



Online Continuing Education Courses
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AOTA Approved Provider #4023

Course Title: Concussion 107

Subtitle: 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: PT/PTA, OT/OTA and Other Healthcare Professionals

Course Length: 1 hour

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

Educational Level: Introductory, Intermediate, Advanced

The course is written at the intermediate level, but learners of all levels will benefit from the information.

Course Objectives:

At the end of the course, participants will be able to:

- 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

Outline of Content:

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

Instructional Methods and Formats:

Online course available 24/7 at www.OnlineCE.com includes Audiovisual format and

PDF downloadable handout. See course formats for additional details.

Course Completion Requirements:

A minimum 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, you will receive your certificate of completion.

Additional Policies:

OnlineCE Policies are available by clicking on the tab – Policies – located in the left-hand navigation bar.