

3rd Concussion Diagnosis and Management Conference - Providing Care Across the Continuum

Learner Objectives

Title: NFL Health and Safety Update

Presenter: Allen Sills, MD

Objectives:

Participants will be able to:

1. Identify current NFL concussion protocol
2. State injury trends and outcomes for concussion in NFL players
3. Identify new protective gear and rules changes that may impact concussion incidence

Title: Concussion, Traumatic Brain Injury, and Chronic Traumatic Encephalopathy: Lessons from the Battlefield, Ball Field, and Lab Bench.

Presenter: Lee Goldstein, MD, PHD

Objectives:

1. Identify emerging evidence linking traumatic brain injury (TBI) to development of long-term neurological sequelae, including chronic traumatic encephalopathy (CTE).
2. Identify pathogenic mechanisms corresponding pathology features by which acute TBI triggers chronic neurological sequelae, including CTE.
3. Identify and differentiate the following clinical entities: concussion, traumatic brain injury, chronic traumatic encephalopathy.

Title: Protecting our Future: Assessment & Management of Pediatric Concussion

Presenter: Gerard A. Gioia, Ph.D.

Objectives:

Participants will be able to:

1. Identify unique foundational elements in concussion of the developing child
2. List (sub)types of clinical/ symptom presentations
3. Identify evidence-based tools for the assessment of concussion
4. Recognize the application of the active rehabilitation approach across the developmental age span, with a particular focus on school return and supports

Title: Does Age of Head Impact Exposure Matter?

Presenter: Robert Cantu, MD

Objectives:

Participants will be able to:

1. Describe why the anatomy of children is at greater risk of concussion than adults.
2. Identify physiology of why children are at greater risk of concussion than adults.
3. State why children are at greater risk of later life behavioral, cognitive, and mood symptoms from repetitive head trauma than adults.

Title: How to Distinguish Post-Concussion Syndrome from CTE and When to Retire.

Presenter: Robert Cantu, MD

Objectives:

Participants will be able to:

1. State the clinical difference between post-concussion syndrome and chronic traumatic encephalopathy.
2. Identify the pathophysiology behind chronic traumatic encephalopathy.
3. Identify the clinical diagnostic criteria for chronic traumatic encephalopathy.

Title: Why Flag Under 14 is the Future of Football

Presenter: Chris Nowinski, Ph.D.

Objectives:

Participants will be able to:

1. Describe the current evidence of how age of first exposure to tackle football is associated to neurological outcomes.
2. Identify major milestones in the developing brain between the ages of 8 and 13.
3. Identify strategies for providing advice to parents on the appropriate age to begin playing tackle football.

Title: Looking Back: The Perspective of a Retired NFL Linebacker

Presenter: Ted Johnson

Objectives:

Participants will be able to:

1. Identify the perspective of a NFL player with multiple concussions
2. Describe the impact of multiple concussions on a professional athlete both inside and outside of the sport
3. Identify risks of continued participation in sports without proper management of a concussion

Title: Visual problems after concussion and the fragile receptor hypothesis.

Presenter: Kevin E. Houston, O.D., M.Sc., F.A.A.O., Thanasis Panorgias, Ph.D.

Objectives:

Participants will be able to:

1. Identify common visual conditions resulting from concussion.
2. Identify the 2 mechanisms by which the eye's accommodative and convergence system maintains focus during static and dynamic visual situations.
3. State the hypothesis and preliminary results on the pathophysiological mechanisms resulting in visual problems in patients with concussions.

Title: Decreasing Head-Impact Exposure in Football: The Evidence

Presenter: Erik Swartz, Ph.D., ATC, FNATA

Objectives:

Participants will be able to:

1. State the prevalence of head-first contact behavior in American football
2. Identify evidence based recommendations for reducing the prevalence of head-first contact in American football, with the aim of reducing the risk of head and neck injury.
3. Identify strategies that can be employed for fostering a community-based approach for reduction of head-first contact behaviors.

Title: Navigating Pediatric Concussion Management as an Interdisciplinary Team

Presenters: Herbert Gilmore, MD, Laura Lizotte, MS, OTR/L, Julie Lorden, PT, DPT, Carey Bellino, MA, CCC-SLP

Objectives:

Participants will be able to:

1. Describe the common profile of post-concussion syndrome (PCS) and pediatric considerations
2. State the role of each member of the interdisciplinary care team
3. Identify pre-existing conditions impacting pediatric concussion recovery
4. Identify the Return-To-Learn and/or Return-To-Participation process

Title: Work Smarter Not Harder: Executive Functioning Approaches to Concussion Management

Presenters: Alina Carter, MS, CCC-SLP, Carey Bellino, MA, CCC-SLP

Objectives:

Participants will be able to:

1. Identify goal-directed components of executive functioning skills.
2. State executive functioning treatment approaches for the concussion population.
3. Identify executive functioning profiles as rehab professionals and its impact on patient care.
4. Describe the role of speech language pathologists in identifying and treating executive functioning deficits.

Title: Collaboration between Speech-Language Pathology and Neuropsychology in Concussion Care

Presenters: Neal McGrath, PhD, Mary Ann Williams-Butler, MA, CCC-SLP, CBIS

Objectives:

Participants will be able to:

1. Differentiate the roles of SLP and Neuropsychology on the Concussion Care Team as well as state areas where they can collaborate in addressing cognitive-communication deficits
2. Identify the unique contributions each specialist can bring to evaluation and treatment of executive function
3. List a minimum of 2 benefits in assessing emotional factors and validity and how they can impact case management

Title: Role of ADHD in youth sports and head injury

Presenter: Mary Alexis Iaccarino, MD

Objectives:

Participants will be able to:

1. State the risks associated with ADHD in youth athletes
2. Identify the evaluation and treatment process for concussed athletes with ADHD
3. Describe the complexity of treatment of concussion with comorbid ADHD

Title: When is a Concussion not a Concussion

Presenter: Katelynn Cataldo MS, NP, Ellen McKinnon MS, NP

Objectives:

Participants will be able to:

1. Identify diagnostic criteria for patients with a concussion.
2. Describe abnormal clinical presentation not associated with concussion.
3. Describe the clinical trajectory of concussion recovery and symptom presentation.

Title: The Second Impact (Patient Experience)

Presenter: Ray Ciancaglini, Former Professional Boxer

Objectives:

Participants will be able to:

1. State the importance of immediately reporting and properly addressing concussion symptoms within athletes.
2. Identify the risks of circumventing proper Concussion Protocol
3. Describe what it's like living with Pugilistica Dementia (CTE)

Title: Meditation and Mindfulness Practices for the PCS Patient

Presenter: Brenda Lovette, MS, CCC-SLP, RYT-500

Learning Objectives:

Participants will be able to:

1. State the impact of meditation and mindfulness on the body, mind, and brain.
2. Identify the role for meditation and mindfulness in the management of PCS
3. Identify 2-3 mindfulness techniques for patients or for personal wellness.

Title: Psychotherapy for Prolonged Post-Concussion Syndrome

Presenter: Alexandra V. Jackson, Psy.D.

Objectives:

Participants will be able to:

1. State the role of the clinical psychologist in the treatment of prolonged PCS
2. Identify the relationship and commonalities between prolonged PCS and depression/anxiety
3. State the neurobiological underpinnings of depression/anxiety following concussion

Title: Yoga and Holistic Interventions for the PCS Patient

Presenter: Brenda Lovette, MS, CCC-SLP, RYT-500

Objectives:

Participants will be able to:

1. Describe the benefits of yoga for individuals with PCS.
2. Identify potential complimentary medicine options for individuals with PCS.
3. List specific recommendations for sleep and nutrition to support recovery from PCS.

Title: Utilizing Motivational Interviewing (MI) and Goal Attainment Scaling (GAS) Across Disciplines in PCS Treatment

Presenter: Mary Ann Williams-Butler, MA, CCC-SLP, CBIS, Alina Carter, MS, CCC-SLP

Objectives:

Participants will be able to:

1. State the rationale for the use of MI and GAS as part of concussion treatment.
2. Identify key elements of motivational interviewing including definition, three levels of listening, use of PACE (partnership, acceptance, compassion, evocation), and use of OARS components (open-ended questions, affirmations, reflections, summarize).
3. Describe the goal attainment scaling (GAS) including definition and the process of setting long-term and incremental goals based on functional patient needs.
4. State how to use key elements of SMART goals (specific, measurable, attainable, relevant, timed) to develop appropriate GAS goals.
5. State how to apply MI and GAS approaches in the context of PCS treatment to optimize outcome.

Title: Concussion and Dizzy? Vestibular rehab and concept of its application across the lifespan (Peds through adulthood)

Presenters: Naseem Chatiwala, PT, DPT, MS, NCS, Karen Veilleux, PT, DPT, Hollie Elwood, PT, DPT, Kate Evans, PT, DPT

Objectives:

Participants will be able to:

1. State the anatomy and physiology related to normal and abnormal functioning of vestibular system in adults and Pediatrics - addressing similarities and recognizing differences
2. Identify objective vestibular and oculomotor assessments
3. Identify proper clinical tests and effective treatment for vestibular involvement in pediatric and adult population

Title: Navigating Visual Dysfunction: A Multifaceted Approach (Part 1)

Presenters: Marnie Deardorff, MS, OTR/L, Laura Lizotte, MS, OTR/L, Lauren Mazel, OTD, OTR/L, Kara Robinson, MS, OTR/L

Objectives:

Participants will be able to:

1. Identify common visual impairments associated with concussion
2. Identify effective screening and evaluation procedures for visual dysfunction associated with concussion
3. Identify treatment strategies for visual dysfunction associated with concussion
4. Identify environmental modifications and compensatory strategies for symptom management

Title: Navigating Visual Dysfunction: A Multifaceted Approach (Part 2)

Presenters: Marnie Deardorff, MS, OTR/L, Laura Lizotte, MS, OTR/L, Lauren Mazel, OTD, OTR/L, Kara Robinson, MS, OTR/L

Objectives:

Participants will be able to:

1. State common return-to-school recommendations for patients with visual dysfunction following concussion
2. State common return-to-work recommendations for patients with visual dysfunction following concussion
3. Identify the process for collaboration with optometry/ophthalmology for treating visual dysfunction following concussion
4. Identify treatment techniques to address impairments with ocular motor skills, binocular vision, accommodation, and visual processing with hands on practice.

Title: “The Robert C. Cantu Concussion Center Return to Play Assessments and Clinical Reasoning for Return to Sport or Activity”

Presenters: Chris Iby, PT, DPT, OCS, CSCS; Nicholas Schumacher, PT, DPT, OCS, CSCS; Karen Veilleux, PT, DPT

Objectives:

Participants will be able to:

1. State how to appropriately evaluate a patient’s readiness for return to play/participation assessment.
2. Describe the differences in return to play/participation testing for pediatric patients, recreational athletes, and competitive athletes.
3. State how to administer return to play/participation testing that stresses a variety of a patient’s metabolic and balance systems.
4. State how to develop a plan for return to athletics/participation following a successful assessment.
5. State how to formulate a treatment plan to manage a patient who is unsuccessful with their assessment.
6. State how to effectively communicate with athletic trainers and physicians regarding return to play/participation assessments