

## Our Service

We know that having a child or loved one injured can be frightening and that you want to know as soon as possible how to help them recover. We're available Monday through Friday. After hours please leave a message and we will return your call right away the next morning. You can reach us at **651-326-4323**.

You do not need a referral to be seen at Bethesda's Concussion Clinic and we accept most major insurance plans. Please check your plan's coverage for outpatient services.

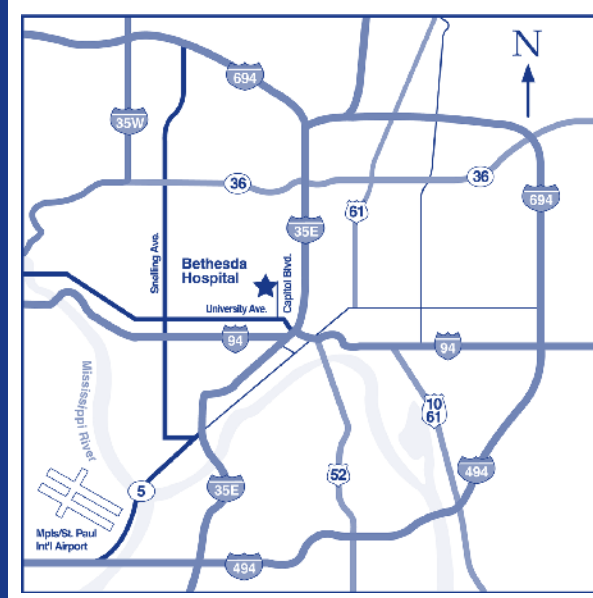
Bethesda Hospital is the Midwest expert in Traumatic and Acquired Brain Injury Rehabilitation. We have cared for more than 200 patients a year in our inpatient programs since 1993.

## ImPACT Testing

The Concussion Clinic staff consider many factors in caring for our patients. One baseline and post-concussion tool used is a neurocognitive test called ImPACT.

An individual completes a computer-based assessment testing memory skills and reaction times. ImPACT test scores are a tool that can be used, along with presence or absence of symptoms, to help determine safe return to sports and daily activities.

An ImPACT testing program can be set up for your organization by Bethesda's Concussion Clinic or individuals can take a baseline test through Bethesda's website.



The hospital is located on Capitol Boulevard, one block north of the State Capitol, in St. Paul. For more specific directions, visit [www.bethesdahospital.org](http://www.bethesdahospital.org).

## Bethesda Hospital

Member of  HealthEast  
Care System

**Concussion Clinic**  
**651-326-4323**

Bethesda Hospital  
559 Capitol Boulevard  
St. Paul MN 55103  
651-232-2000

651-326-JOBS (5627)  
[www.bethesdahospital.org](http://www.bethesdahospital.org)

*HealthEast*<sup>®</sup>  
CONCUSSION CLINIC  
*at Bethesda Hospital*

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Bethesda Hospital

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Care System


**According to the Centers for Disease Control and Prevention**, the most common brain injury in sports is a concussion. In fact, approximately 300,000 sports-related concussions occur in the United States each year. In any given season 10 percent of all college players and 20 percent of all high school players sustain brain injuries. And the American College of Sports Medicine estimates that roughly 85% of concussions suffered go undiagnosed. Concussions can also occur from a car accident, falls, collisions or any blow to the head.

### Signs and Symptoms

The signs and symptoms of a concussion can be subtle and may not appear immediately. Symptoms can last for days, weeks or longer.

Immediate signs and symptoms of a concussion may include confusion, amnesia, headache, loss of consciousness, nausea, unequal pupil size and slurred speech.

Delayed signs and symptoms may include irritability, headaches, depression, sleep disturbances, including insomnia or difficulty waking, poor concentration, getting lost or becoming easily confused, loss of sense of taste or smell or difficulty with gait or in coordinating use of limbs.



**A blow or jolt to the head can cause a type of mild brain injury called a concussion. Concussions are not usually life threatening, but the effects can still be serious.**

### Our Program

If you experience any of these signs and symptoms after suffering head trauma, we can help. At the Bethesda Concussion Clinic we provide:

- **Information about recovery from concussion/mild traumatic brain injury**
- **Guidance in returning to daily activities, work and sports**
- **Assessment of rehabilitation needs and help arrange community services, if needed**
- **Consultation with the family doctor and other health care providers involved in your care**
- **Communication with schools and employers if desired.**
- **ImPact Testing and Neuropsychological testing**

### Team Approach

Individuals will be assessed by a physician with extensive experience in brain injury. Following the assessment, patients will receive an individual treatment plan that may include: medical care from a physician, evaluation, education and treatment by a neuropsychologist and assessment and rehabilitation of functional issues by an occupational, physical or speech therapist.