

Baseline Testing at Home



What is concussion baseline testing?

- Baseline testing generally takes place during the pre-season, prior to the first practice.
- Baseline tests are used to assess an athlete's balance and brain function (including learning and memory skills, ability to pay attention or concentrate, and how quickly he or she thinks and solves problems), as well as for the presence of any concussion symptoms.
- Results from baseline test (or pre-injury tests) can be used and compared to a similar exam conducted by a health care professional during the season if an athlete has a suspected concussion.

How is baseline testing information used if an athlete has a suspected concussion?

- Results from baseline testing can be used if an athlete has a suspected concussion. Comparing post-injury test results to baseline test results can assist health care professionals in identifying the effects of the injury and making more informed return to school and play decisions.

Test taker should read these instructions before beginning the baseline test

1. Please complete the testing on a computer with a trackpad or mouse.
2. Do not have any other programs open on the computer.
3. Be in a quiet room with no distractions. Turn off and put away cell phone and music.
4. This test is to be taken solely by the athlete without assistance.
5. This is not an intelligence test. The test will establish your personal baseline for comparison if you sustain an injury.
6. The first part of the test will ask personal questions like your name, date of birth, and if you've ever had a concussion before. Please answer these questions to the best of your ability, but if you have a question, you may ask a parent/guardian for help.
7. This is a timed test. Once you begin the actual test, you cannot take any breaks.
8. Read instructions for each module carefully.
9. Do your best to complete each test module as quickly and accurately as possible. Take this seriously because if you get an invalid test, you will have to retake it.
10. You aren't expected to answer every question correctly. If you miss a question, don't worry and just continue on with the test.
11. Do not exit the test until the confirmation page is reached. It will display your confirmation number and Passport ID. Click "Save as PDF". Do NOT click the email or print confirmation option.

READY TO BEGIN THE TEST?

- Go to the following link: <https://www.impacttestonline.com/testing>
- Enter Customer Code: **S59GD95GXV** Then click "Validate"
- Under "Select an Organization," select "GFL"
- Click "Launch Test"
- Complete demographic section
- Complete current symptoms
- Begin test
- Once you have completed the test, the confirmation page displaying your confirmation number and Passport ID will pop up.
- For all **GFL** athletes, click the **"SAVE AS PDF"** option. **Do NOT click the email or print options.** Save the pdf first. Then you may print it or email it to your team manager.

CONCUSSION

RECOMMENDATIONS

WHAT IS A CONCUSSION?

A concussion is a mild traumatic brain injury that is caused by a bump or blow that is hard enough to disrupt the metabolic functioning of the brain. This results in an imbalance between the energy available and the energy needed by the brain, causing the myriad of symptoms associated with a concussion.

COMMON SIGNS AND SYMPTOMS

- Loss of consciousness
- Confusion/Disorientation
- Headache
- Nausea/Vomiting
- Balance problems/Dizziness
- Double vision/Blurry vision
- Sensitivity to light/noise
- Fatigue
- Mood and/or cognitive dysfunction

Warning Signs your Athlete should go to the ER

- Worsening headache that does not resolve
- Seizures or convulsions
- Repeated vomiting
- Unequal pupil size
- Slurred speech
- Numbness or tingling
- Severe drowsiness or inability to wake up

HOW TO FEEL BETTER FOLLOWING A CONCUSSION

A concussion is a treatable injury. Symptoms associated with a concussion can range from mild to severe, however, the majority of these are temporary and will resolve over time. Eating well balanced meals, staying hydrated, as well as practicing good sleep habits all aid in recovery.

Your athlete should take a balanced approach between activity and rest. It is generally safe to participate in most normal, non-contact daily activities (i.e., screen use, attending school, going for a walk, etc.). Should concussion related symptoms increase to > 4/10 severity rating, athletes should take breaks or modify the activity in order to manage symptom presentation.

SCHOOL ATTENDANCE

It is safe for your athlete to attend school following a concussion. Partial days should be considered early in recovery if symptoms are severe, but athletes and parents should remain in contact with educators. Academic accommodations for teachers/counselors will be incorporated if necessary if patients are seen at the Northside Hospital Concussion Institute.

EXERCISE AFTER CONCUSSION

While rest is beneficial in the first 24-48 hours, extended strict rest (i.e., staying in a dark room, etc.) is no longer recommended as it may contribute to prolonged recovery, deconditioning, social isolation, and mood problems.

Moderated exercise within the first week after concussion has been indicated in clinical research to be safe; further, early exertional intervention has also been shown to decrease recovery time. Therefore, your athlete may participate in aerobic exercise while they are still experiencing mild to moderate symptoms. Athletes will work with their school AT through an exertional routine from light to heavier exertion as they recover, but should not resume activities with a risk of further head injury until asymptomatic.

*Athletes should defer to neurosurgery activity restrictions if they have been diagnosed with a skull fracture, spine fracture, or intracranial hemorrhage on formal imaging (CT or MRI).

RETURN TO PLAY

Once athletes are fully asymptomatic, they can complete exertional testing to return to play with Concussion Institute medical staff. Athletes must also be attending school fully without on-going academic accommodations and they must demonstrate ImpACT (cognitive) scores consistent with baseline for consideration of return to full contact play.

Northside Hospital Concussion Institute

- Call to schedule an appointment at 678-312-7889
- Call our Concussion Hotline for questions at 404-847-4437
- www.northside.com/concussion