

Activity Title: Adolescent Sports Concussion Update: Emergency Department Management

Speaker: Nicholas Belasco, DO

1. Define concussion and understand basic pathophys
 - a. Review historical material, identify best definitions and usage, review pathophys and biomechanics of injury
2. Be able to identify a concussion in the adolescent in the Emergency setting. Understand the commonly missed symptoms in the ER setting
 - a. Signs and symptoms identification review, symptom overlap is reviewed
3. Understand management pearls with focus on ER counseling items and pitfalls as well as future directions for management
 - a. Activity and Academic Restrictions
 - b. Environmental modification concepts
 - c. Cognitive endurance training
 - d. Medications
 - e. Common issues with management in the adolescent
 - f. Secondary issues
 - g. Future therapy – genetic and biomechanical
4. Educate others on outcomes in concussion and risk factors for complicated recovery
 - a. Outcome data review
 - b. Current studies on RTP and outcome in adolescents
 - c. VA data review
 - d. Chronic traumatic encephalopathy
 - e. Second impact syndrome
 - f. Risk factor review for complications in the adolescent