

Course Title: Concussion 107 – Sports Related Concussion: Acute Management and Post-Concussion Issues

Course Description: Sports-related concussion (SRC) is a common problem in youth sports. Concussion may occur after a forceful hit to the body or head, resulting in transient neuropathological changes that spontaneously resolve with relative rest and activity modification in most patients. Most SRCs are effectively managed by primary care physicians and sports medicine specialists. In some cases, symptoms may persist and the child and adolescent psychiatrist may be consulted. This article reviews important background information regarding SRC and highlights a variety of pharmacologic and nonpharmacologic treatment options that consultant psychiatrists should know.

Target Audience: OT / OTA and other healthcare professionals

Course Type: Video vs. Text-based

Educational Level: Beginner, Intermediate, Advanced

CE Hours: 1 contact hour / .1 ceu

Course Prerequisites: None

Course Instructor: Brown, MS, OTR/L, CHT

Learning Objectives:

- Outline and describe 6 clinical domains that should be included when considering a diagnosis of concussion
- Describe 5 intrinsic factors suspected to play a role in the duration of clinical recovery from SRC
- Describe the role of neuropsychological testing in the assessment of SRC
- Outline the stages, progression and rationale involved in return-to-learn and return-to-sport decisions
- Describe the role that pharmacotherapy plays in the treatment of concussion
- Outline and describe how the established 22 symptoms of concussion are categorized, and provide an example of each

Agenda:

Hour #1

Key points

Introduction

Definition

Epidemiology

Pathophysiology: neurometabolic cascade

Diagnosis

Recovery

Advanced imaging
Neuropsychological testing
Management

- 1. Acute Symptoms
- 2. Persistent Symptoms

Pharmacotherapy

- 1. Supplements
- 2. General Approach: Symptom Clusters

Headaches or somatic symptoms

- 1. Analgesics
- 2. Amitriptyline

Cognitive symptoms

- 1. Amantadine
- 2. Methylphenidate

Emotional symptoms

- 1. Selective Serotonin Reuptake Inhibitors

Sleep disturbance

- 1. Sleep Hygiene
- 2. Melatonin

Pharmacotherapy: bottom line
Retirement from sports
Prevention strategies
The future Summary points

Course Completion Requirements:

A passing score of 100% is required for course completion. You will have as many attempts as needed until your passing score of 100% is achieved. Upon successful completion of course and completing a satisfaction survey, you will receive your certificate of completion.

Additional Course Information

Course Registration: Register for Free at www.OnlineCE.com. Once registered, you can begin to purchase courses. Contact info@onlinece.com for special needs requests and assistance.

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Required Materials and Equipment: Courses offered on OnlineCE.com can be accessed on any type of computer or device. No special software is required but we do recommend the use of the Chrome Browser (recommended, not required). All course materials are contained within the courses and no prerequisites are required.



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