



## E-Learning

### CONCUSSION ESSENTIALS

---

*Note: Printable slides/notes are available for download for each section of the course*

#### **Introduction**

*Brief review of what we know about concussions and what we will discuss during this course*

- Why Shift?
- Introduction to the Shift Concussion Management Program and Shift Team

#### **Acute Pathophysiology of Concussion (59:18)**

**Scott Haller, Osteo MP**

*Our Concussion in Sport Consensus group defines it as "A complex pathophysiological process affecting the brain, induced by biomechanical forces." This is a rather vague definition – so let's break this injury down:*

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

#### **Clinical Assessment of Concussion (53:58)**

**Kailin Walter, DC**

*The way in which we approach the clinical evaluation of the concussion patient has changed considerably over the years. Where we used to rely heavily on symptom reporting alone, thanks to recent clinical research, we have a new perspective on functional testing that can provide more objective evidence of impairment in our patients.*

- Key components of the clinical exam for the medical-rehabilitation professional (introductory)
- Video demonstration

#### **Mental Health Challenges and Concussion (6:39)**

**Carlos Lalonde, MD, FRCPC**

*Special interest segment (Psychiatry): Mental health disorders and concussion*

- Mental Health & Concussion

#### **Role of Optometry (15:32)**

**Mark Lukito, HBSc, OD**

*Special interest segment: Concussion through the lens of Optometry*

- Role of Optometry and the comprehensive visual examination in Concussion Management

#### **Return to Learn and Work Interventions (65:10)**

**Ryan Sleik, MSc KIN, MSc PT**

**Jaskiran Kaur, HBSc, OD**

*Work and school commitments are a reality for concussion patients and seldom do we find ourselves in a position where we do not need to provide at least some level of guidance in this area. Return to learn and return to work planning may for many cases be Physician directed, but often we find ourselves, as*



*rehabilitation professionals, also assisting in the development of recommendations, timelines, and accommodations – so it's important to understand all of these moving parts to better support your patient through their recovery.*

- Building individualized plans for return to learn and work
- Understanding the relationship between accommodations, and physiological presentation

**Closing Remarks**  
**Scott Haller, Osteo MP**

*Following completion of the course you will be provided with a certificate of completion.*