

Concussion Management Testing Procedures



Preseason:

Education of Program:

Letter handed out to all incoming freshman and new students about the concussion program and Axon/CogState testing at start of each sport season.

If there is a Parent/Athlete preseason informational meeting, the following information can include:

- Presentation about head injuries and concussions
- CDC's Heads UP Video
- Explanation about the Axon/CogState testing
- Have Axon/CogState and high school consent form and wavier signed by student athlete and parent or legal guardian.

Preseason Baseline Testing:

Baseline Concussion Test:

- Who:** Preferred testing will include contact/collision sports: Football, Hockey, Boys & Girls Soccer, Cheer and Wrestling. Optional testing for all sports. Testing preferred for freshmen, juniors, new athletes, and any additional sports added to the program.
- When:** To be performed BEFORE contact, preferably before any practices.
- Location:** High School computer lab/classroom, training room and gym.

Testing Process:

Register athletes and make sure all consent forms are signed.

Testing process will include two components: Axon and NFL Baseline or SCAT 3 with reaction stick

Axon/CogState testing will be one at a time. NFL baseline or Scat 3 with Reaction Stick can be done in groups based on the amount of help to administer the tests are available.

The NFL Baseline SCAT with reaction stick will be performed before or after the Axon/CogState test and will be completed by athletic trainers and athletic training students and any individual trained in the administration of the NFL Baseline, SCAT3 and reaction stick will be used.

Testing data will be reviewed by the athletic training staff and available for sports medicine physicians Dr. Jack Pinney, Dr. Matt Taylor, and Dr. Paul Berg.

Results will be kept in student athlete's file for reference in case of a head injury.

During Season:

Post Injury Test:

When possible, NFL sideline testing or Scat 3 will be performed by the athletic trainer at time of incident. NFL sideline/Scat 3 form filled out, monitor symptoms with concussions symptom score sheet, report to parent filled out and recommendation of seeing physician within 48-72 hours.

Test can be done on any computer device at a location that involves little to no distractions for the athlete to complete the test. Ideally, re-testing will be completed in the same environment as the baseline test.

Axon/CogState retesting will not be administered until the athlete is asymptomatic. A return to normal Axon/CogState test score will be considered by physician in order for the athlete to start the return to play protocol.

When an athlete is referred to a physician, they will be sent with a copy of the Axon/CogState comparison of baseline and post-injury test results (when available), NFL SCAT Baseline test and the results of the NFL Sideline Concussion Assessment Tool (SCAT) (when available), and any concussion scoring symptom sheets.

Return to play:

When athlete has normal post injury Axon/CogState test score, return to play protocol will be followed:

Stage 1 – complete physical and cognitive rest

Stage 2 – Light aerobic exercise

Stage 3 – Sport-specific exercise

Stage 4 – Non-contact training drills

Stage 5 – Full contact practice

Stage 5 – Return to play

Postseason:

Retest may be required for new baseline for beginning of following year athletic season for concussed athlete. Re-test all as freshman and again junior year, or any new incoming athlete.

Continued follow up with the concussed athlete, athletic trainer and physician as needed.

In Office Testing with Axon/CogState:

For those schools without an athletic trainer, WellSport will perform Axon/CogState Testing in the office on an individual basis or will go out to sites and test groups of student-athletes in their school's computer lab.

