



Concussion Update

Tools for your FAR Toolbox

Faculty Athletics Representative Association (FARA)

Annual Meeting

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Disclaimer

- The presenters have no interest in selling a technology, program, product or service to the attendees.
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- The presenters have no conflict of interests.





Facilitators



Jim Crawley, MEd, ATC, PT, Assistant Professor, Health Sciences Program, Division II FARA Vice President FAR at Dominican University



Shawna Jordan PhD, ATC, LAT, Assistant Dean for Student Success and FAR Kansas State University



Elizabeth Swann, PhD, ATC, FNAP, Executive Director for the Center of Interprofessional Education and Practice, FAR Nova Southeastern University





Congratulations on year 1 or 21 as a FAR!!!





FAR Primary Roles

1. Support a quality student-athlete experience and student-athlete well-being;
2. Support the academic integrity of the athletics program; and
3. Support institutional control and rules compliance of the intercollegiate athletics program.

FAR Job Description

The Faculty Athletic Representative (FAR) serves as the principal faculty spokesperson in conveying, representing, and protecting the academic mission, values and goals of the University or College (Institution) as reflected in the office of intercollegiate athletics.





Connecting the Dots

“Student Athlete Well Being” (FAR Job Description)

Traumatic Brain Injury (TBI) or Concussions

Mental Health Best Practices





Interassociation Consensus Document:

MENTAL HEALTH BEST PRACTICES

Understanding and Supporting Student-Athlete Mental Wellness





Purpose

The Interassociation “Best Practices” address key components for understanding and supporting student-athlete mental wellness:

1. Clinical Licensure of Practitioners Providing Mental Health Care
2. Procedures for Identification and Referral of Student-Athletes to Qualified Practitioners
3. Pre-Participation Mental Health Screening
4. Health-Promoting Environments that Support Mental Well-Being and Resilience





More than a headache . . .





Traumatic Brain Injury (TBI)

According to the Consensus statement on concussion in sport: the 6th International Conference on Concussion in Sport: Amsterdam, October 2022

1. Sport-related concussion is a traumatic brain injury caused by a direct blow to the head, neck or body resulting in an impulsive force being transmitted to the brain that occurs in sports and exercise-related activities.
2. This initiates a neurotransmitter and metabolic cascade, with possible axonal injury, blood flow change and inflammation affecting the brain.
3. Symptoms and signs may present immediately, or evolve over minutes or hours, and commonly resolve within days, but may be prolonged.





Concussion Safety Protocol Checklist

- A guide (general in nature) using best practices in healthcare.
- This checklist . . .
 - Recommended by the NCAA Concussion Safety Advisory Group
 - Prescribed by the NCAA Committee on Competitive Safeguards and Medical Aspects of Sport
 - Provides a foundation for member school concussion safety protocols that are important to clinicians and **stakeholders** who manage concussion and head injury in collegiate athletes.

Updated September 2023





Sections of the TBI Checklist

1. Recognition and Diagnosis of Concussion
2. Initial Suspected Concussion Evaluation
3. Concussion Emergency Action Plan
4. Re-Evaluation Plan
5. Return to Learn*
6. Return to Sport
7. Reducing Head Impact Exposure

[SS1_ConcussionSafetyProtocolChecklist.pdf \(ncaaorg.s3.amazonaws.com\)](https://ncaaorg.s3.amazonaws.com/SS1_ConcussionSafetyProtocolChecklist.pdf)





Return to Learn

Identification of a multi-disciplinary team* that will navigate more complex cases of prolonged return-to-learn: *Multi-disciplinary team may include, but not be limited to:

Team physician.

Athletic trainer.

Psychologist/counselor.

Neuropsychologist consultant.

Faculty Athletics Representative (FAR).

Academic counselor.

Course instructor(s).

College administrators.

Office of disability services representatives.

Coaches.





Accommodations for Education:

1. Partial class attendance as allowed by symptoms, including days off as needed, early departure, depending on their level of symptoms.
2. Postponement of quizzes and tests for the time being until has recovered sufficiently enough to be able to adequately prepare.
3. Extended deadlines for class assignments as needed to avoid mental overexertion and symptom exacerbation.
4. Should not be asked to take more than one examination a day and may require additional time to take examinations or lengthy homework assignments.
5. Should not participate in any physical activity beyond light walking. Should not be participating in physical education, sports activities, heavy lifting, physical exertion, or any activity with significant risk of falling or head trauma.
6. Should avoid unnecessary mental activity, especially refrain from video games, text messaging, e-mail, and any other physical or cognitive intellectual activities that may provoke post-concussion symptoms.
7. Should avoid any other stimulus or activity that causes any post-concussive symptoms to return or worsen.



Dear Professors,

I am contacting you on behalf of the Nova Southeastern University Student-Athlete referenced above. The student suffered a concussion and was evaluated on **11/8/2023** by the NSU Sports Medicine Clinic.

Please allow the student every opportunity to make up any assignments, quizzes, and/or exams that are impacted by their absence.

The medical team has suggested the following academic considerations until their next re-evaluation:

- Full School Day as tolerated by student
- If symptoms appear/worsen during class, allow student to go to quiet area; if no improvement after 30 minutes, allow dismissal to home
- Limited computer, tablet, phone, TV, and reduced brightness on screens
- Change classroom seating to front of room if necessary
- Avoid loud classes/places
- Prorate workload (only core or important tasks/eliminate non-essential work)
- Additional time for testing: 50% extra time
- No more than one test a day

Our office will update you if needed after the next re-evaluation on **11/15/2023**. The student should be given sufficient time to complete any schoolwork they missed. Please excuse the student for any absences and allow them every opportunity to make up any assignments, quizzes, and/or exams that are impacted by their recovery plan as outline by the NSU Sports Medicine Clinic.

The NCAA Faculty Athletics Representative, Dr. Elizabeth Swann (swann@nova.edu), Dustin Gatens, Assistant Athletic Director for Sport Medicine (gatens@nova.edu), and Rachel Fineberg, Associate Athletic Director for Student-Athlete Support Services/Senior Woman Administrator (rfineber@nova.edu) are copied on this email since the above-referenced student is a NSU Student Athlete.





From our Facilitators . . .

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Shawna Jordan PhD, ATC, LAT, FAR Kansas State University

Elizabeth Swann, PhD, ATC, FNAP, FAR Nova Southeastern
University





Deadlines and Expectations

January 15, 2024, member schools must ensure that concussion management practices are updated to comply with legislative requirements and related documents.

- Updated Concussion Safety Protocol Checklist (Checklist)
- Updated Concussion Safety Protocol Template (Protocol Template)
- Schools must continue to comply with *Interassociation Recommendations: Preventing Catastrophic Injury and Death in Collegiate Athletes.*

Division I schools are **no longer required** to submit their concussion safety protocols to the NCAA Concussion.





TBI FAQ

- 1. What do I do when I get home? Call your Athletic Trainer!!! Or your Athletics Health Care Administrator.**
- 2. Are Schools required to have a concussion management plan? YES**
- 3. Who is responsible for assuring the implementation of applicable concussion management updates at my school? Athletics Health Care Administrator**
- 4. Where can additional questions be submitted?**
Questions can be sent to the Sport Science Institute at: ssi@ncaa.org.





Your Tools . . .





Tools for your Toolbox

1. Continue to build relationships across your Institution.
2. What is your “return to learn” process?
3. Share resources with your Conference Schools and colleagues.
4. Meet with your **Athletics Health Care Administrator.**



NCAA TBI Checklist







THANK YOU!!



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