Comprehensive Concussion Education
Team of Bucks County

Safe States 2014 Innovative Initiatives Award

Kimberly M. Everett
Trauma Prevention Coordinator
St. Mary Medical Center
Problem:

- Each year, U.S. emergency departments (EDs) treat an estimated 173,285 sports and recreation related TBIs, including concussions, among children and adolescents, from birth to 19 years.
Total number of patients with a primary diagnosis of concussion or head injury from September 2010 - 2011: 2,369
A Concussion is a Traumatic Brain Injury!
Secondary Injury Prevention Program

Internal and External Prevention Program
### Project Time Line

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<tr>
<th>Date</th>
<th>Event Description</th>
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<tr>
<td>December 6, 2010</td>
<td>1st Planning Meeting with BCIU #22/St. Mary’s Idea of Concussion Education for the Schools</td>
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<td>January 6, 2011</td>
<td>Invite send to Targeted Schools for a Focus Group</td>
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<td>January 25, 2011</td>
<td>Focus group held at St. Mary Medical Center</td>
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<td>Summer 2011</td>
<td>Academic, Community Medical, Athletic Medical coordinated baseline testing and concussion education for all fall student athletes MOU drafted School buy in and signing of MOU Power Point Presentation created with input from all stakeholders Contact made via AT’s to fall coaches and athletes with mandatory dates for program prior to season starting</td>
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<td>August 9, 2011</td>
<td>Concussion Education/ImPACT testing for Fall Student Athletes Official Kick Off of the Bucks County Concussion Education Team’s program at Council Rock North August 9th-31st Conducted the Concussion Program for participating districts Two major TV stations provide media coverage in addition to multiple print news providers</td>
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<tr>
<td>September 8, 2011</td>
<td>• Concussion Education/ImPACT testing for Winter Student Athletes</td>
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<td>November 2011</td>
<td>• Follow up meeting for Winter Testing/Education</td>
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<td>January 17, 2012</td>
<td>• Concussion Education/ImPACT testing for Spring Student Athletes</td>
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<td>February 2012</td>
<td>• Year end meeting to summarize and gather data from program</td>
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<td>May 22, 2012</td>
<td>• PA Senate Bill 200 Safety in Youth Sport Act review and implementation</td>
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- Two additional schools implement CCET program.
- Three CCET meetings held annually
- Evaluation and MOU signed annually
- Educational program provided at each school for teachers, counselors and staff
- Continue to identify additional partners and resources to support student athletes
- Review trends and data and update program annually

- Safe States Innovative Initiatives Award 😊
Comprehensive Concussion Team of Bucks County: Power in Partnership

- St. Mary Medical Center Trauma Prevention Program
- BrainSTEPS
- High School Athletic Trainers and Athletic Directors
- Parents
- Sports Medicine/Physical Therapy Partners
- Legislators
- Neurologists
- Neurosurgeons
- Neuropsychologist
- Student Athletes
Current Community Implementation

- 20 Area High Schools
- 6,000 + Student Athletes
- Expanding into Middle/ Junior High Schools
- Training Volunteer Proctors
- Identifying additional support for club and recreational league teams.
Internal Prevention Efforts

- Updated ED concussion discharge instructions for pediatric and adult population.
- Identify opportunities for improvement
- Updated head injury discharge instructions for pediatric and adult population.
- Trauma Prevention Coordinator in-house consultation if available to identify external resources.
- Loop closure for student athletes with academic and athletic communities.
Community Medical
- Diagnosis
- Treatment
- Prevention

Athletic Medical
- Properly baseline test student athletes
- Educate student athletes on concussion awareness, prevention, and reporting
- Refer to appropriate medical services for management of concussions

Educational
- Nursing and Guidance aware of when a student has had a concussion
- Monitor student’s academic functioning following concussion
- Identify and reach out for support when needed (e.g., BrainSTEPS)

Communication
- AT provide baseline to medical team
- Communicate symptoms
- Discussing with medical what is happening on a daily basis with symptoms and performance in school

Symptoms impeding both school and sport return
Challenges

- Sacrificed of other programs and responsibilities
- Many evenings programs
- Trained community physicians to manage patient care
- Various abilities among schools for reinforcement of MOU