

Dear Parent/Guardian,

We are excited that you have chosen to participate in the Sports Concussion Program at The Portland Clinic. In order to better manage concussions sustained by athletes, we have acquired a software tool called ImPACT (Immediate Post Concussion Assessment and Cognitive Testing). ImPACT is a computerized exam utilized in many professional, collegiate, and high school sports programs across the country to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury during competition, ImPACT is used to help determine the severity of head injury and when the injury has fully healed. This program will assist our physicians in evaluating and treating concussions by allowing them to objectively track the athlete's recovery.

The computerized exam is given to athletes before beginning contact sport practice or competition. This non-invasive test is set up in "video-game" type format and takes about 15-20 minutes to complete. It is simple, and actually many athletes enjoy the challenge of taking the test. Essentially, the ImPACT test is a preseason physical of the brain. It tracks information such as memory, reaction time, speed, and concentration. It, however, is not an IQ test.

If a concussion is suspected, the athlete will be required to re-take the test. **The post-injury test should occur between 48 and 72 hours after the suspected concussion. The athlete should also be seen by a physician at this time.** We will always make an opening in our schedule to facilitate this. Our physicians will evaluate both the preseason and post-injury test data to help determine the extent of the injury. The information gathered can also be shared with your athletic trainer or school. The test data will enable these health professionals to determine when return-to-play is appropriate and safe for the injured athlete.

The information gathered from the ImPACT program may also be utilized in studies currently being conducted by the University of Pittsburgh Medical Center (UPMC). The UPMC Sports Concussion Program is the founding group of the ImPACT software and their database allows us to better understand the test results we obtain after concussions. In order to ensure and guarantee your child's anonymity, we have set-up an anonymous data submission system. This data may anonymously be submitted to UPMC for their research purposes.

We wish to stress that the ImPACT testing procedures are non-invasive, and they pose no risks to your athlete. We are excited to implement this program given that it provides us the best available information for managing concussions and preventing potential brain damage that can occur with multiple concussions. The Portland Clinic is striving to keep your child's health and safety at the forefront of the athletic experience. Please return the attached page with the appropriate signatures. If you have any further questions regarding this program, please feel free to contact us at 503-293-0161 ext. 4036.

Sincerely,

The Portland Clinic Sports Medicine Team

To ensure a valid test, please follow these instructions. It is very important that you are able to fully concentrate during the entire test. Poor performance will result in an invalid test and will require a re-take!

- ▶ This test is intended for athletes at least 10 years old. If no concussion occurs requiring repeat testing, a new baseline test should be obtained every 2 years in athletes under the age of 18.
- ▶ Set aside 30 minutes in a quiet room with no distractions to take the test.
- ▶ No headphones or cell phone use during the test. **Turn off your cell phone.**
- ▶ Note the test will begin by asking you background questions called the “demographic” section.
- ▶ There are 6 test sections called “modules.” These include word memory, design memory, Xs and Os, symbol match, color word match and three letters.
- ▶ Take your time to read each section’s instructions very carefully. Each module is self explanatory. While reaction time is scored in the test itself, you are not being timed when the instructions are on the screen.
- ▶ It is common to perform the color word match module incorrectly, please read that section’s instructions thoroughly.
- ▶ Other than the initial demographic section, do not ask anyone to help you with your performance during the test, such as assistance with memory questions, etc. Do not write anything down during the test to aid memory.
- ▶ Your test results are not displayed once you are finished (all results are password protected). Contact a member of our Sports Medicine staff if you are interested in your baseline score.
- ▶ **Occasionally, a baseline test may be determined to be “invalid”. There are a couple of reasons this may occur. The most common reasons are failure to understand test directions or not taking the test seriously. The test is designed to identify people not taking the test earnestly. If your test is deemed invalid because there was a misunderstanding of the instructions or another simple mistake, you will not be charged for retaking the baseline test. If the test determines that the athlete was not taking the test seriously or attempting to obtain a low score, you will be charged to take the test again.**
- ▶ Thank you for participating in our Sports Concussion Program.

PATIENT
LABEL

Consent Form

Dear Parent/Guardian,

For use of the Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT)

I have read the attached information. I understand its contents. I have been given an opportunity to ask questions and all questions have been answered to my satisfaction. I agree to participate in the ImPACT Concussion Management Program.

Printed Name of Athlete _____

Sport _____

Signature of Athlete

Date

Signature of Parent/Guardian
if the athlete is under the age of 18

Date