

Shift CONCUSSION MANAGEMENT PROGRAM



BEST PRACTICES IN CONCUSSION MANAGEMENT

FRIDAY

8:30am – 9:00am: Registration / Meet and Greet (Coffee, Juice, Water Provided)

9:00am – 9:30am: Introduction

- Introduction to the Shift Concussion Management Program
- Company Mission, Values, and Initiatives / Current State of Concussion Care in Canada

9:30am – 10:30am: Acute Pathophysiology of Concussion

- Review of Injury Mechanism and Neurochemical Cascade
- Recovery Timelines, Persistent Symptoms and Post-Concussion Syndrome

10:30am – 10:45am: BREAK

10:45am – 12:00pm: Clinical Assessment of Concussion

- Components of the Clinical Exam
- Introducing the Assessment

12:00pm – 1:00pm: Rest & Early Concussion Management Guidelines

- Activity Restriction in Concussion Management: A Review of the Research
- Sleep and Schedule Regulation

1:00pm – 2:00pm: LUNCH

2:00pm-2:45 pm: Return to Learn and Work Interventions

- Building individualized plans for return to learn and work
- Understanding relationship between accommodations, and impaired systems

2:45-4:00pm: Interactive Case Review

4:00pm – 5:00pm: Sideline Assessment & Concussion Baseline Testing

Current controversies and important considerations

- Using a comprehensive approach

5:00pm: Questions, Adjournment

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SATURDAY

8:30am – 9:00am: Sign-in (Coffee, Juice, Water Provided)

9:00-9:30am: Recap Day 1

9:30am – 10:30am: Optometric Evaluation and Management of Concussion

- Guest Lecture

10:30am – 10:45am: Q&A/BREAK

10:45am – 11:45am: Cervical Injury and Concussion

Considerations for assessment of cervical and whiplash injury in concussion

11:45am – 1:15am Introduction to Vestibular-Ocular Rehabilitation

- Anatomical and Pathophysiological Considerations
- Rehabilitation concepts using a three-phase approach

1:15-2:15pm LUNCH

2:15pm – 3:15pm: Exercise and Exertion Testing in Concussion

- Physical Exertion Testing and Return-to-Play Preparation
- Exercise Prescription in PCS

3:15-3:30pm: BREAK

3:30pm-4:15pm: Interactive Case Review

4:15pm - 5:00pm: Perceptual and Cognitive Training Applications

- Enhancement of attention, peripheral awareness and working memory

5:00pm: Q&A/ Wrap-up



BEST PRACTICES IN CONCUSSION MANAGEMENT

SUNDAY

8:30am – 9:00am: Sign-in (Coffee, Juice, Water Provided)

9:00am – 9:15am: Recap

- Questions, Review of Concepts

9:15am – 10:00am: Interdisciplinary Care Pathways

- A Guide to Start-to-Finish Patient Management (working with the Medical Physician and others involved in patient care “team”)
- Utilizing an interdisciplinary approach

10:00am – 11:30am: Group Case Studies and Discussion

11:30am – 12:00pm: Closing Remarks

- Implementing Concussion Management Practices
- Ongoing education/training opportunities

12:00pm: Adjournment – Thank-you!