



MOOC sur les commotions cérébrales Version 2.0

Kathryn Schneider
et
Pierre Frémont

**A collaboration
Une collaboration**



UNIVERSITY OF CALGARY
FACULTY OF KINESIOLOGY



**UNIVERSITÉ
LAVAL**
Faculté de médecine

PLAN:

- QUOI: Qu'est que le MOOC sur le CC?
- QUI: À qui s'adresse le MOOC?
- COMMENT accéder au MOOC?

• QUOI: Qu'est que le MOOC sur le CC?

- MOOC = Massive Open Online Course ou Formation en ligne ouverte à tous
- Objectifs: Suite à cette formation, les participants pourront...
 - **Définir la commotion cérébrale** et comprendre le spectre des traumatismes cranio-cérébraux (TCC);
 - **Appliquer les principes découlant des évidences scientifiques** pour la prévention, la detection et la gestion des CC;
 - **Décrire leur rôle** face en lien avec les CC;
 - Développer un **protocole correctement adapté** aux ressources et aux caractéristiques de leur environnement;
 - Identifier des **stratégies pour réviser et mettre à jour** leur compréhension, habiletés et protocole au fil du temps.

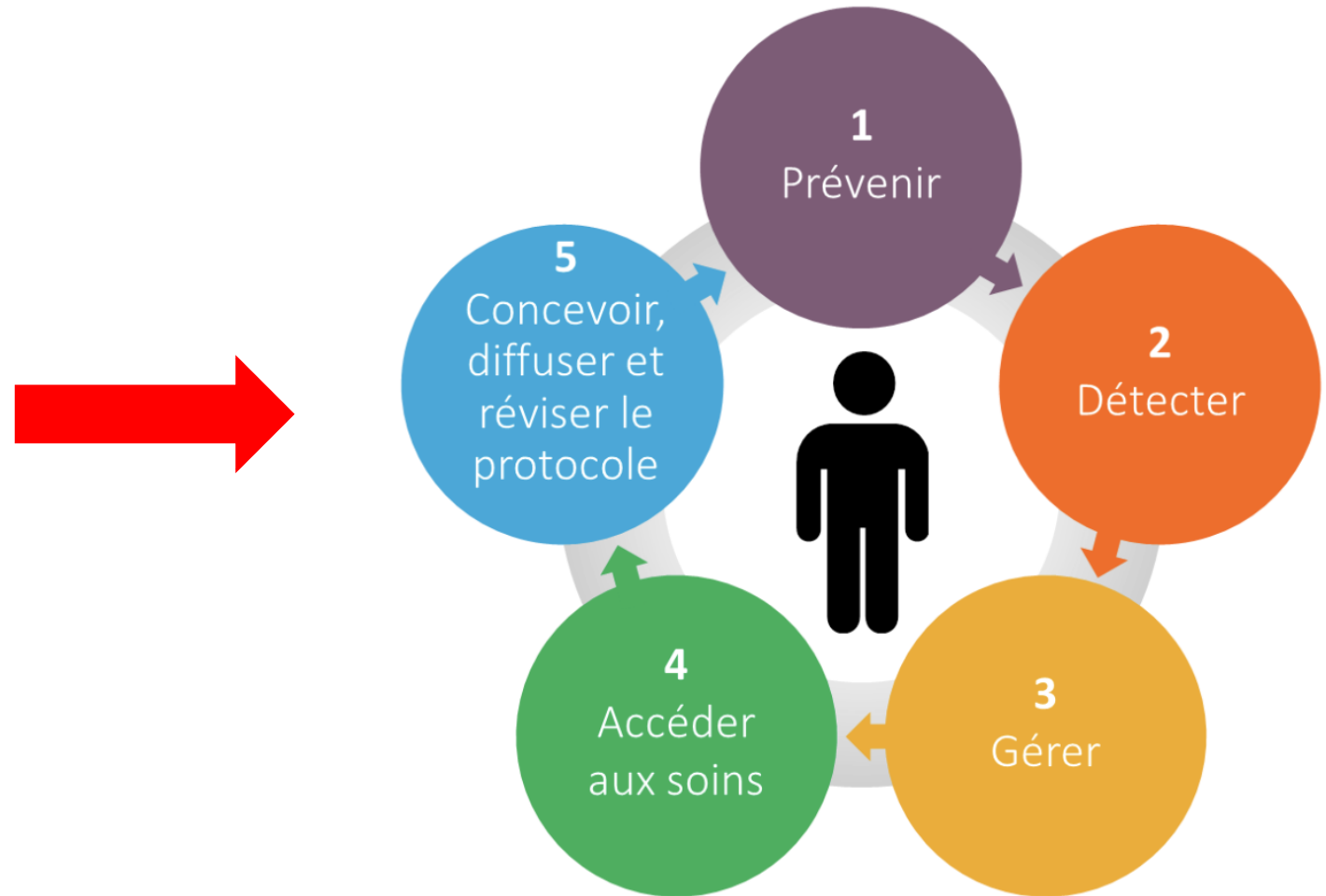
Box 1 Developing or adapting a concussion management protocol

The process for developing or adapting a concussion management protocol should aim to achieve the following outcomes:

1. An environment that will minimise the incidence of concussions through multidimensional preventive considerations such as: age limitations for contact sport participation, safe rules of play, encouragement of fair play and respect, adequate protective equipment, safe environment, adequate facilities and reduced contact during training.
2. An environment that will optimise the early identification of possible concussions by everyone involved including athletes, coaches, teachers, parents and healthcare professionals.
3. Optimised management of concussed athletes in the sport, academic, family, work and personal spheres of their life based on current best practices and contextually available resources.
4. Access to proper expertise and tools that can guide the gradual return to normal physical work and academic activities and minimise the chances of persistent, recurrent or chronic consequences of concussions. Again, contextually available resources will determine specifics, but the goal is to optimise the use of available resources and eventually dedicate additional resources to improve concussion management.
5. A periodic process for protocol review and a communication/ education strategy that will keep all stakeholders involved and informed.

Canadian Concussion Collaborative.
Frémont et al. BJSM 2015; 49: 88–89

Cadre de reference et structure:



6 sections: INTRO + 5 modules

Dans chaque module:

- **Contenus principaux**
 - **Notions de base**
 - **Capsules d'experts**
- Protocole
 - Témoignages d'expériences vécues
 - Processus réflexif sur l'adaptation et la mise en place d'un protocole.
- Discussion forum
- Formal evaluation



Step 1 : Prevention

Introduction **Main content** Protocol Evaluation Additional material

Télécharger les fichiers

Learning activities for the "Main content" section of this module

We invite you to proceed with the learning activities in the following order:

1. The **Basic notions** elements in the column on the left side below;
2. The **Expert capsules** in the column on the right side below;
3. Participate in the **Forum** discussions if you want to share a comment on the contents or ask a question.

Basic notions

In this column, the presentations will address the following topics:

- An overview of the principles underlying the prevention of concussion in sport
- Examples of targeted areas for concussion prevention.

Expert capsules

In the expert capsule of this module:

- Dr. Kerry McDonald speaks about processes that have been taken in youth volleyball to prevent concussion.
- **NEW:** 3 new information boxes on this page discuss recent publications that further support efficient interventions for the prevention of concussion.

Concussion Prevention

Prevention Models
Moving Upstream
to Concussion
Prevention

Dr. Carolyn Emery
Professor
Chair, Sport Injury Prevention
Faculty of Kinesiology, University of Calgary

Prevention models - Location 1
<https://youtu.be/pf9T1ORlddg>

Prevention models - Location 2
4:48 minutes

Prevention of Concussion in Youth Volleyball

Assessment of
Concussion Risk
Factors and Policy
Change in Volleyball

Dr. Kerry McDonald, PhD
Director of Sport Science, Sport Medicine
and Innovation at Volleyball Canada

Location 1
<https://youtu.be/4NkUzgQPigE>

Location 2
3:36 minutes

Dans chaque module:

- Contenus principaux
 - Notions de base
 - Capsules d'experts
- **Protocole**
 - **Témoignages d'expériences vécues**
 - **Processus réflexif sur l'adaptation et la mise en place d'un protocole.**
- Discussion forum
- Formal evaluation

Step 1 : Prevention

Introduction Main content **Protocol** Evaluation Additional material

[Télécharger les fichiers](#)

Creating your concussion management protocol

In this "Protocol" section, you will find material that will help you develop the section of YOUR protocol related to the theme of this module.

In the left column below called "**Practical examples**", you will find brief interview segments where collaborators from different settings talk about their experience with the implementation of concussion protocols in their setting.

Next, under "**Designing your protocol**" in the column on the right side below, you will find material that will support your reflection on how to adapt a concussion management protocol to your setting.


If you have questions or comments about this module, we encourage you to share them by using the **discussion forum** dedicated to this module of the MOOC .

Practical examples

In this section, stakeholders with experience in the implementation of concussion protocols in different types of settings share experiences that relate to the prevention of concussion.

We hope that these experiences will help you find the optimal way to address concussions in your setting.

Prevention: the Calgary Minor Soccer experience



Concussion Prevention

Cory Letendre
Program Coordinator,
Calgary Minor Soccer Association

Designing your protocol

Now that you have completed the "**Main content**" section of this module on concussion **Prevention**, we invite you to reflect on the preventive strategies that could help reduce the incidence of concussion in your environment.

To support this reflection, you are encouraged to use the template provided below and take note of the strategies that could be applied in your setting with consideration for the resources available.

[Reflective template](#)
59,13 Ko, déposé le 8 mai 2023

Discussion forum

If you have comments or questions regarding the concepts presented in this module, we invite you to share them through the corresponding section of the Forums.

To access the Forums, just click on the "**Forums**" icon in the left side menu at the top of this page.

Dans chaque module:

- Contenus principaux
 - Notions de base
 - Capsules d'experts
- Protocole
 - Témoignages d'expériences vécues
 - Processus réflexif sur l'adaptation et la mise en place d'un protocole.
- **Discussion forum**
- **Formal evaluation**

Discussion entre participants amenant un large spectre de perspectives concernant les CC.

Examen suite à chaque module ainsi qu'un examen final.
Attestation de succès.

Évaluation de la participation et du succès

Categorie	1 ^{ère} édition (N)	2 ^{ème} édition (N)	Total (N)	% des inscriptions	% des participants
Inscriptions	8591	4160	12751	n/a	n/a
Participants (ayant accédé au moins une fois)	5169	2062	7231	57 %	n/a
Complété avec succès	3093	1102	4195	33 %	58%

Taux de participation complète avec succès à des MOOCs du domaine de la santé: 4-15%
(Gooding et al. Front Public Health 2013;1:1-8)



PLAN:

- QUOI: Qu'est que le MOOC sur le CC?
- QUI: À qui s'adresse le MOOC?
- COMMENT accéder au MOOC?

• QUI: À qui s'adresse le MOOC?

- Le MOOC s'adresse à **tous les individus ou groupes susceptibles de jouer un rôle** en lien avec les CC:
 - Personnes ayant vécu une CC
 - Parents
 - Enseignants
 - Entraîneurs
 - Décideurs et administrateurs
 - Professionnels de la santé

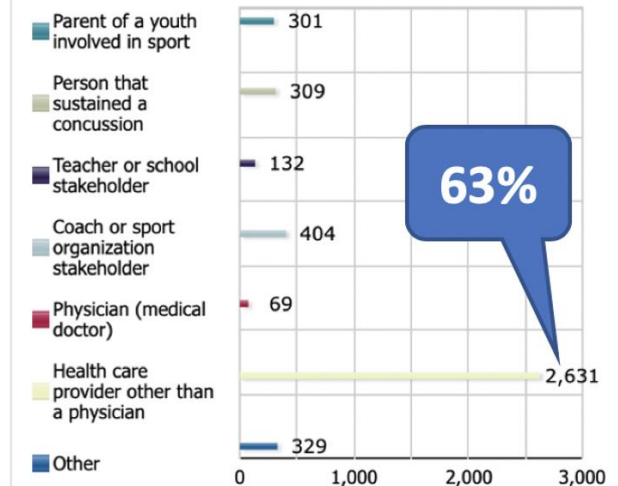
• Who were the participants?

Survey: What is your reason for taking the MOOC?

Share your perspective

What is the category that best reflects your perspective as a participant of this MOOC in concussion?
(Note that you will see the answers from all participants once you have answered the question)

N = 4175



PLAN:

- QUOI: Qu'est que le MOOC sur le CC?
- QUI: À qui s'adresse le MOOC?
- COMMENT accéder au MOOC?

- COMMENT accéder au MOOC?

www.ulaval.ca/MOOC

- MOOC version 2.0 en langue anglaise:
 - Début le 11 mars 2024
 - L'inscription est maintenant ouverte!
- MOOC version 2.0 en langue française : Automne 2024*

* Retardé pour permettre de compléter la traduction des outils clés du nouveau consensus.