concussion Management Clinic: Post-injury, student Athletes will be evaluated by ImPACT™ certified physicians with specialty training in traumatic brain injury and concussion. Following this assessment an individualized treatment plan will be developed that will maximize recovery and a safe return to play.
- Return to play progression: Under the supervision of trained professionals, the student athlete will be stressed physically and then retesting to further ensure a safe return to the playing field.

In order for St. Charles Hospital to provide the highest quality to your student athletes it is recommended to have the following ImPACT™ trained physicians approved by your board of education to provide medical clearance for student athletes post-concussion in your school district. These physicians are board-certified in physical medicine and rehabilitation or orthopedics and have specialty training in concussion management. These physicians will be providing 24/7 oversight of the Concussion Management Program.

Jennifer Semel, MD
Jennifer Gray, DO
Dr. Philip Schrank, MD
Dr. Hayley Queller, MD
Dr. Gregg Jarit, MD
Dr. Michael Sileo, MD

Bios and full credentials for the above named physicians are available upon request. For additional information regarding the ***Think Smart*** program please call (631) 476-4323.

Sincerely

Laura Beck, MSPT
Director Outpatient Rehabilitation
Department of Physical Medicine and Rehabilitation

*As designated by New York State Department of Health