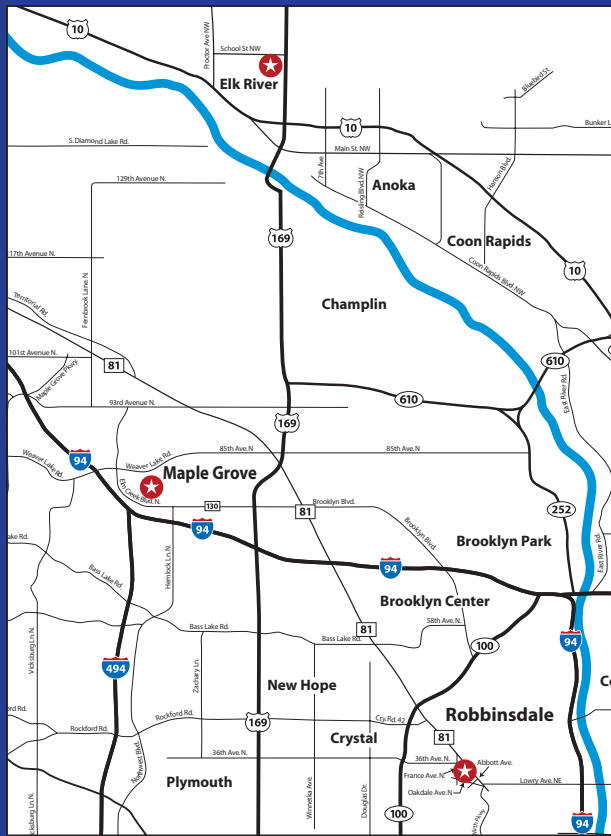
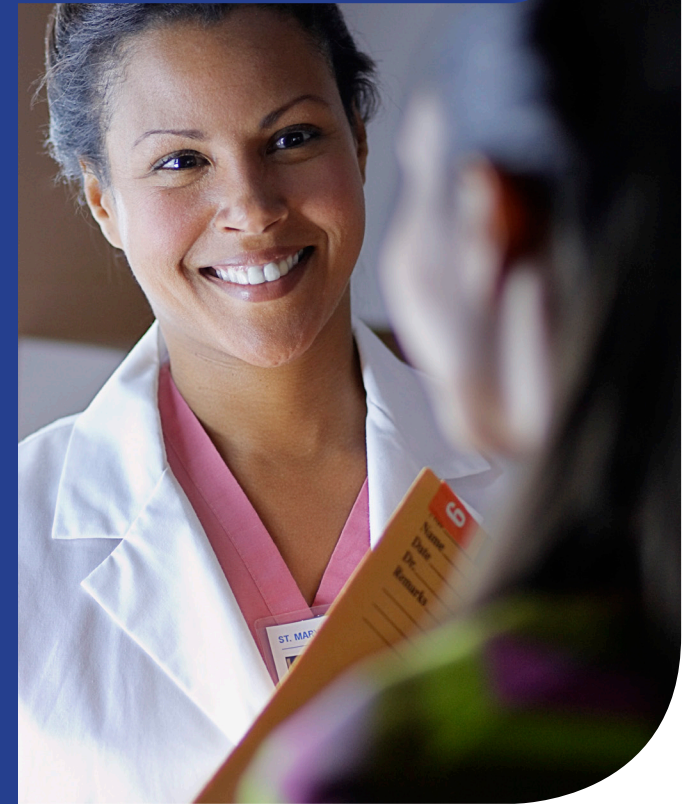


## Here's how it works

- With parental permission, an individual participates in a 30-minute computer-based assessment to develop his or her baseline neurocognitive report.
- The report will be saved for one year in North Memorial's database (We recommend young individuals be screened every year due to the unique cognitive development of adolescents.). In the event that an individual sustains a concussion, the baseline report can be made available to any school or health care professional who participates in that individual's care and recovery.
- Ideally, the ImpACT assessment would be administered a second time (post-injury). Results are then compared to the first assessment to help determine the presence and extent of any neurocognitive deficits.



## CONCUSSION REHABILITATION



## North Memorial's Goal

- Provide an effective, efficient, and appropriate community service to help manage individuals with concussions;
- Maintain a team approach, keeping all of the necessary professionals involved, including family physicians, from beginning to end;
- Offer concussion education to those involved in the medical profession, the academic setting, the workplace, and the individuals and their families.

For more information or to schedule an appointment please call:

### Robbinsdale Office at North Memorial Medical Center

Speech Pathology: (763) 581-3530

### Elk River and Maple Grove Offices

Speech Pathology: (763) 581-9100

North Memorial Health Plaza  
800 Freeport Ave. N.W., Suite 102  
Elk River MN, 55330

Arbor Lakes Medical Building  
12000 Elm Creek Blvd., Suite 210  
Maple Grove, MN 55369

North Memorial Medical Center  
3300 Oakdale Ave. N.  
Robbinsdale, MN 55422

# REHABILITATION SERVICES

## Concussion Management Program



North Memorial  
Health Care



North Memorial  
Health Care

# CONCUSSION

There are 1.6 to 3.8 million sports related concussions reported by athletes each year. A **CONCUSSION** is a disturbance in brain function that occurs following either a blow to the head or as a result of the violent shaking of the head.

## What are the Symptoms of a Concussion?

### Signs observed by others

- Appears to be dazed or stunned
- Is confused about assignments or daily activities
- Forgets plays or routines of daily living
- Moves clumsily
- Answers questions slowly
- Shows behavior or personality change
- Forgets events before/after impact
- Loses consciousness

### Symptoms reported by injured individual

- Headache
- Nausea
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish
- Feeling “foggy”
- Change in sleep pattern
- Concentration or memory difficulties

## North Memorial Concussion Management Program

In order to effectively and consistently manage concussions, procedures have been developed to ensure that affected individuals are identified, treated and referred appropriately. This also ensures that patients receive the appropriate follow-up medical care, including academic or employment assistance. These measures are necessary for the concussed individual to assure a complete recovery prior to returning to activity.



**CONCUSSION is a common injury, but is often difficult to diagnose and treat. Neurocognitive assessment provides professionals with invaluable information that can help take the guesswork out of CONCUSSION MANAGEMENT and promote safe return-to-play or return-to-work decisions for concussed individuals.**

## ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing)

Developed by the University of Pittsburgh Medical Center, ImPACT is a software tool used to evaluate multiple aspects of neurocognitive function, including:

- Memory
- Attention
- Brain processing speed
- Reaction time
- Post-concussion symptoms

## North Memorial’s Approach to Concussion Management

- Baseline neurocognitive (ImPACT) testing is recommended, especially with athletes.

### If injury occurs

- Post-injury neurocognitive testing (ImPACT or additional cognitive assessment)
- A team-developed concussion management plan, created and implemented by:
  - affected athletes and their families.
  - family physicians.
  - athletic trainers and coaches.
  - other experts as needed, such as speech language pathologists, neuropsychologists, physical therapists, academic and workplace professionals.

**It is important to note that neurocognitive assessments conducted after an injury can still provide valuable treatment and recovery information, even if the individual did NOT participate in a baseline assessment.**