

A concussion should be taken **seriously**.

Headaches

Tiredness

Dizziness

Reduced memory and concentration

Irritability

Anxiety and depression

Sleep disturbance

Increased sensitivity to noise or light



fraserhealth

Better health. Best in health care.



Concussion Clinic



Fraser Health Concussion Clinic

Current research indicates that emphasis on recovery (0-12 weeks post injury) should be focused on education, which includes reassurance, sub symptom threshold training, and symptom management.

Fraser Health Concussion Clinic Provides:

- Early Intervention Services (best received from 0-12 weeks post injury)
- Education on symptom management, reassurance and guidance with gradual return to activity (work, sport, school, leisure). Screen for risk factors that might prolong recovery.
- Link with or recommend other services/specialists, including assessment and treatment options, for those with persisting symptoms.

Inclusion Criteria

- Residents of the Fraser Health Authority Region
- 16 years of age or older
- No more than 6 months post injury



Service Delivery

- Literature mail-out
- Group Education
 - New Westminster (Royal Columbian Hospital)
 - Surrey (Surrey City Central Library)
- Individual Education
 - Complicated concussion (Trauma with injury, significant mental health issues, multiple previous concussions with protracted recovery)
 - Language barrier (interpreter required)
 - Youth (16-18)
- Follow up
 - Phone consultation or In Person
 - If recovery is not going as expected – clients will be screened for risk factors and re-directed to appropriate specialists for further assessment and treatment



FH Concussion Clinic Staff

- 1.6 FTE Occupational Therapy (provides early intervention education sessions, follow up appointments, guidance with gradual return to activity and self management strategies for symptom management. Screen for risk factors and assist with case management).
- 0.3 FTE Neuropsychology (provides counselling, cognitive screens as required)
- Neurology/Psychiatry (attends the clinic once per month and will see those with protracted/complicated recovery)

REFERRAL PROCESS

Concussion must be diagnosed

DIAGNOSTIC CRITERIA: One or more of the following should be present. Please circle:

GLASCOW COMA SCALE SCORE	Y	N	GCS SCORE:	_____
LOSS OF CONSCIOUSNESS \leq 30 min.	Y	N	DURATION:	_____
DAZED OR CONFUSED	Y	N	DURATION:	_____
POST TRAUMATIC AMNESIA \leq 24 hrs.	Y	N	DURATION:	_____

ADDITIONAL DIAGNOSTIC INFORMATION:

CT SCAN COMPLETED	Y	N	RESULTS:	_____
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DEPRESSED &/OR PENETRATING SKULL FRACTURE	Y	N
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ANY PREVIOUS CONCUSSIONS OR OTHER RELEVANT DIAGNOSES: _____

PATHWAY OF RECOVERY FROM CONCUSSION

ED/GP visit to diagnose concussion and rule out more serious or complicated injury

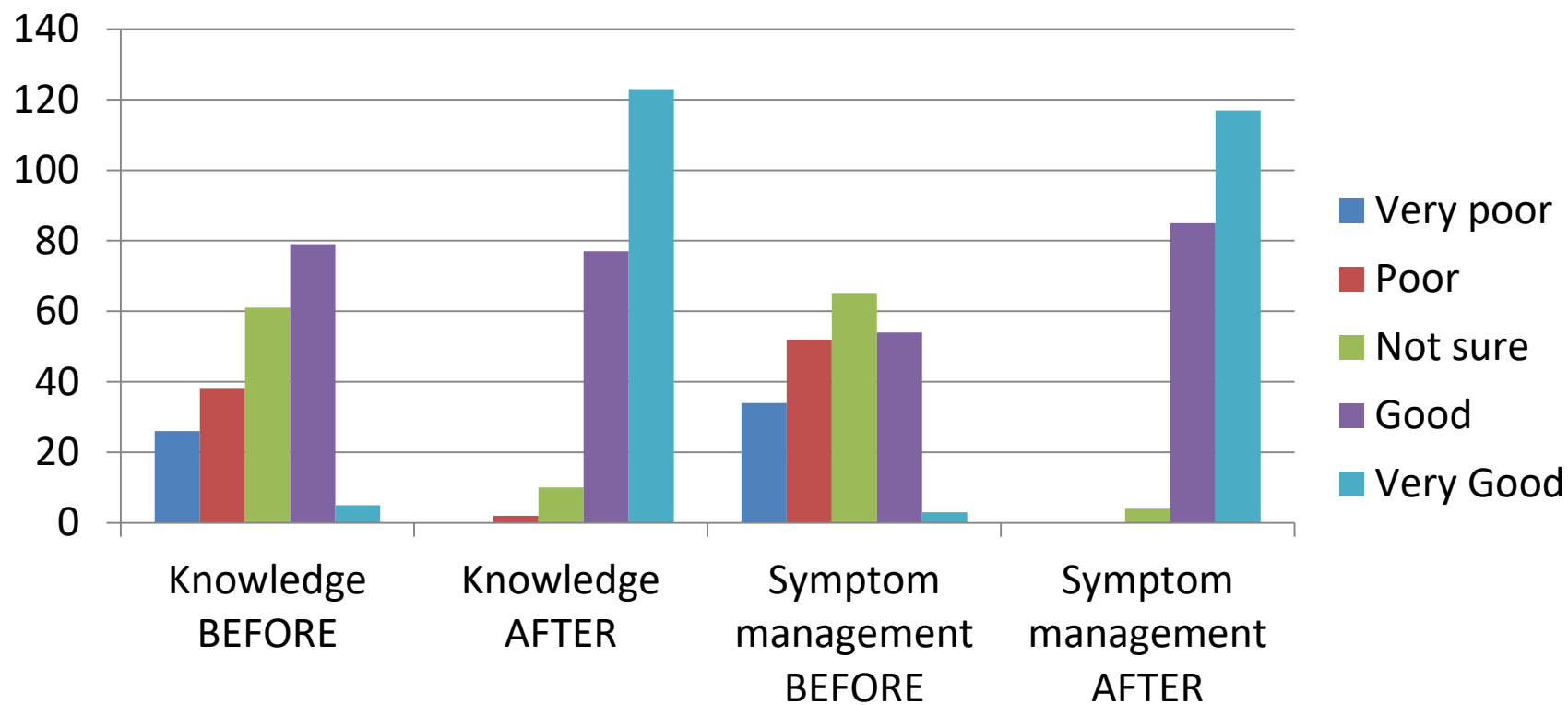
Early Intervention (FH Concussion) – Education, reassurance, symptom management, review risk factors that contribute to longer recovery, guidance with return to activity (work, school and sport)

If no improvement (3 months), referral to specialist for further assessment; ENT, Neurology, Physiatry, Neuro-Ophthalmology and occasionally Psychiatry

Provide Medication or Treatment recommendations in particular for soft tissue injuries, headaches, mood changes or poor sleep

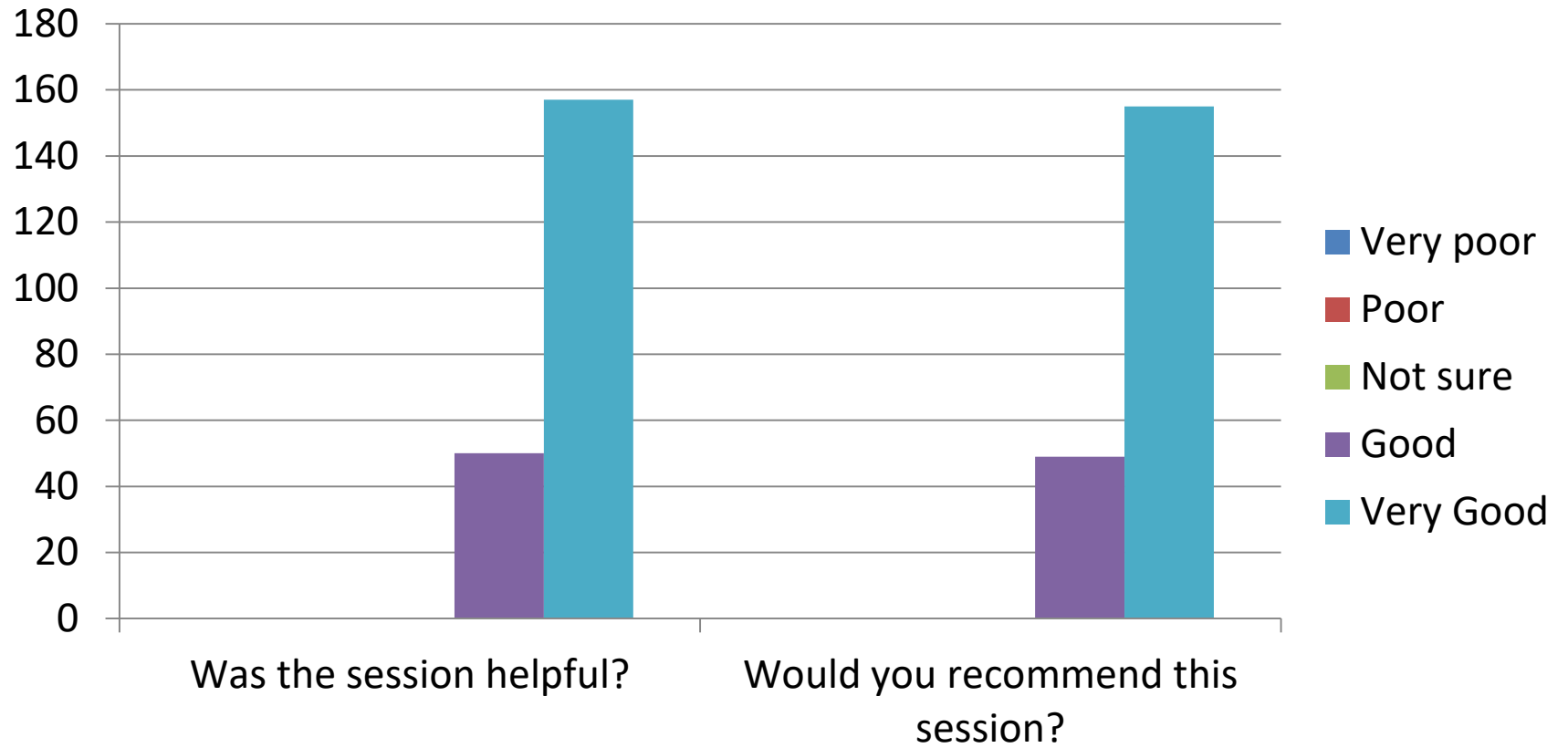


FRASER HEALTH EARLY INTERVENTION SERVICES – CLIENT FEEDBACK





CLIENT FEEDBACK FROM EDUCATION



CLIENT FEEDBACK FROM THE GROUP EDUCATION SESSIONS

- Wish they had been referred to the Concussion Clinic earlier
- That their concussion injury was diagnosed earlier
- That they had been given guidance on how to return to regular daily life earlier on in their recovery
- That someone would have told them not to “push through” their symptoms

GP ROLE IN CONCUSSION RECOVERY

- Diagnosis of concussion
- Provide treatment recommendations / medication as needed for specific symptoms
- Screen for mood changes (anxiety and depression)
- Make referral to specialists as needed (Neurology, Physiatry, Psychiatry, Neuro-ophthalmology, ENT).
- Refer to private practice OT, PT, Psychology services if a client has third party insurer – ICBC/WSBC (just on referral pad is fine)
- Provide medical clearance for Return to Work and Play

WHAT TO SAY IN A 5 MINUTE CONSULTATION

- Reassure (a full recovery is expected)
- Advise patients to rest for 1-2 days and gradually return to activity using symptoms as a guide
- No alcohol or drugs during recovery
- No driving if unsafe to do so
- No risky activity or sports until fully recovered.

Return to Activity

This tool is a guideline for managing an individual's return to activity following a concussion and does not replace medical advice. Timelines and activities may vary by direction of a health care professional.

STAGE 1:	STAGE 2:	STAGE 3:	STAGE 4:	STAGE 5:
<p>Initial rest</p> <ul style="list-style-type: none"> Stay home in a quiet and calm environment Limit your screen time (computer, television, and smartphone use) Keep any social visits brief Sleep as much as your body needs while trying to maintain a regular night sleeping schedule <p>Note: The goal for each stage is to find the 'sweet spot' between doing too much and too little.</p>	<p>Prepare to return to activity</p> <ul style="list-style-type: none"> Test your readiness by trying some simple, familiar tasks such as reading, using the computer, or shopping for groceries Keep the time on each activity brief (e.g., less than 30 minutes) and take regular rest breaks Go for walks or try other light physical activity (e.g., swimming, stationary bike), without becoming short of breath Keep bed rest during the day to a minimum. It is unlikely to help your recovery 	<p>Increase your activity</p> <ul style="list-style-type: none"> Gradually return to usual activities and decrease rest breaks Start with less demanding activities before harder ones Physical activity might include jogging, lifting light weights, or non-contact sport drills, gardening, dancing <p>Note: You could start returning to school or work on a part-time basis (e.g., a few hours per day).</p>	<p>Gradually resume daily activities</p> <p>Resuming daily activities can be challenging because your energy and capacity for activities may be variable, but should improve day-to-day or week-to-week.</p> <p>Students and workers may require accommodations, such as reduced hours, reduced workload, extra time for assignments, or access to a quiet distraction-free work environment.</p>	<p>Full return to activity</p> <ul style="list-style-type: none"> Full class schedule, with no rest breaks or accommodations Full work schedule with usual expectations for productivity Student athletes should not return to sport competition until they have fully returned to school <p>Only return to contact sports or dangerous job duties (e.g., operating heavy equipment, working from heights) when cleared by your doctor.</p>
Rest	Get ready to return	Start your return	Continue your return	
When symptoms start to improve OR after resting for 2 days max, BEGIN STAGE 2	Tolerates simple, familiar tasks, BEGIN STAGE 3	Tolerates further increase in level of activity, BEGIN STAGE 4	Tolerates partial return to usual activities, BEGIN STAGE 5	

If new or worsening symptoms are experienced at any stage, go back to the previous stage for at least 24 hours. You may need to move back a stage more than once during the recovery process.

Each person will progress at his/her own pace. It is best not to "push" through symptoms. If you do too much, your symptoms may worsen. Decrease your activity level and your symptoms should settle. Then continue to gradually increase your activity in smaller increments.

Adapted from Noah D. Silverberg, PhD

RETURN TO WORK

- The most successful way to return to work following a concussion is in a gradual manner (decreased hours, alternate days and lighter duties)
 - Gradually increase hours and work responsibilities as symptoms allow
 - Individuals should be encouraged to take regular ‘brain breaks’ and micro breaks throughout their work day
 - If symptoms increase, work hours should not be increased



RETURN TO WORK PLAN EXAMPLE

Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1 2 HOURS Brain break every hour	Rest day	2 HOURS	Rest day	2 HOURS
WEEK 2 4 HOURS Brain break every hour	Rest day	4 HOURS	Rest day	4 HOURS
WEEK 3 6 HOURS Brain break every hour	Rest day	6 HOURS	Rest day	6 HOURS
WEEK 4 8 HOURS Brain break every hour	Rest day	8 HOURS	Rest day	8 HOURS
WEEK 5 8 HOURS Brain break every hour	4 HOURS	8 HOURS	4 HOURS	8 HOURS
WEEK 6 8 HOURS Brain break every hour	8 HOURS	8 HOURS	8 HOURS	8 HOURS

PUBLIC SERVICES FOR CONCUSSION

Early Intervention Services for Concussion (Education on concussion, symptom management and guidance with return to activity):

- Fraser Health Resident (16 and above) – **Fraser Health Concussion Clinic** (phone 604 528 5387)
- Vancouver Coastal Health residents (19 and above) – **Early Response Concussion Service** (phone: 604-714-4186)

Provincial Programs for Children and Youth (Early Intervention Service included)

- **Early Response Concussion Service for Adolescents** (12 – 18) **Adolescent Complex Concussion Clinic** 604 734 1313 ext 2258 or 2257)
- **BC Centre for Ability** 1877 451 5511 (for children 12 and under). <http://www.bc-cfa.org/what-we-do/brain-injury-services/>

Return to School (Provincial Program):

- GF Strong School Program 604 737 6420 (for students up to the age of 19 who have not graduated from high school) http://www.vch.ca/media/GFS_SchoolProgramReferralForm.pdf

TREATMENT FOR CONCUSSION

Sports Concussions

Fortius Sport and Health (Burnaby)

Visual Retraining (Neuro-Optometry):

- <https://nora.memberclicks.net/find-a-provider#/>

Vestibular Therapy

- <http://vestibular.org/finding-help-support/provider-directory?>

Mood:

- **If private paying or has funding:** Registered psychologists can be found at: www.psychologists.bc.ca .
- **If no funding:** Fraser Health Mental Health offices - patients can self refer

Private Occupational therapy and Physiotherapy (generally for client's who have third party insurers)

- Write referral on referral pad – and patient can take this to their adjustor or lawyer.
- Find a Physiotherapist: <https://bcphysio.org/>
- Find an OT: <https://www.caot.ca/site/findot>



ONLINE RESOURCES

- **Fraser Health:** http://www.fraserhealth.ca/find-us/services/our-services?&program_id=10316 (patient handouts for symptom management, referral form)
- **Ontario Neurotrauma Guidelines for Concussion and persisting symptoms (18+):** <https://braininjuryguidelines.org/concussion/> - has information on symptom management, return to activity, specialist follow up and medications
- **Brain Streams:** <http://www.brainstreams.ca/learn/injured-brain/concussion>
- **Ontario Neurotrauma Guidelines for Pediatric concussion:** <http://onf.org/documents/guidelines-for-pediatric-concussion>
- **CATT online:** www.cattonline.com
- **Parachute:** <http://www.parachutecanada.org/>
- **Teaching Kids with Concussion:** <http://www.vch.ca/media/TeachingKidsWithConcussion.pdf>
- **Online Mood resources:**
- Fraser Health Mental health and substance use: <http://www.fraserhealth.ca/health-info/mental-health-substance-use/>
- Anxiety: <http://www.anxieties.com/default/indexMobile>
- General Mental Health: <https://www.cmha.bc.ca/how-we-can-help/adults>
- Bounce Back: <https://www.cmha.bc.ca/how-we-can-help/adults/bounceback> (free resource for clients – needs a referral)

Concussions:

A Guide to Understanding Symptoms and Recovery

For Adults



CONCUSSION: Symptom Management

Information Sheet

Here are some tips to help you manage your symptoms during your recovery from concussion:



SLEEP HYGIENE

Information Sheet

Here are some suggestions to help you get a consistently good night's sleep:



Balance / Dizziness

Concussion
Information Sheet

Following a concussion, you may find that you feel unbalanced, lightheaded, dizzy and nauseated; you may even feel like your world is spinning. Possible causes might be:

Trauma to the inner ear



HEADACHE MANAGEMENT

Concussion
Information Sheet

Headaches are a common symptom following a concussion. Pain is real. It is a complex personal experience influenced by emotions, attitude and perception.



Tips for Managing Fatigue

Concussion
Information Sheet

Fatigue is a common symptom following an ABI. Your brain will seem to have less energy. Even after a little effort, you may feel worn out and unable to go on. Your brain is telling you that you need a rest – listen to it. If you struggle on, you will make yourself even more tired and less able to cope.



Fraser Health Concussion Clinic
BC Brain Injury Association ABI Provincial Services Evaluation
Voted as one of the Top 10 most Excellent Programs, 2016