

EDUCATION + PREVENTION PROGRAMS

Tahoe Forest Health System's Concussion intervention, education, and prevention programs include:

- **Medical Intervention, Coordination, and Outreach** by *Nina Winans, MD, Medical Director, Board Certified in Sports Medicine*
- **Neurologic Consultations** by *Stephen Forner, MD, Neurology, Board Certified in Neurology*
- **Baseline and Post Injury ImPACT Testing** by *Credentialed ImPACT Consultant*
- **Mild Traumatic Brain Injury (mTBI) Research Project**
- **Outpatient Physical Therapy**
- **Outpatient Speech Language Pathology**
- **Outpatient Occupational Therapy**
- **Nutrition Consultation**



CONCUSSION

Quick Reference Guide

1. RECOGNIZE SIGNS & SYMPTOMS

One or more of these signs or symptoms indicate a concussion.

- *Person appears stunned, disoriented*
- *Moves clumsily, answers questions slowly*
- *Loses consciousness, even briefly*
- *Personality or behavior changes*
- *Headache, pressure in head, dizziness*
- *Nausea or vomiting*
- *Feeling sluggish or groggy*

2. REPORT SYMPTOMS

If you suspect symptoms of concussion, seek medical attention right away.

3. RECOVER

Concussions take time to heal. Avoid a repeat concussion by recovering completely before returning to play or athletic activity.

LEARN MORE

For questions about ImPACT Testing and concussion education, please call the Tahoe Center for Health and Sports Performance at (530) 587-3769.

To schedule a medical evaluation for concussion, please call Nina Winans, MD, Sports Medicine at (530) 582-7488.



COMPREHENSIVE CONCUSSION CARE
at Tahoe Forest Health System

WHAT IS A CONCUSSION?

A concussion is a traumatic brain injury caused by a sudden bump or blow to the head. Even a mild bump can be serious. Signs and symptoms of concussion may appear immediately after injury or not until days or weeks later. If you suspect symptoms of concussion, seek medical attention right away.

OBSERVABLE SIGNS + SYMPTOMS OF CONCUSSION

- *Person appears dazed, stunned, confused, forgetful, disoriented*
- *Confused about instructions, moves clumsily, answers questions slowly*
- *Loses consciousness, even briefly*
- *Shows mood, personality, or behavior changes*

REPORTED SYMPTOMS OF CONCUSSION

- *Headache, pressure in head, balance problems, dizziness*
- *Nausea, vomiting, blurry vision, sensitive to light, confusion*
- *Feeling sluggish, hazy, foggy, groggy, feeling down, angry, emotional*

WHAT TO DO IF YOU SUSPECT CONCUSSION

1. Seek immediate medical attention
2. Do not return to play of any athletic activity until evaluated by a health care professional
3. Tell coach and medical team member about any previous concussions



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MEDICAL INTERVENTION, COORDINATION + OUTREACH

Led by Dr. Nina Winans, a Board Certified Sports Medicine Physician with extensive experience and training in concussion management, Tahoe Forest Health System is working with the Tahoe Truckee Unified School District and local ski and sport teams to reach as many athletes as possible. A credentialed ImPACT Consultant, Dr. Winans oversees all local ImPACT testing and concussion education, research, and patient management.

NEUROLOGY

Dr. Stephen Forner is a board certified neurologist with more than 35 years of treating neurological disorders in adults and children. With a special interest in mild traumatic brain injury (mTBI) and concussions, Dr. Forner offers neurologic consultation and treatment of post-concussion neurological symptoms such as headache, neck pain, dizziness, balance disorders, and cognitive problems.

ImPACT TESTING

ImPACT testing is the most widely used and scientifically validated computerized concussion evaluation system. Upon enrollment in the program, an athlete takes a baseline test and the results are stored on a secure and private computer server. If a concussion is suspected in the future, a follow-up ImPACT test is performed. This post injury test is compared with the baseline data to aid in return-to-play decisions.

Administered by credentialed practitioners, ImPACT testing is done in conjunction with education, for individuals, local sports teams and school athletic programs.

MILD TRAUMATIC BRAIN INJURY (mTBI) RESEARCH PROJECT

In collaboration with the Tahoe Institute for Rural Health Research, the mTBI project is developing a simple portable device to assist in diagnosing mild traumatic brain injury. This research is being conducted by trained professionals, and when completed will indicate if an athlete should be sidelined following a hit to the head and if or when he or she is healthy enough to return to play.

The goal of this research is to develop an objective system to help prevent athletes from suffering successive head impacts resulting in more severe brain trauma.

PHYSICAL THERAPY

Physical Therapy performs comprehensive evaluations to identify and address cervical spine/whiplash issues that commonly occur with traumatic concussion. A full assessment includes evaluation of the patient's balance and coordination, as well as eye tracking ability and the vestibular (inner ear) system for any weaknesses or dysfunctions. Treatment aims to resolve headaches, a common symptom of head injury, and uses therapeutic exercises to return the patient to his or her pre-concussion level of work, recreation, and sport activity.



SPEECH LANGUAGE PATHOLOGY

Post-concussion patients often report feeling lost in conversations, forgetting words or losing train of thought, impaired reading comprehension, difficulty multi-tasking, inability to concentrate, or crying for no reason. In addition to a conversation about the patient's perceived difficulties, the speech language pathologist's initial evaluation involves testing memory, concentration, problem solving, and communication through various functional tasks.

The speech language pathologist helps the patient to identify and establish routines that allow the brain to heal while still maximizing success in school, work, and social situations.

NUTRITION THERAPY

Diet has a powerful impact on brain health and function. A brain injury may exacerbate difficulties related to managing preexisting conditions such as high cholesterol, high blood pressure, diabetes, or cancer. A registered dietitian nutritionist will create an eating plan focused specifically on supporting brain health and avoiding chronic disease.

OCCUPATIONAL THERAPY

Occupational therapy helps people of all ages engage in meaningful daily life activities. Following a concussion, occupational therapy can assist patients with symptom management and/or environmental/activity adaptations, for re-engagement in everyday life. Occupational therapy can help assess visual-perceptual deficits (difficulties with reading, tolerance of electronic screens, etc.), cognitive and sensory processing skills, and the ability to participate in activities related to self-care, work, school, leisure, and play.

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