

# Concussion Protocol Harmonization Project Update

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 Ottawa



# Background

- “national strategy to raise awareness for parents, coaches, and athletes on concussion treatment” (Ministerial Mandate Letters, 2015)
- Need for consistency across Canada



# Project Deliverables

1. Concussion Guidelines based on the Berlin Consensus Statement.
2. Harmonized sport-specific concussion protocols validated by experts and end users.
3. Accredited online continuing education on concussion for health professionals.
4. Social and digital media communications campaign
5. Return-to-School pilot.

# The Path to Protocol Harmonization

**Consensus Statement on Concussion in Sport**



**Canadian Guideline on Concussion in Sport**

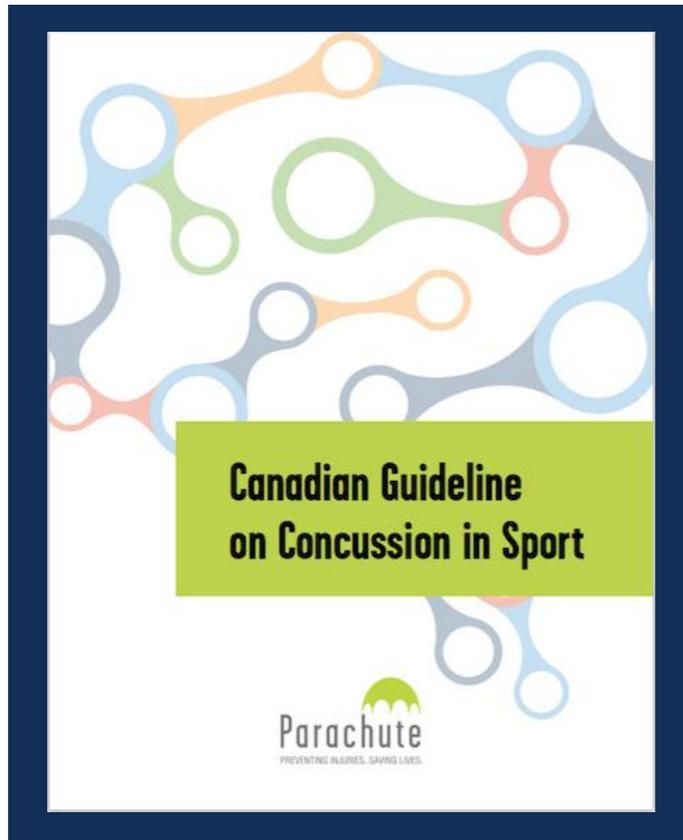


**Canadian Harmonized Concussion Protocol Template**



**Harmonized Sport-Specific Concussion Protocols**

# Canadian Guideline on Concussion in Sport July 2017



We reviewed current scientific evidence and expert consensus to develop guidance tailored to the Canadian sport and health contexts.

► [parachutecanada.org/guideline](https://parachutecanada.org/guideline)

# Canadian Guideline on Concussion in Sport



New implementation tools:

- Pre-Season Education Sheet
- Medical Assessment Letter Template
- Medical Clearance Letter Templates

# Canadian Guideline on Concussion in Sport



- 4,841 Guideline downloads
- 17,186 Guideline webpage visits
- 5.2M media impressions
- Over 25 news stories in print, radio, television, and web

# Harmonized Protocols

- We built tools to translate the guidance into concussion protocols and provided supports:
  - ▶ Harmonized Concussion Protocol Template, Checklist
  - ▶ Return-to-Sport Strategy Adaptation Tool
  - ▶ Digital platform for communication and document submission
  - ▶ Expert advisory review
  - ▶ Webinar explaining the tools, their purpose, and use

# NSO Engagement

- 56 NSOs invited to participate (voluntary) – goal of 20
  - ▶ Introduction through Sport Canada
  - ▶ Early and ongoing communication and consultation
  - ▶ In-person stakeholder event and report
  - ▶ Tools and supports

# Results



## Engagement

42 NSOs engaged:

- Summer and winter
- “High” and “low” concussion risk
- Range of experience with concussion policy

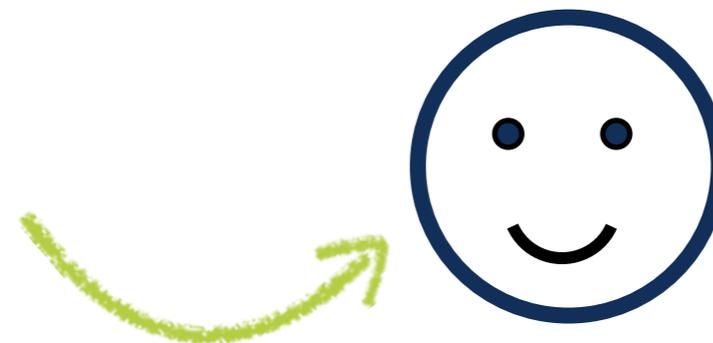


## Usefulness

- 100% of respondents agreed they were given useful tools
- Significant uptake of the protocol template

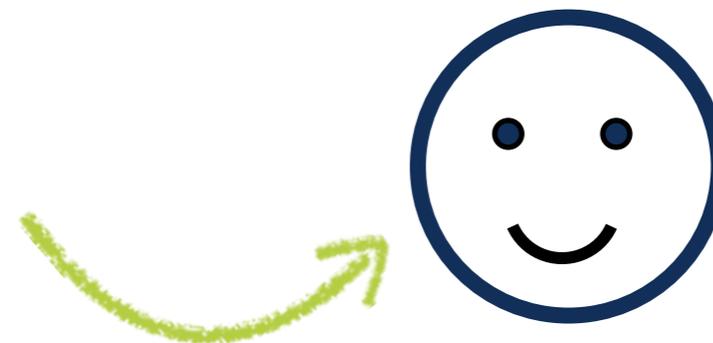
# Key Facilitators

- **Government support**, including the facilitating role of Sport Canada to help build relationships
- **Partnership networks** across sport, health, education, and government committed to align on concussion
- **Context** – Considering the Canadian sport system and respect heterogeneity (organizational size, resources, needs, etc.)



# Key Facilitators

- **Action-driven** – time-based outcomes
- **Clear guidance**, with simple-to-use, audience-specific tools to reduce the burden on organizational capacity
- **Ownership by NSOs**, to strengthen engagement, organizational capacity for follow-through on policy implementation



# Challenges

- Access to the systematic review evidence was delayed when the *Consensus Statement* was published later than anticipated.
- Connecting with the right contacts at each sport organization was key.
- Competing priorities, including the sport seasons (timelines less than one calendar year)
- Concussion is a complex topic involving multiple overlapping systems. Continued focus was required to stay within the scope of the project.

# Moving Forward

## No harmonized protocol yet?

- ▶ It's not too late to get involved. Join us!

## Who knows about your protocol?

- ▶ All staff and volunteers should know you have a protocol, and where to find it (Include board members!)
- ▶ Ensure your protocol is easy to find on your website
- ▶ Include your protocol in pre-season education
- ▶ Include concussion and how your organization is addressing it at your AGM and other events

# Moving Forward

## How can your organization take a leadership role?

- ▶ Share your protocol or the templates/tools with PSOs and clubs



*Prepared by ACA medical staff, last update: August 2017.*

### **2017-2018 CONCUSSION PROTOCOL PTSO/CLUB LEVEL**

**Alpine Canada Alpin (ACA)** has developed the **Alpine Canada Concussion Protocol** to help guide the management of athletes who may have a suspected concussion as a result of participation in alpine skiing - related activities, in conjunction with the Parachute Canada harmonized Sport concussion protocol.

Source: Alpine Canada, [alpinecanada.org](http://alpinecanada.org)

# Concussion Education for Medical Professionals

- We identified priorities for improving consistency in healthcare practice.
- We developed an accredited online concussion CME course focused on these priorities:
  - ▶ Assess patient presenting with possible concussion (initial hours post-injury)
  - ▶ Manage concussion care (2-4 weeks post-injury)
  - ▶ Identify when referral to specialized care is required

# CATT Medical Professionals

The screenshot shows the landing page for the CATT Medical Professionals course. At the top left is the CATT logo and the text 'CONCUSSION AWARENESS TRAINING TOOL'. To the right is a navigation menu with links for 'Audience', 'Learn', 'Concussions', 'Resources', 'News', and 'About'. The main heading is 'Medical Professional Course'. Below this is a descriptive paragraph: 'The Concussion Awareness Training Tool is designed to provide medical professionals with the information they need to provide evidence-based care for their patients who have sustained a concussion.' This is followed by an 'Accreditation Information' section stating that the program is an Accredited Self-Assessment Program (Section 3) of the Royal College of Physicians and Surgeons of Canada, approved by UBC CPD, and worth 2 hours. On the right side of the page is a smaller version of the course landing page, which includes a 'START COURSE' button and a 'DETAILS' dropdown menu. At the bottom of the page, there is a small CATT logo and a note: 'The Concussion Awareness Training Tool is an accredited program designed to provide medical professionals with the information they'.

## Accredited by UBC CPD



CONTINUING PROFESSIONAL DEVELOPMENT  
FACULTY OF MEDICINE

# Partners

- Parachute Concussion Expert Advisory Committee (co-chairs: Dr. Charles Tator and Dr. Michael Ellis)
- Public Health Agency of Canada
- Sport Canada
- F-P/T Working Group on Concussion in Sport
- Canadian Concussion Collaborative
- National Sport Organizations (NSOs) and Multi-sport Service Organizations (MSOs)
- Dr. Jack Taunton
- Dr. Paul Korn
- BC Injury Research and Prevention Unit
- Ophea

# Final Thoughts

- In one year we...
  - ▶ Launched the first coordinated effort at the national level to address concussion
  - ▶ Translated research into the first-ever national concussion guidance focused on the needs of sport organizations
  - ▶ Built a foundation at the national sport level, poised to

# Final Thoughts

- We are just getting started!
  - ▶ Use and share – Canadian Guideline on Concussion in Sport, protocol template, concussion education resources
  - ▶ Share solutions to emerging challenges
  - ▶ Ongoing collaboration between the health and sport systems is necessary for concussion outcome optimization in Canada

# Thank you



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[www.parachutecanada.org](http://www.parachutecanada.org)