



The Best Approach To Concussion Management

Dear Parent/Guardian,

JP Case Middle School is utilizing an innovative program for our student-athletes. ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is the first, most-widely used, and most scientifically validated computerized concussion evaluation system. ImPACT was developed in the 1990s to provide useful information to assist qualified practitioners in making sound return to play decisions following concussions.

Given the inherent complexities of concussion management, it is important to manage concussions on an individualized basis and to implement baseline testing and/or post-injury neurocognitive testing whenever possible. Neurocognitive assessment can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion. In fact, neurocognitive testing has been called the "cornerstone" of proper concussion management by an international panel of sports medicine experts.

We are asking our student-athletes to take the baseline test on their home computers. The exam takes about 25-30 minutes and is non-invasive. The program is basically set-up as a "video-game" type format. What it is doing is giving the brain a preseason physical of its cognitive abilities. It tracks information such as memory, reaction time, processing speed, and concentration. For example, in one part of the exam, a dozen common words appear one at a time on the screen for about one second each. The athlete is then later asked what words were displayed. It is a simple exam and has gained recognition around the world.

If the athlete is believed to have suffered a head injury, s/he will re-take the exam at school with our certified athletic trainer to help determine the extent of the injury. The information can be used to better determine recovery from a concussion. The information is shared with our team doctor and a sound decision can be made as to when return-to-play is appropriate and safe. If an injury of this nature occurs we will be in contact with you.

To ensure a valid test, please follow these instructions. It is very important that you are able to fully concentrate during the entire test. Poor performance will result in an invalid test and will require a re-take!

Testing Rules:

- ▶ Set aside 45 minutes in a quiet room with no distractions to take the test.
- ▶ No headphones or cell phone use during the test.
- ▶ Turn off any televisions, radio or anything else that can produce background noise. **AVOID ALL INTERRUPTIONS**
- ▶ Take your time to read each section's instructions very carefully. Each module is self explanatory. It is common to perform the color word match module incorrectly, **PLEASE read that section's instructions thoroughly.**
- ▶ **Please do not allow others to assist with the test other than to provide clarity of instructions**
- ▶ **This baseline test is ONLY to be used by JP Case Middle School Student-Athletes**

To take the baseline test, go to: <https://www.impacttestonline.com/testing/>

- ▶ Enter customer ID code: **UN9PYTCUWM**
- ▶ Click on "Launch Baseline Test."
- ▶ Note the test will begin by asking you background questions called the "demographic" section. Answer honestly and to the best of your ability. For symptom scores, rate how you feel on a "normal" day.
- ▶ There are 6 test sections called "modules." These include word memory, design memory, Xs and Os, symbol match, color word match and three letters.
- ▶ Your test results are not displayed once you are finished (all results are password protected).

Minimum computer requirements:

- ▶ **You must use a standard external mouse. You may not use a finger mouse pad (ie: laptop mouse), a Track Mouse, or anything other than a standard mouse.**
- 1. Only use Internet Explorer 6.0 and above, or Firefox 1.5 or above, Safari for the MAC running OSX 10.2 and above
- 2. Must have Macromedia FLASH PLAYER 10.0 or newer. You can download FLASH PLAYER at www.adobe.com
- 3. If you have a pop up blocker installed you must turn it off for the duration of the test and Java Script must be enabled
- 4. You need a broadband internet connection
- 5. Close all other programs on your computer before taking the test. If you are running Windows 7, make sure power management is set to High Performance; otherwise performance will be slowed, negating test scoring.

Thank you for participating in JP Case's Impact Concussion Management Program!

Sincerely,

Ryan Stevens, MPS, ATC, CSCS

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