



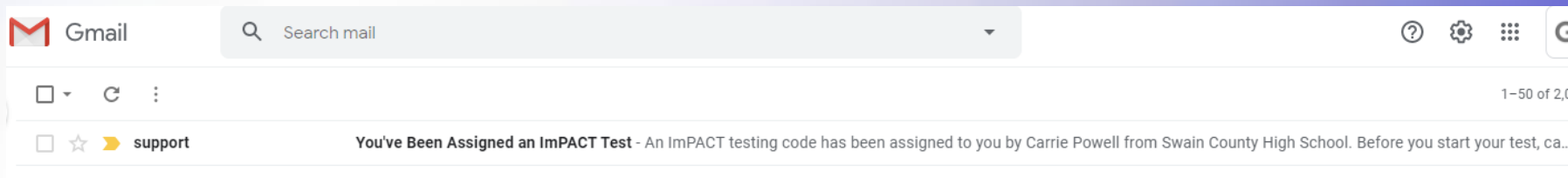
The Best Approach to Concussion Management

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Concussion testing online Covid19

- You will get a test link from impact support (possibly from: support@impacttest.com).
- It could say something like: “An ImPACT testing code has been assigned to you...”
- ***With the actual test READ ALL Directions CLEARLY Before starting each task!!!!***
- Email with the actual test could look like this photo:



Quick Info

- Please watch video off test link sent.
- **USE external mouse on the computer** (if you don't have one do **NOT** take the test and tell your coach or Ms. Carrie, we will get you one to borrow).
- Do NOT use help during the test.
- Keep cell phones off during the test.
- Take test after a good nights rest.
- IF taken the concussion test before you do not have to have your impact passport ID, just hit next and fill in the appropriate information.

FACTS AND STATISTICS

- NO lost of consciousness needed in a concussion
- An athlete who sustains concussion is 4-6 x (times) more likely to sustain a second concussion (if not healed from the 1st concussion)
- Effects of concussion are cumulative in athletes who return to play prior to complete recovery
- The best way to prevent problems with concussion is to manage them effectively when they occur

SOME SIGNS/SYMPTOMS OF CONCUSSION

(this is **NOT** an all exhaustive list and different people can often have different signs/symptoms)

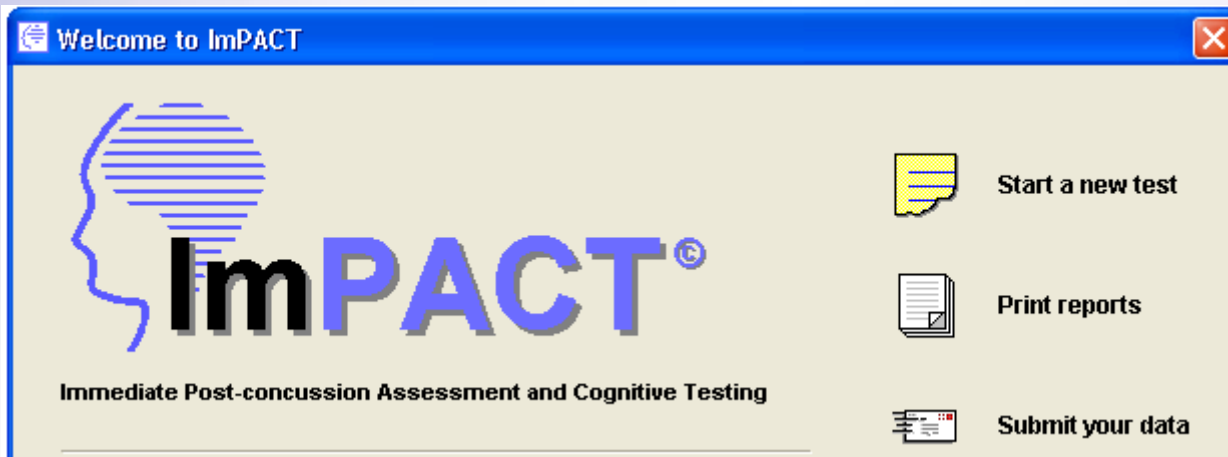
• Concussion Signs

- Appears dazed
- Confused about play
- Answers question slowly
- Personality/behavior change
- Forgets plays prior to hit
Retrograde amnesia
- Forgets plays after hit
Anterograde amnesia
- Loss of consciousness

• Concussion Symptoms

- Headache
- Nausea
- Balance problems
- Double vision
- Photosensitivity
- Feeling sluggish
- Feeling foggy
- Change in sleep pattern
- Cognitive changes

Starting ImPACT



General information asked before test begins

| |
|---|
| ▶ First Name |
| ▶ Last Name |
| ▶ Organization |
| ▶ Height |
| ▶ Weight |
| ▶ Gender |
| ▶ Handedness |
| ▶ Country |
| ▶ Native language |
| ▶ Second language |
| - Years speaking |
| - Years in North America |
| ▶ Years of education completed |
| ▶ Check any of the following that apply |
| - Received speech therapy |
| - Attended special education classes |
| - Repeated one or more years of school |
| - Diagnosed ADD or Hyperactive |
| - Diagnosed learning disability |
| ▶ Current sport |
| - Current position/event/class |
| - Current Level |
| ▶ Years experience |

Identification

Language/Lengua:

Enter the subject's identification number and date of birth below. If available, use the social security or social insurance number as the identification number. Otherwise, assign a unique identification number to the subject.

SSN/Identification #:

Date of Birth: (MM/DD/YYYY)

Language

Native country/region:

Native language (or language group):

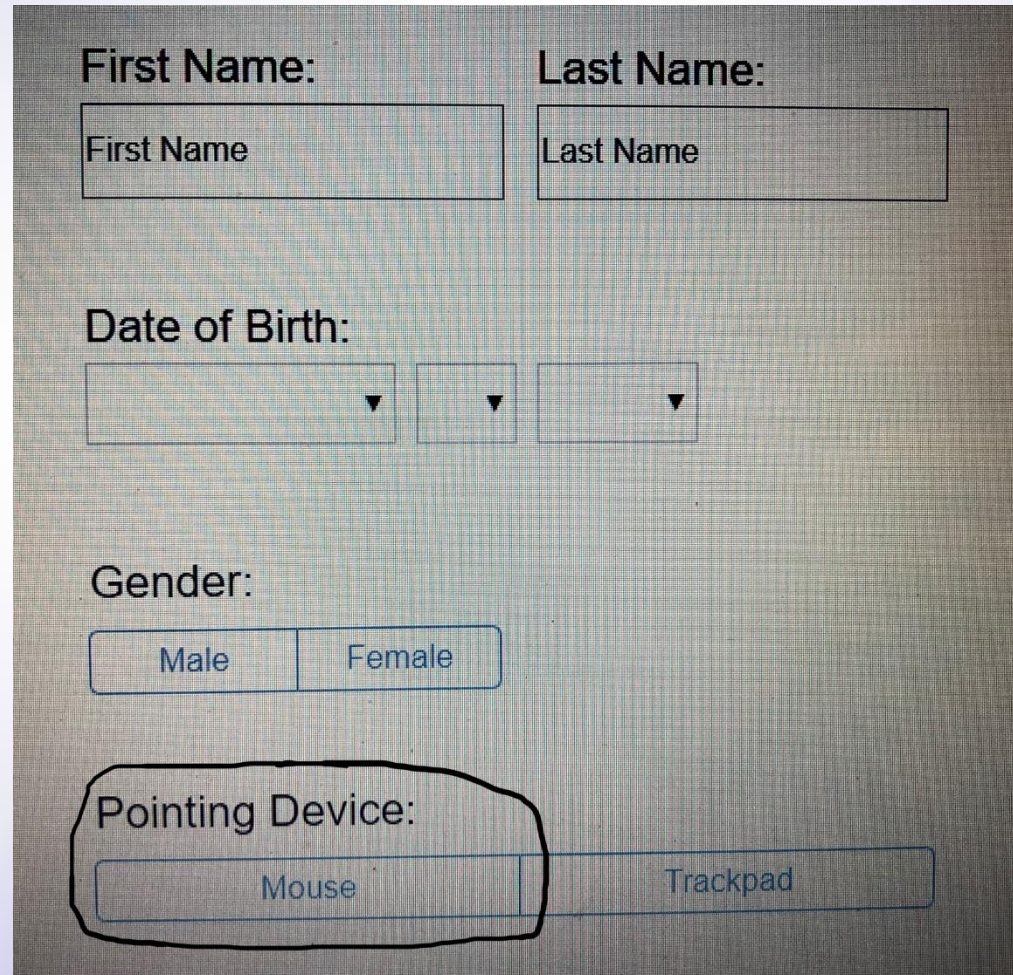
Second language (or language group):

Years speaking:

Years in North America:

Use an external mouse (do NOT use a laptop trackpad)

- USE an external mouse on the computer (if you don't have one do NOT take the test and tell your coach or Ms. Carrie, we will get you one to borrow).



First Name: Last Name:

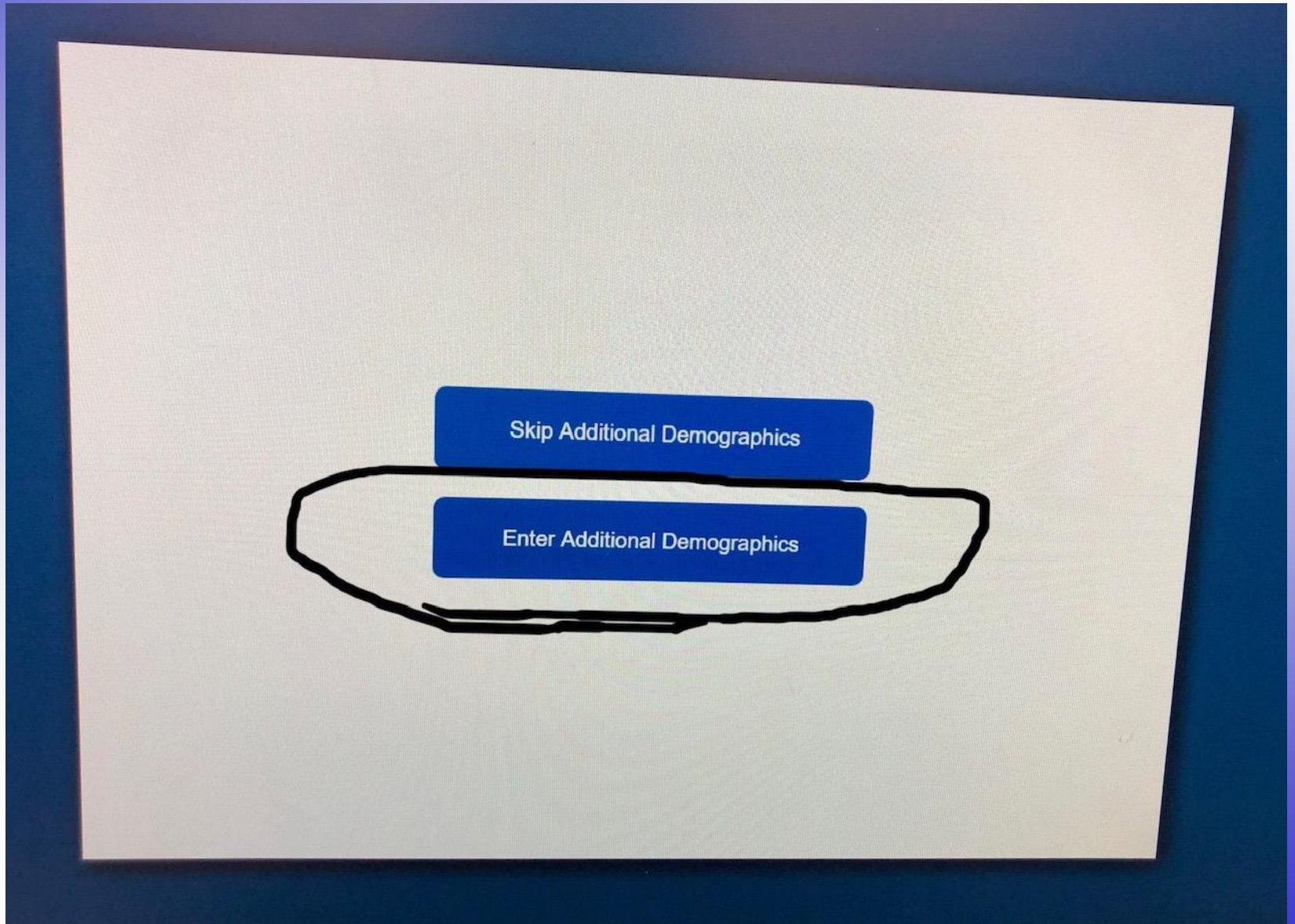
Date of Birth:

Gender:

Pointing Device:

The 'Pointing Device' field and its options are circled in black in the original image.

!! Enter Additional Demographics !!



No need to list medications

Date of last concussion:

Hours of sleep last night (approximate if uncertain):

Current medication(s):

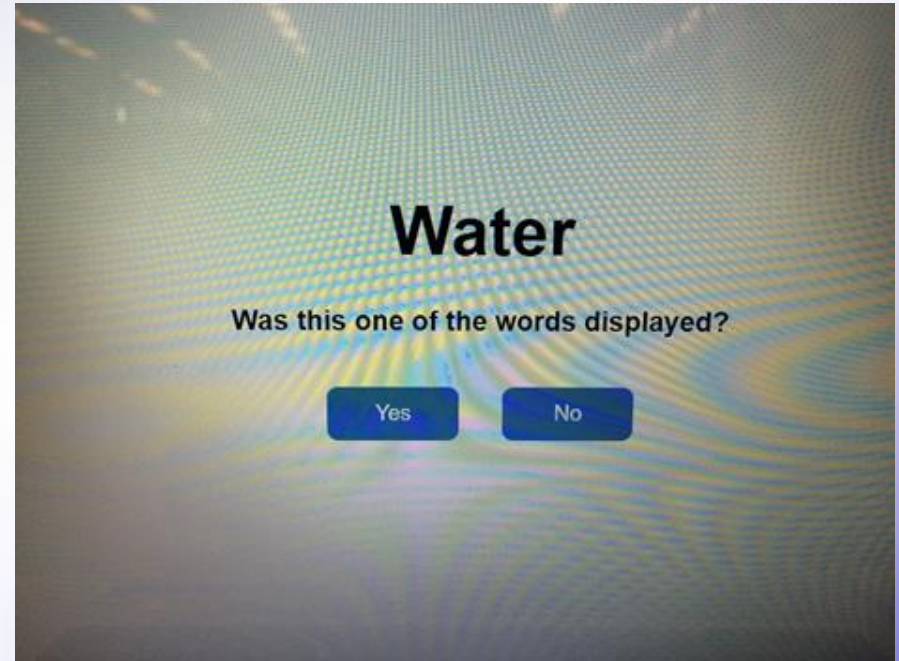
Back

ImPACT Concussion test

- Has six different parts/tasks
- It is much like a game
- Some tasks are Yes or No
- Other tasks are needed to be done as FAST and ACCURATE as you can
- The following PowerPoint is JUST an example of how the test is set up. **MAKE SURE *With the actual test to READ ALL Directions CLEARLY Before starting each part/task!!!!***

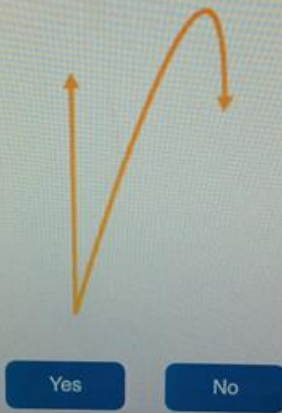
Part/Task 1 (Word Discrimination)

- A set of words are shown
- Then asked:
 - Is this one of the words displayed?
- Yes or No
- ***Remember as many words as possible***



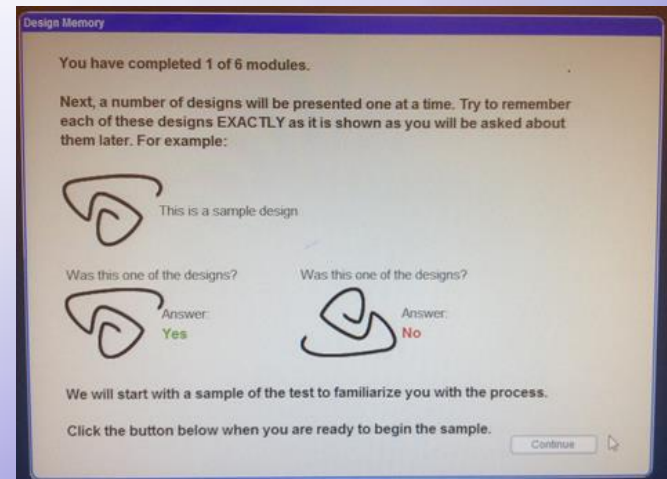
Part/Task 2 (Design Memory)

Was this one of the designs displayed?



- A set of designs shown
- Then asked:
 - Is this one of the designs displayed?
- Yes or No

- ***Don't get frustrated, this is meant to be challenging.***
- ***Remember as many designs as possible.***



Part/Task 3 (X's and O's)

- **First task:**

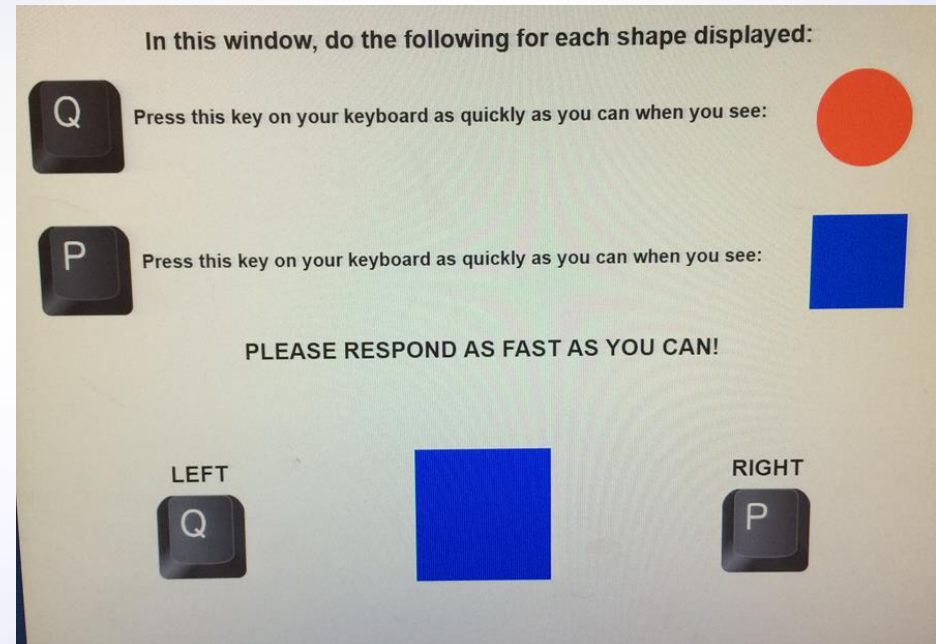
- A random assortment of X's and O's is displayed - three of the X's or O's are illuminated in YELLOW (remember them)

- **Next task:**

- press the **Q** button as quickly as you can when you see:

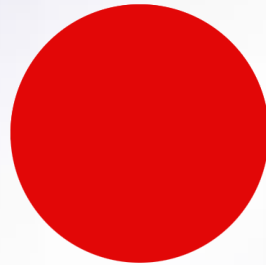


- Press the **P** button as quickly as you can when you see:

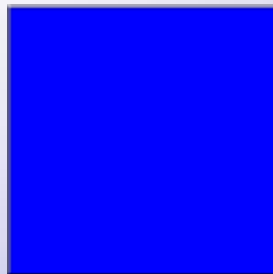


Part/Task 3 (X's and O's) Continue...

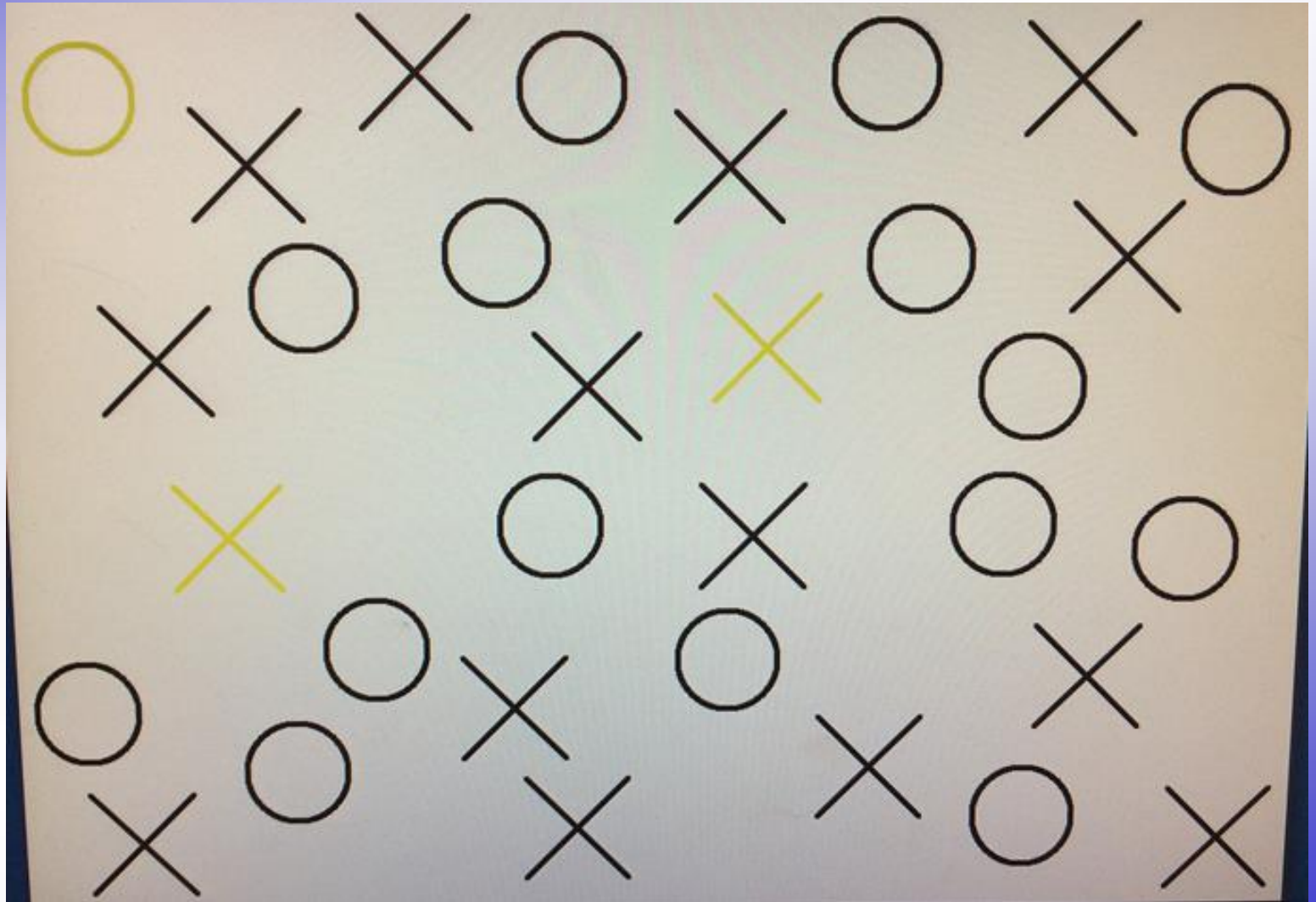
- Press the **Q** button in the upper left hand corner of the keyboard as quickly as you can when you see:



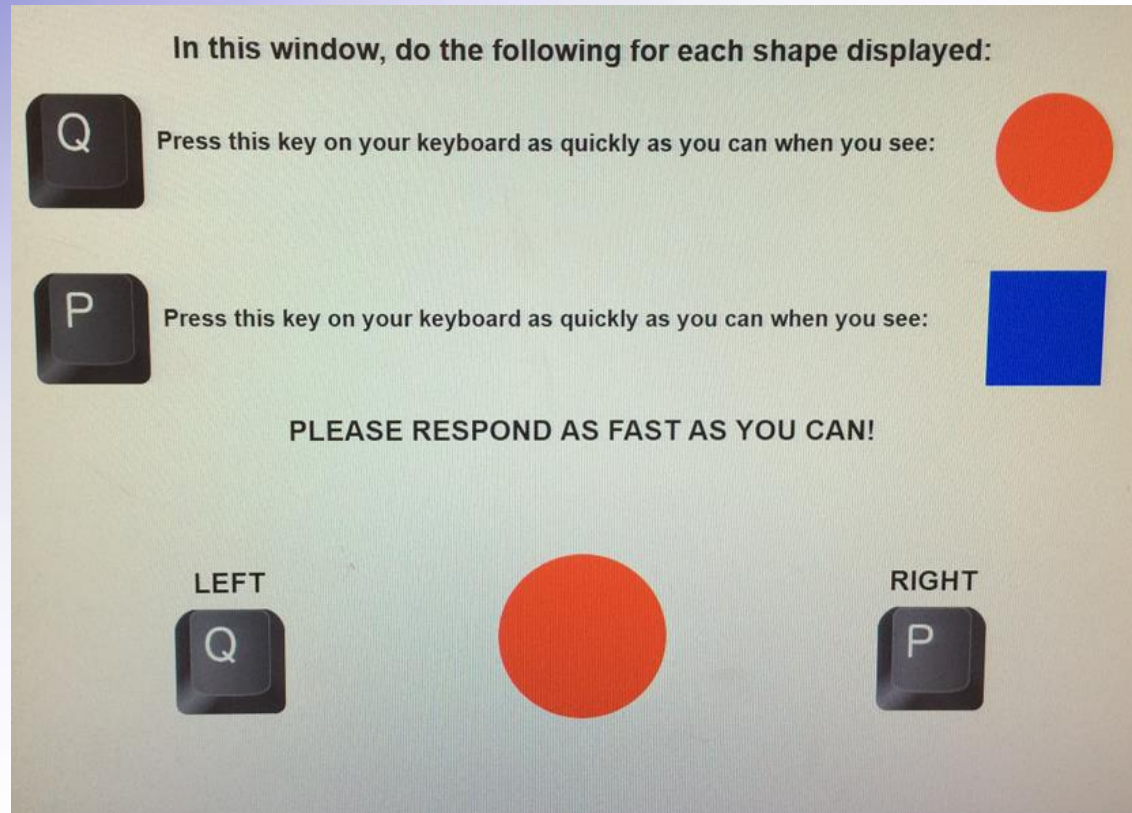
- press the **P** button in the upper right hand corner of the keyboard as quickly as you can when you see:



Remember which are Yellow



Click Q or P??



Click the letter "Q" on the keyboard

Q looks like a circle that how I
remember which letter to click

Click Q or P??



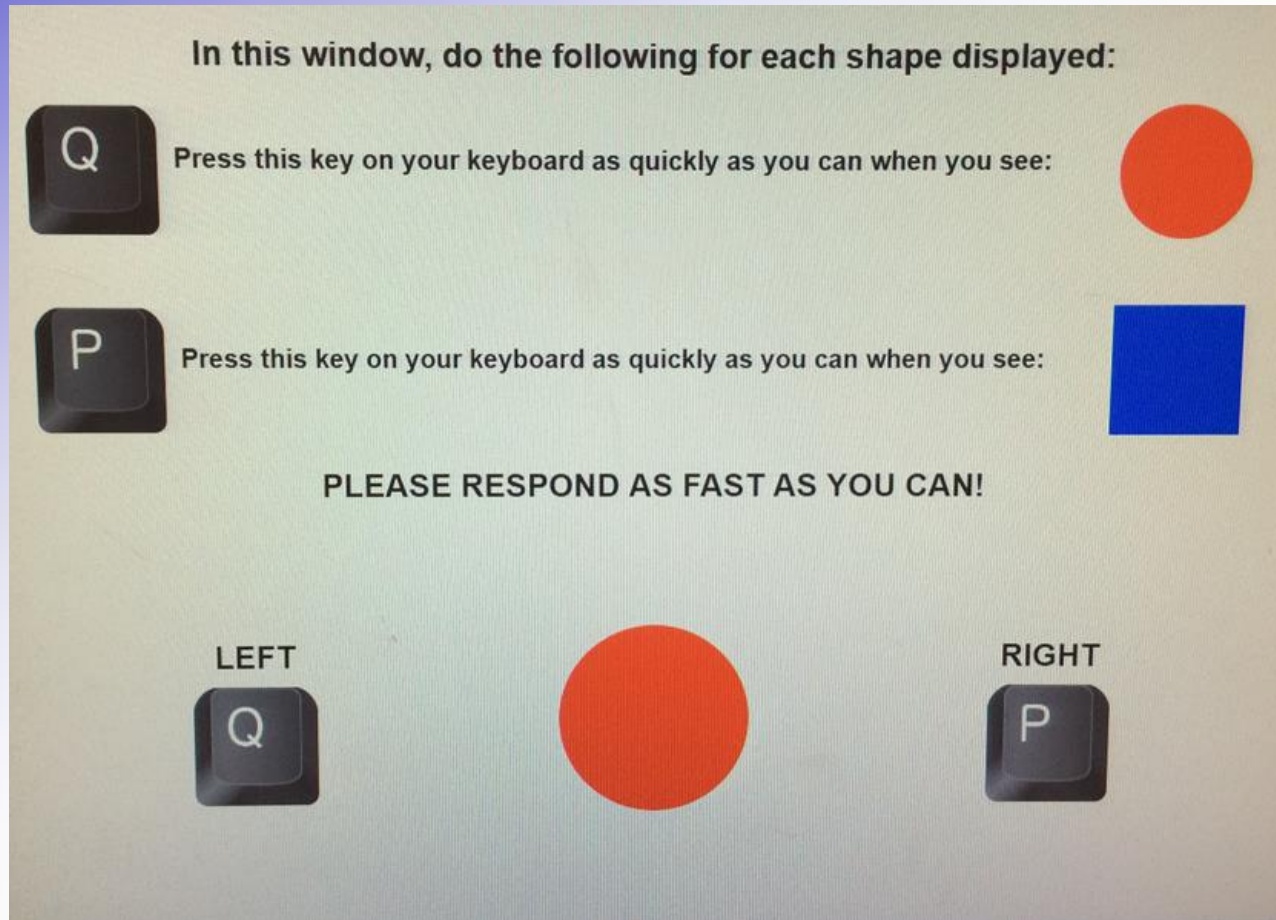
Click the letter "P" on the keyboard

Click Q or P??



Click the letter “P” on the keyboard

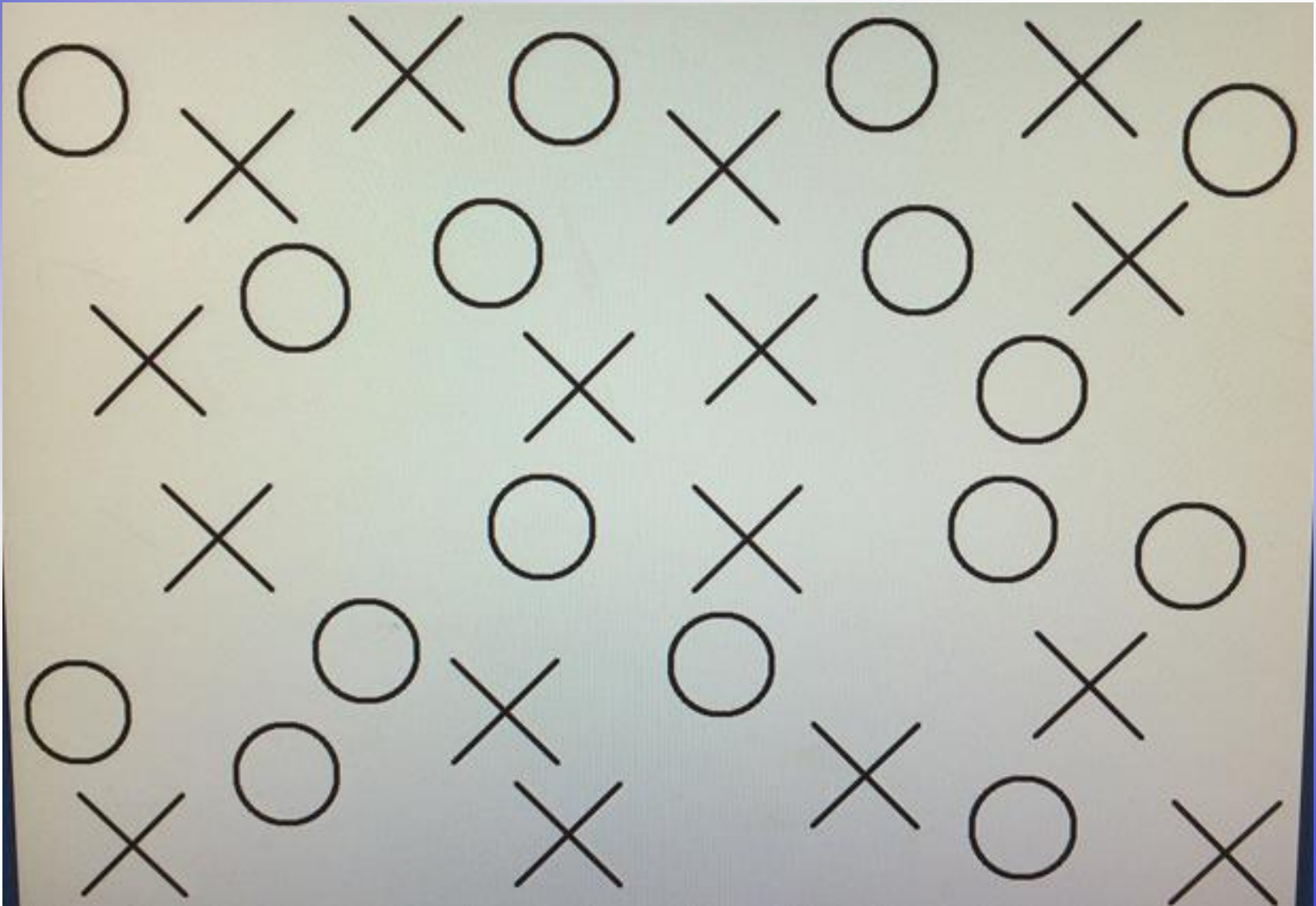
Click Q or P??



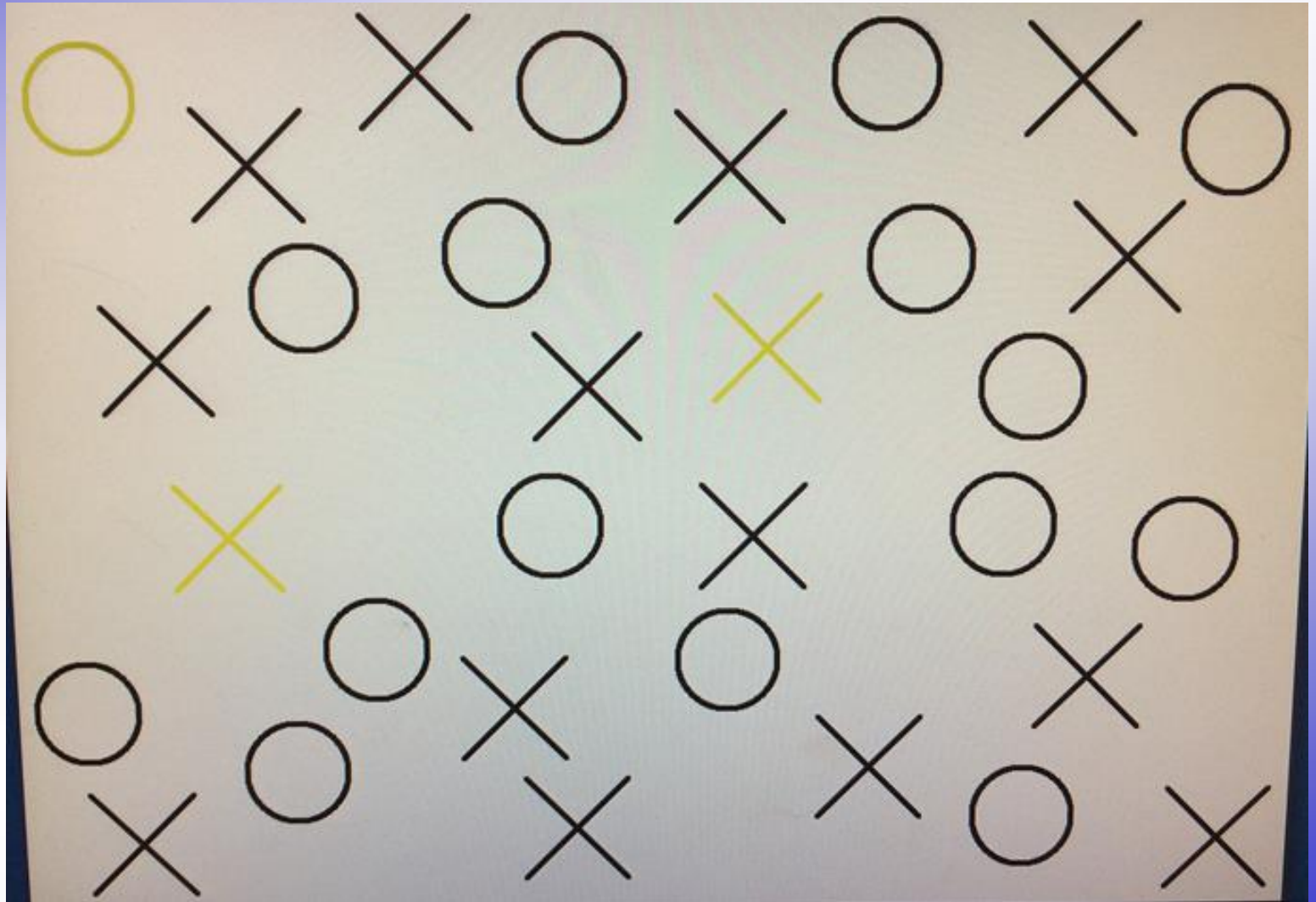
Click the letter “Q” on the keyboard

Q looks like a circle that how I remember which letter to click

Which were Yellow?

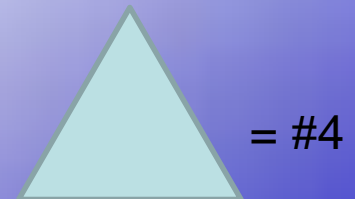
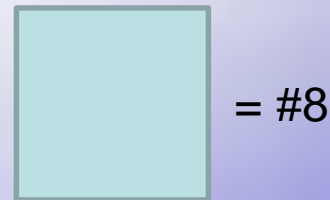
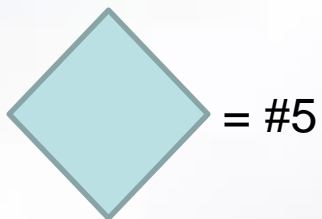
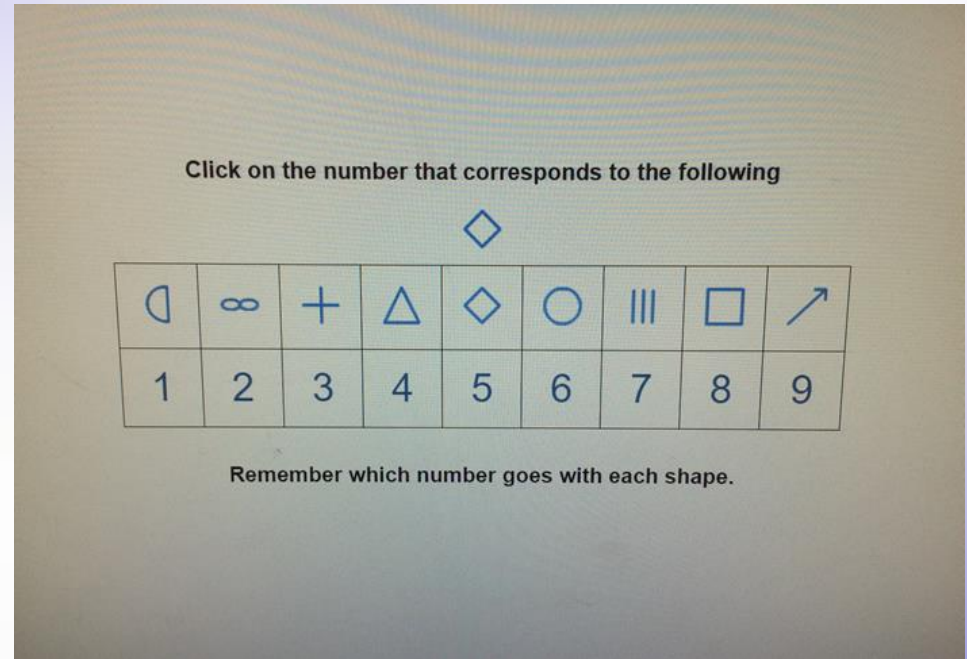


Remember which are Yellow

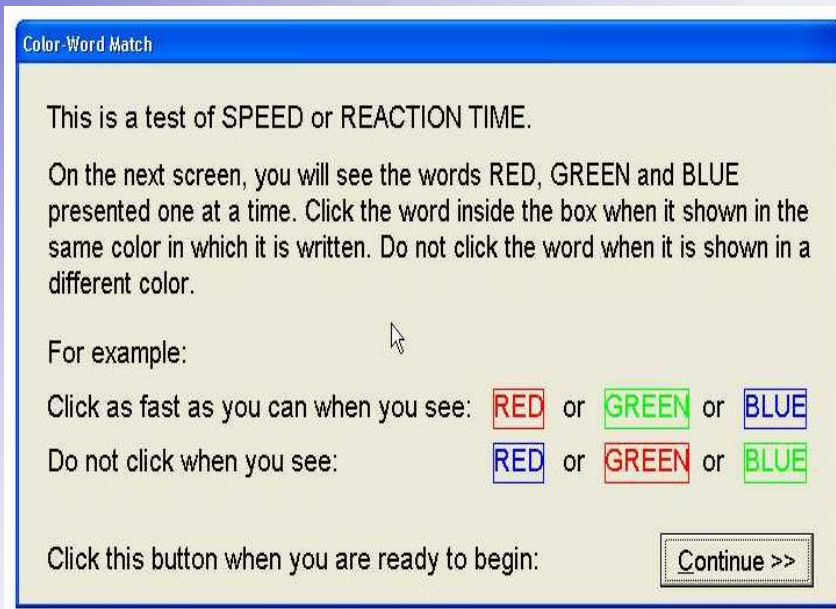


Part/Task 4 (Symbol Matching)

- Click the matching number as quickly as possible.
- Remember the symbol & number pairings. Eventually turns into a memory game so remember all you can.
- Example:



Part/Task 5 (Color Match)

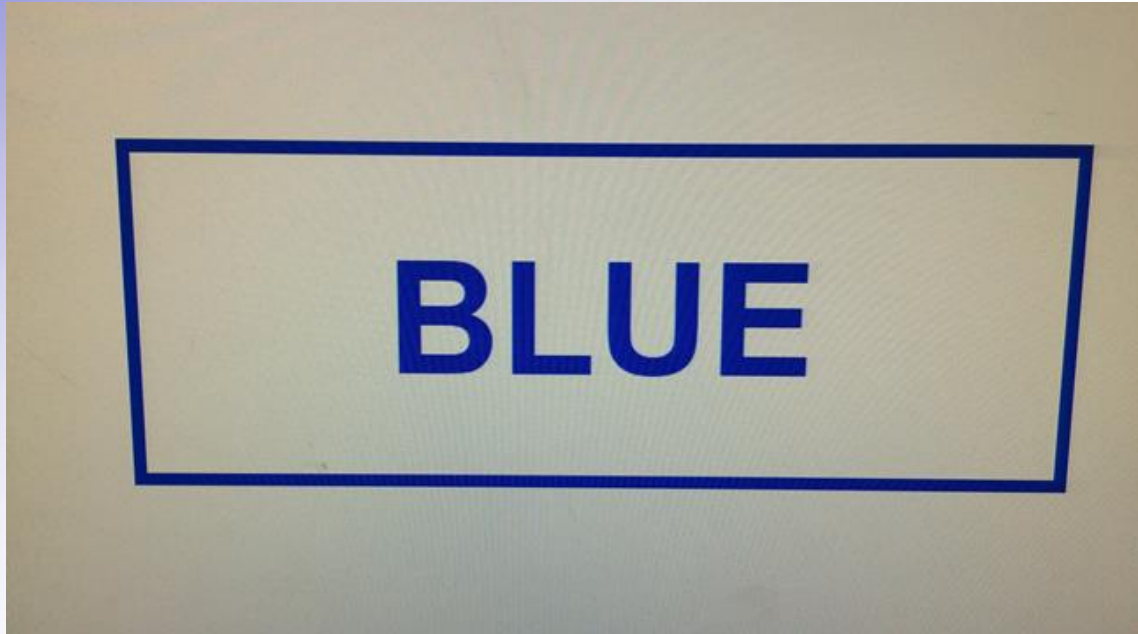


Only click on it IF it says the Color **AND** is written in that Color.

Example on next page

- As FAST and ACCURATE as you can
- Click on the word when you see:
 - RED, GREEN, BLUE
- **Do NOT** click when you see:
 - RED, GREEN, BLUE
 - RED, GREEN, BLUE
 - Does NOT effect color blindness

Click or don't click?



Yes, Click on it – the word says **BLUE** and is written in the color **BLUE**

Click or don't click?

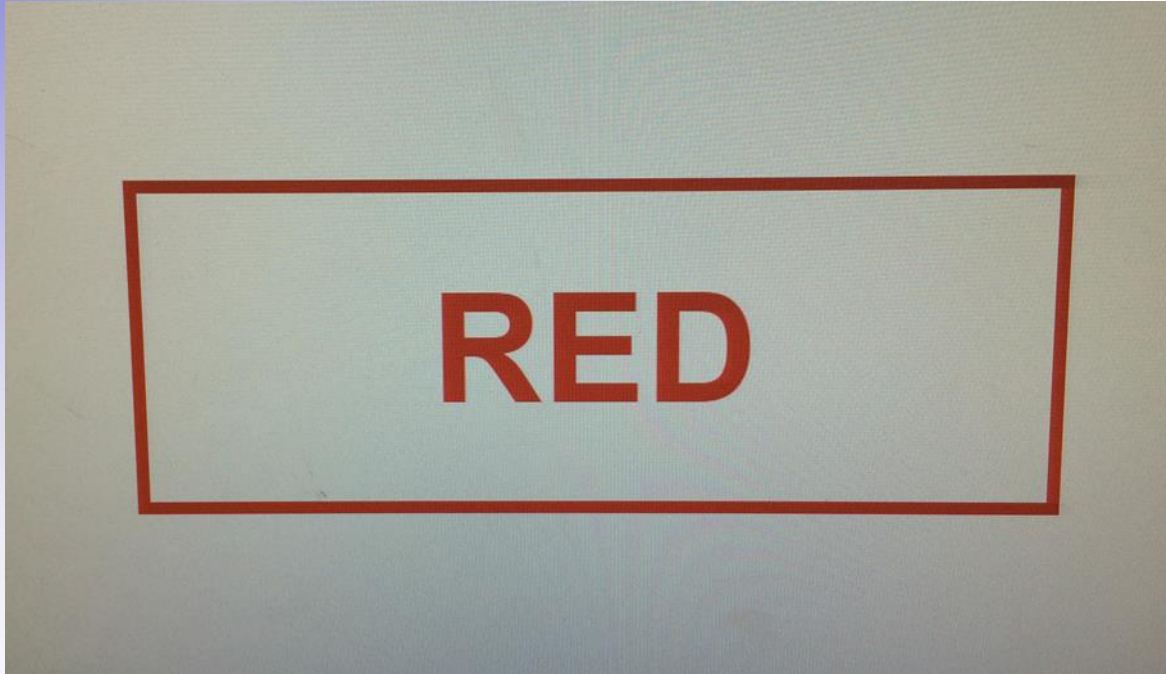


No, do NOT click on it, it will just flash through

Why not click on it? – the word says **Green** But is written in the color **Red**

It has to be the SAME color and word

Click or don't click?



Yes, Click on it – the word says **RED** and is written in the color **RED**

Click or don't click?

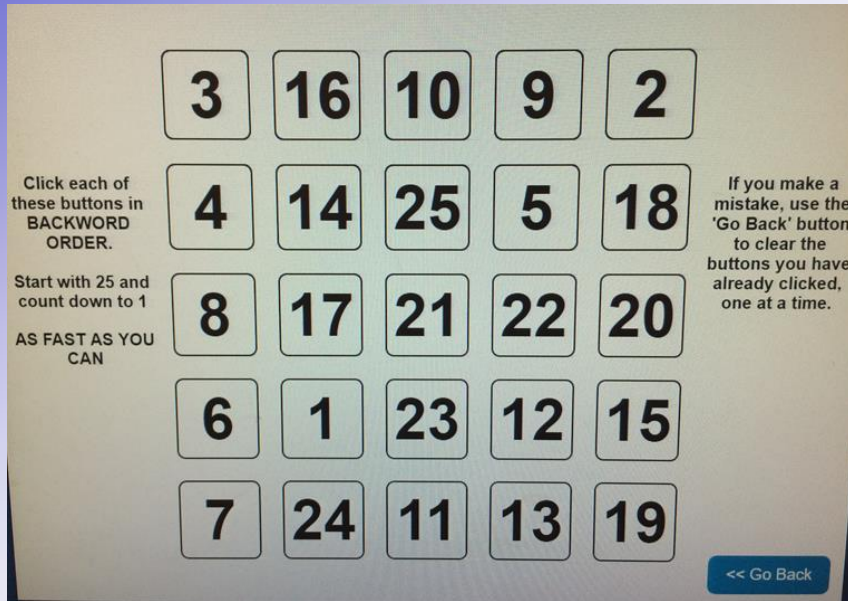


No, do NOT click on it, it will just flash through

Why not click on it? – the word says **Blue** But is written in the color **Green**

It has to be the SAME color and word

Part/Task 6 (Three letters)

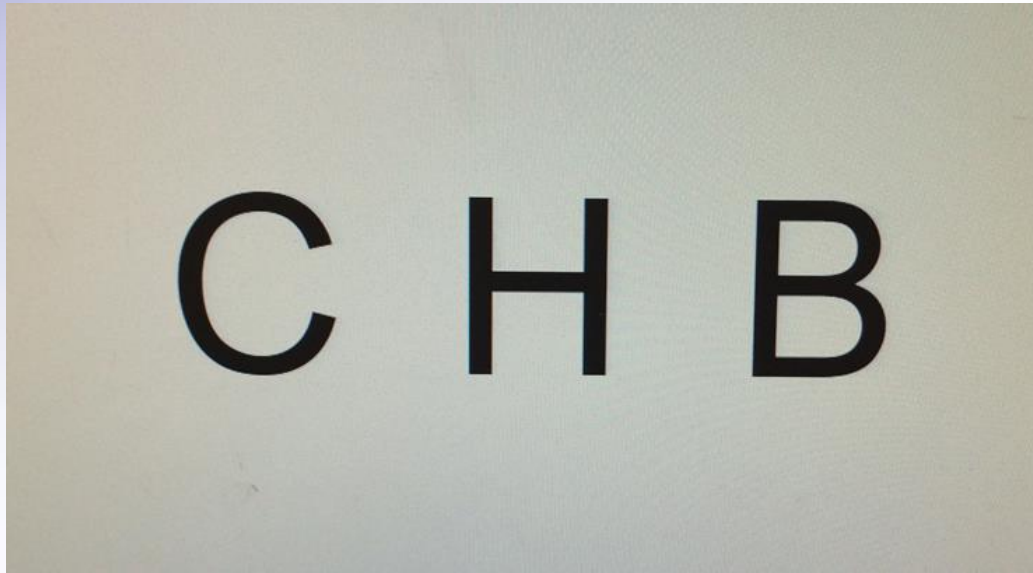


- First task:
 - As FAST and ACCURATE as you can
 - Starting with 25 count down to 1 you have to **Find & Click** on EACH number as you find it. **ALWAYS** starting with #25, #24, #23...etc
 - (Ex, 25, 24, 23, 22, 21, 20, 19, 18, etc...)

Next task:

- You will be asked to remember 3 letters.

Next task, now Remember three letters AND in that order



Make a game of the letters, example **C**hicago **B**ears **O**R **C**lever **H**oney **B**ear

Count backwards 25, 24, 23, etc...

FIND & CLICK on each number counting backwards **ALWAYS** starting with #25, #24, #23, #22, #21, #20, #19, #18, #17, #16...etc

Click each of these buttons in **BACKWARD ORDER**.

Start with 25 and count down to 1

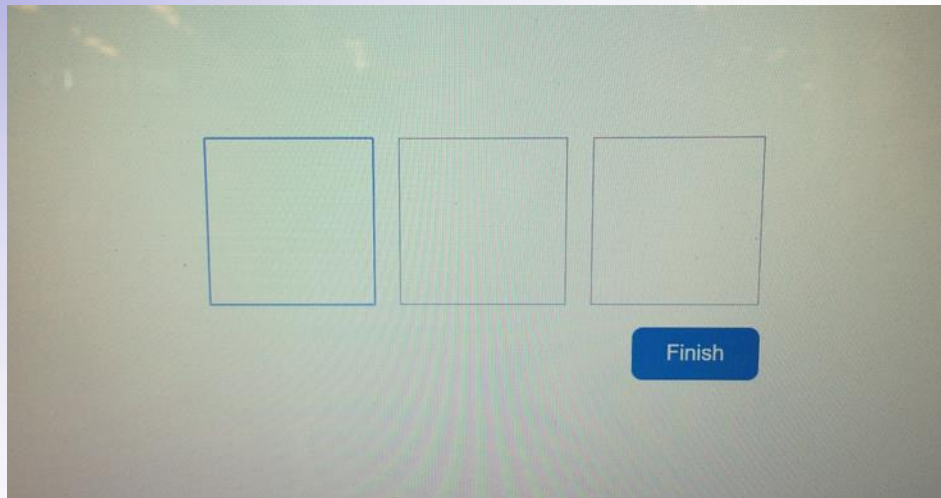
AS FAST AS YOU CAN

If you make a mistake, use the 'Go Back' button to clear the buttons you have already clicked, one at a time.

| | | | | |
|----|----|----|----|----|
| 22 | 7 | 16 | 10 | 15 |
| 8 | 24 | 12 | 5 | 23 |
| 17 | 3 | 1 | 4 | 18 |
| 14 | 13 | 11 | 25 | 6 |
| 9 | 20 | 2 | 21 | 19 |

<< Go Back

What were the three letters?



Did you remember the 3 letters
& in the right order?

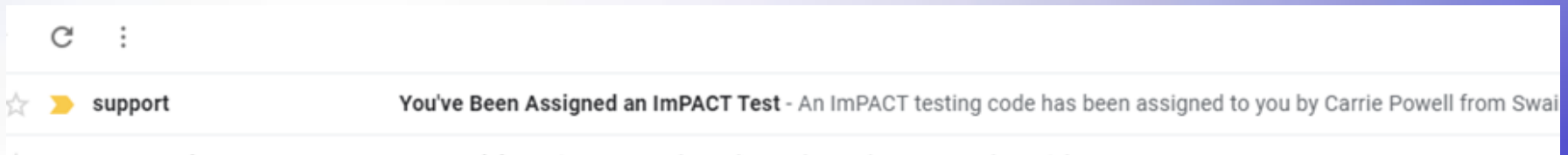
C H B

Any Questions?

- If questions? contact Ms. Carrie or email her at cpowell@swainmail.org
 - (IF you are not sure what to do, don't take the test yet until you have talked with Ms. Carrie – the Athletic Trainer).
- If you borrowed an external mouse please bring it back your next practice/workout
- **With the actual test READ ALL Directions CLEARLY Before starting each task!!!!**
- Remember **NO** one can help you on the test
- If your test is flagged invalid **you WILL have to re-test.** But do **NOT** worry, we will get it worked out.

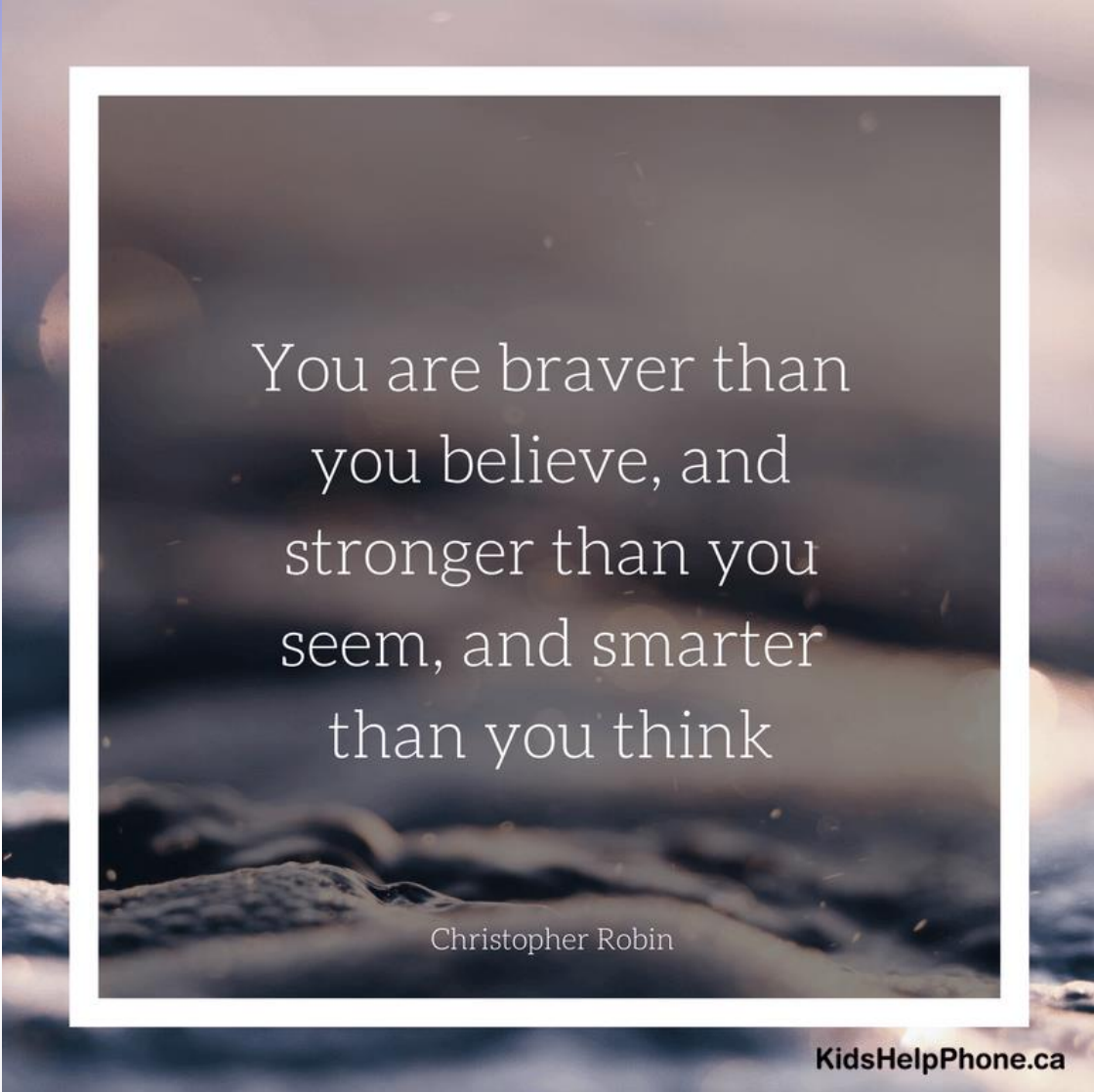
Look for email test link

- possibly from:
 - support@impacttest.com
- It could say something like: “An ImPACT testing code has been assigned to you...”
- Could look like photo below:



Thank You!

Together we will get through this!

A framed image of a sunset over water. The text is centered in white. The background shows a sunset over water with a white border.

You are braver than
you believe, and
stronger than you
seem, and smarter
than you think

Christopher Robin

KidsHelpPhone.ca

Other YouTube concussion videos to watch if you want

- <https://www.youtube.com/watch?v=fCjahdsnTyM>
Concussions 101 from [Texas Children's Hospital](#)
Date: Aug 21, 2019
- LK)
<https://www.youtube.com/watch?v=xO8IRV4VkJQ>
- Cheerleader
<https://www.youtube.com/watch?v=DjG9tr2TIQo&t=67s>
- <https://www.youtube.com/watch?v=F00039tztB8>

Other YouTube concussion videos to watch if you want

- <https://www.youtube.com/watch?v=wdUd-8sKdGg>
- **Head injuries in youth sports: How to handle a concussion -**
<https://www.youtube.com/watch?v=3cMXmy8MZBY>