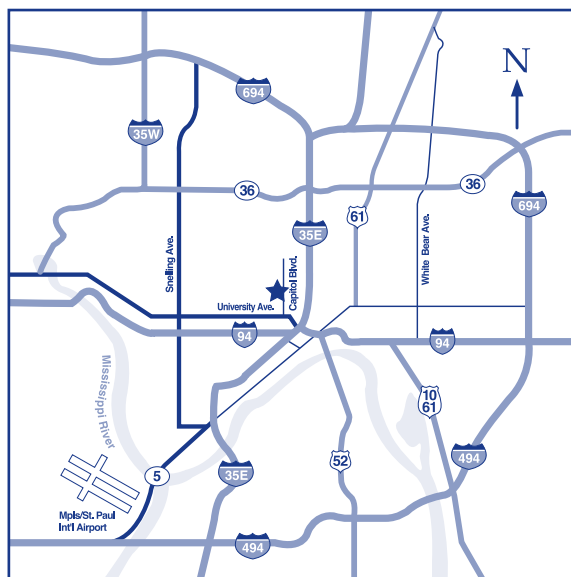


## The Concussion Clinic Offers:

- > Extensive Concussion Management resources and experience
- > Credentialed ImPACT™ Consultants (CIC) on staff
- > Onsite school assistance by Concussion Clinic Athletic Trainer in test implementation
- > Screening of baseline tests for results outside of norms
- > Post-test implementation and interpretation

## Contact us

More information call 651-326-4323 or go to [www.bethesdahospital.org/concussion](http://www.bethesdahospital.org/concussion).



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**CONCUSSION CLINIC**  
*at Bethesda Hospital*

## Computerized Cognitive Screening: ImPACT™ Baseline and Post-Concussion Testing Program



## About ImpACT™ testing

The Concussion Clinic at Bethesda Hospital uses an innovative concussion management program for student athletes as well as others who are at risk for a concussion. It is a computer-based program called ImpACT (Immediate Post-Concussion Assessment and Cognitive Testing) and involves an online exam that each athlete takes prior to the athletic season. It can be administered at the school site, in the clinic, or individually from home. Preferably, it should be supervised by an athletic trainer or clinic staff.

ImpACT™ evaluates and documents multiple aspects of neurocognitive functioning, including:

- > Memory
- > Brain processing speed
- > Reaction time
- > Post-concussive symptoms

If an athlete is believed to have suffered a concussion during competition, the exam is taken again and the data is compared to the baseline (initial) test. This information is then used as a tool to assist the athletic training staff and treating physicians in determining the extent of the injury, monitoring recovery, and in making safe return to play decisions. If an injury of this nature occurs, please contact the Concussion Clinic regarding a post-injury test.

Even if you have not had a baseline test, it is highly recommended to have ImpACT™ testing after a blow to the head. The results, when compared to the norms for your age group, can be helpful in managing your recovery.



## More about the test

- > Test is taken on a computer
- > Test can be administered in an individual or group setting
- > Assists physicians and athletic trainers in helping decide when players can return to play
- > Provides reliable baseline test information
- > Produces comprehensive report of test results
- > Stores data from repeat tests for comparison

Reaction time is reliably measured to 1/100th of a second across individual test modules (10 modules total) and allows for an assessment of processing speed as the player fatigues.

The instrument has been designed after approximately 10-years of University-based, grant-supported research. ImpACT™ is currently the most widely utilized computerized program in the world and is implemented effectively across high school, collegiate, and professional levels of sport participation.

## Two models for ImpACT™ testing implementation

### Group testing

Groups partner with the Concussion Clinic to administer Baseline and Post-Injury Testing on site or at the hospital. The optimal situation involves coordination with an athletic trainer or other medical staff involved with the organization, to coordinate testing, manage results, and oversee return to activity determination.

If you work with an organization and would like to know more about group testing, call 651-326-2182.

### Individual Baseline Testing

Anyone can take the test online through Bethesda's website. Payment is made by credit card. Bethesda will work with individuals to manage test results, post-injury testing, and other desired services.