

DIVINE SAVIOR HEALTHCARE
ImPACT CONSENT and CONCUSSION MANAGEMENT

Dear Parent/Guardian,

Since August 2009, Divine Savior Healthcare has offered an innovative program to assist our medical team and athletic trainers in evaluating, treating, and managing head injuries (e.g., concussion) sustained by our student-athletes. The computer software tool is called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). ImPACT is a well researched, user-friendly, computerized exam developed to help medical professionals evaluate an athlete's recovery following concussion. ImPACT™ has been scientifically validated to measure the effects of sports related concussion on the brain. The test is utilized in many professional, collegiate, and high school sports programs across the country. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of head injury and when the injury has fully healed.

The computerized exam is given to athletes before beginning contact sport practice or competition. This non-invasive test is set up in "video-game" type format and takes about 15-20 minutes to complete. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test.

Concussion testing consists of a test that objectively measures the effects of concussion on an athlete's brain. It measures such things as reaction time, processing speed, and different types of memory. Before this type of test was available, assessment of concussion relied heavily on an athlete's report of their symptoms. We now know that athletes often can not accurately report their symptoms or will chose to hide their symptoms in order to return to their sport as soon as possible. This type of test improves the accuracy of concussion diagnosis and is very helpful at determining when an athlete's brain has fully recovered. This is especially important because recent research has indicated that a person's symptoms can be cleared, but their brain may still not be functioning normally. These tests are only tools, however; they need to be combined with judgment of medical professionals and clinicians in order to provide the best possible care for concussions.

-The ImPACT test is NOT required for any athlete by the school as a requirement for participation.

-It is the parent/guardian's decision to allow the student participation in this concussion screening.

-The baseline ImPACT test will be conducted every two years.

-There is no cost to the athlete for this baseline test.

If your child suffers a head injury and a concussion is suspected, you (as parent/guardian) are encouraged to refer your child to a physician or clinician for evaluation. The physician or clinician may recommend that your child take the post-injury ImPACT test to see if the results have changed from the baseline. *Post-concussion ImPACT testing will not occur at the school, only in the medical clinic of your ImPACT trained medical provider.* This comparison helps to diagnose and manage the concussion. Follow-up tests can be administered over days or weeks so that medical professionals and clinicians are able to continue to track the athlete's recovery from the injury.

The ImPACT testing procedures are non-invasive, and they pose no risks to your student-athlete. We are excited to implement this program given that it provides us the best available information for managing concussions and preventing potential brain damage that can occur with multiple concussions. Your school's administration, coaching, and athletic training staffs are striving to keep your child's health and safety at the forefront of the student athletic experience. Please return the attached page with the appropriate signatures. If you have any further questions regarding this program please feel free to contact the Licensed Athletic Training Staff at Divine Savior Healthcare (608) 745-6290.