

# (PBL) Concussion and Return to Play Guidelines: New Concussion Management Paradigms

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## Irfan M. Asif, MD

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Dr. Asif is a family physician who is also board certified in sports medicine. He is on the board of directors for the American Medical Society for Sports Medicine (AMSSM) and is an associate editor for both the British Journal of Sports Medicine (BJSM) and Sports Health: A Multidisciplinary Approach. His research explores several domains within sports cardiology with an emphasis on preventing cardiometabolic disease by combating physical inactivity. He has been invited to participate and speak at a number of national and international venues, such as the American College of Cardiology (ACC) Sports and Exercise Cardiology Think Tank and the International Olympic Committee (IOC) World Conference on Prevention of Injury and Illness in Sport. For this work, he has earned a number of honors, including the AMSSM Best Overall Research Award, the Society of Teachers of Family Medicine (STFM) Research Paper of the Year Award, and the T. David Sisk Research Award for Best Review Paper in the journal Sports Health.

Dr. Asif is also an avid educator. He has extensive experience as a sports medicine fellowship director and currently serves as the chair for the AMSSM Fellowship Committee. His recent work includes developing standards of excellence for sports medicine fellowship training programs across the United States. In addition, he is a current member of the writing group that is composing the International Syllabus in Sports and Exercise Medicine Education. His contributions have earned several awards, including the STFM Resident Teacher Award and the Mayo Clinic School of Continuous Professional Development Course of the Year Award.

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## Learning Objectives

1. Practice applying new knowledge and skills gained from Concussion and Return to Play Guidelines sessions, through collaborative learning with peers and expert faculty.
2. Identify strategies that foster optimal management of concussions within the context of professional practice.
3. Formulate an action plan to implement practice changes, aimed at improving patient care

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## Associated Sessions

- Concussion and Return to Play Guidelines: New Concussion Management Paradigms

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# Audience Engagement System



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## Case Presentation

- A 17-year-old female high-school junior basketball point guard sustained a concussion in the second game of the season. The athlete was pinned between two players and was subsequently struck on the left side of the temporal bone by an elbow. Despite feeling dizzy and lightheaded, she completed the game as there was no athletic trainer, physician, or other medical personnel present to evaluate her.
- Immediately following the game, her chief complaints were headache, sadness, dizziness, and fatigue. Her parents also noticed that she was more quiet than normal. After telling her parents that she had sustained a head injury during the game, her parents decided to make an appointment the next day with her primary care provider. The athlete is scheduled to play her next game in 5 days.
- She otherwise has no other medical history, takes no medications, has had no surgeries, no medication allergies, and there is no relevant family medical history.

# Workshop Overview: Jigsaw Puzzle

1. Groups of 8 will be formed in each roundtable.
2. Each person within that group will take a number 1-8.
3. Individuals with the same number will then meet at a different table to work together to answer a question related to concussion (i.e. All 1's will convene together to answer a question; All 2's will gather to answer a different question, etc.). Topics to be covered are presented on the next slide. (15 min)
4. Participants will then re-convene into their original group of 1-8 to teach each person about their specific topic (30 min)
5. A final discussion and summary will be facilitated by the workshop presenter (10 min)



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## Group Topic Discussions

### 1. Baseline Evaluation

- Should this athlete have had a baseline concussion evaluation? If so, please practice this with a partner.

### 2. Sideline Assessments

- If you were the team physician at the basketball game, what assessment would you have performed on this athlete? If there is time, briefly practice this with a partner.

### 3. Office Assessments

- When you see this athlete in your clinic, what assessment would you perform? If there is time, briefly practice this with a partner.

### 4. Treatment

- How would you treat this patient? Discuss how easy/hard it is to treat this patient within your institutional setting?

### 5. The Role of Nutraceuticals

- What role (if any) would nutraceuticals play for this patient with regards to treatment/prevention of her concussion?

### 6. Return to School

- What protocol should you use to return this athlete back to school? How would this be communicated back to the athlete and school?

### 7. Return to Driving

- When would this athlete be able to drive herself to school or practice? Is there a protocol or signs/symptoms that you would use to guide you?

### 8. Return to Sport

- What protocol should you use to return this athlete back to sport? How would this be communicated back to the athlete and school?

# Final Discussion

1. What were the key takeaways from your group?
2. What are the challenges that you will face back at your home institution in caring for concussion patients?
3. What resources might we use to address these challenges?

## Resources

**HEADS UP Concussion Action Plan**



[8-1/2" x 11" - 1 Page]

**Concussion Fact Sheet For Athletes**



[8-1/2" x 11" - 2 Pages]

**Concussion Fact Sheet for Coaches**



[8-1/2" x 11" - 4 Pages]

**Concussion Facts & Contact Numbers (large)**



[9" x 13" - 1 Page]

**Main Message Poster**



**Parent & Athlete Concussion Information Sheet**



**Concussion Fact Sheet for Parents**



**Concussion Fact Sheet for School Professionals**



CDC Heads Up: [www.cdc.gov/headsup/resources/custom.html](http://www.cdc.gov/headsup/resources/custom.html)



**AMSSSM Position Statement Harmon, BJSM/CJSM, 2019**



**2017 CISG, McCrory, BJSM, 2019**

## Contact Information

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## Questions

