Developing a Novel Concussion Evaluation for the UCHealth Concussion Assessment Clinic (CAC)

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PURPOSE

- Develop and implement an evidence-based, standardized CAC evaluation for individuals following a concussive event.
- Care coordination to be initiated by PT.

IMPORTANCE TO MEMBER

- Nearly 1/3 of athletes have undiagnosed concussions which is associated with higher Post Concussion Symptom Scale (PCSS) scores and higher loss of consciousness rates when future concussions occur. [3]
- "Consequences of sport-related concussion have been at the forefront of public health concerns… prompting the need for safe and effective management guidelines and availability of appropriately trained healthcare providers." [2]
- Multifaceted objective-testing protocols should be performed at baseline, at acute injury evaluation, and when making return-to-participation decisions. [1]
- Level A evidence states physical therapists (PT) can effectively screen patient with concussion for red flags and make appropriate referrals, placing PT at for forefront of concussion management. [4]

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DESCRIPTION

- Literature review to identify examination and outcome measures for the six concussion subtypes.
- A multi-disciplinary work group review the literature and identified a battery of standardized outcome measures that will safely and effectively assess these subtypes.
- CAC will evaluate patient with activity and sports-related concussion symptoms 48 to 72 hours post injury, including screening for red flags and referral for follow-up imaging.
- PT will initiate patient education and provide recommendation to primary care provider (PCP) for follow-up care coordination.

Concussion Clinical Trajectories [5]

SUMMARY OF USE

- Screen red flags
  - Canadian C-Spine Rule
  - Canadian Head CT Rule
  - Glasgow Coma Scale
  - PECARN
- CAC objective test
  - Patient Health Questionnaire – 9 for adults and adolescents (PHQ9/PHQ9(A)), PCSS
  - Vestibular/Ocular-Motor Screening (VOMS), Balance Error Scoring System (BESS), cervical safety tests, cover/uncover, Five Word Recall

PROGRAM GOALS

- Increasing points of access for concussion identification within the UCHealth system to maximize efficiency.
- PT will triage patients based on red flag screening and CAC testing to coordinate and accelerate access to follow-up care.
- Study the validity of the battery of CAC test in identifying concussion.

SOURCES

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