



September 5, 2019

# Concussion Updates Academic Assembly



**Naval Health Clinic Annapolis**

Bancroft Hall · Earle · Lakehurst · Mechanicsburg · Philadelphia

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# Concussion Center of Excellence



- Opened Fall 2019
- Located in 8<sup>th</sup> wing of Bancroft Hall
- Medical doctors (concussion specialists) with dedicated concussion clinic, athletic trainers, vestibular therapy, neuropsychology, sports psychology, concussion psychology, physical therapy, optometry
- Clinical, administrative, and research capabilities all in one location!



# CARE Consortium

## (Concussion Assessment Research and Education)

- 30 Million dollar initiative between DoD, NIH, NCAA, NFL
- 30 NCAA schools and 4 service academies (USNA 2018)
- 4 full time employees hired at USNA dedicated to Concussion management of Midshipmen
  - Vestibular concussion trained specialist athletic trainer
  - First ever at USNA (first at any Service Academy)
- State of the art equipment and resources for diagnosis and management of concussion
- Partnered clinically with the world's leading concussion experts and share in guideline/decision making on national level



# Executive Committee

Fudge & Rauch (DoD), Hack & Hainline (NCAA), Koroshetz (NIH)

## Concussion Research Initiative

### Consortium Operating Committee

Anderson, Broglio (co-Chair), Clugston, Duma, Giza, Guskiewicz, McAllister (co-Chair), McCrea (co-Chair), McGinty, Putukian

#### Scientific Advisory Panel

Iverson, Jordan, Kelly, Marshall, Saykin, Smith, Talavage, Wallace, Xu

#### Publications Committee

Broglio, Brooks, Eckner, Katz, McAllister, McCrea, Schmidt, Svoboda

#### Longitudinal Clinical Study Coordinating Center:

U of Michigan  
Broglio (coPI)

#### Administrative Coordinating Center:

Indiana U School of Medicine  
McAllister (coPI)

#### Advanced Research Coordinating Center:

Medical College of Wisconsin  
McCrea (coPI)

#### Longitudinal Clinical Study Core (CSC)

#### Advanced Research Core (ARC)



U Oklahoma (BIG12)  
Anderson



U Delaware (Colonial)  
Buckley & Kaminski



Humboldt State U (California)  
Ortega



US Coast Guard Academy (New England)  
O'Donnell



US Air Force Academy (Mountain West)  
McGinty & Jackson



US Military Academy (Patriot)  
Cameron & Houston



US Naval Academy (Patriot)  
Susmarski



Indiana U (BIG10)  
Port



U Michigan (BIG10)  
Eckner



U Wisconsin (BIG10)  
Brooks



UCLA (PAC12)  
Giza & Goldman



U Washington (PAC12)  
Chrisman



U North Georgia (Peach Belt)  
Miles



Wilmington College (Ohio)  
Dykhuizen



Princeton U (Ivy)  
Putukian



U Penn (Ivy)  
Master



Virginia Tech (ACC)  
Duma & Rowson



U North Carolina (ACC)  
Guskiewicz & Mihalik



Wake Forest U (ACC)  
Miles



U Miami (ACC)  
Feigenbaum



U Pittsburgh (ACC)  
Kontos & Collins



U Georgia (SEC)  
Schmidt



U Florida (SEC)  
Clugston



U Rochester (University)  
Bazarian



Temple U (American)  
Langford & Tierney



Bloomsburg U (Pennsylvania)  
Hazzard



California Lutheran U (Southern Cal)  
Kelly



U Chicago (University)  
Benjamin



Azusa Pacific U (Pacific West)  
Hoy



Winston-Salem State U (Central)  
Lintner



# NCAA-DOD Grand Alliance CARE Consortium

# Return to Play / Learn



- 5 Step progressive protocols
  - Guided by specialty trained physicians in concussion management
  - Return to Learn will be Inaugural protocol at USNA
    - Anticipated debut for Plebe summer 2019
- MIDN must clear series of rigorous symptom monitoring, physical exam, and neurocognitive testing.



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## STAGE 1 – Cognitive Rest (Brain Rest)

### Medical Chit: SIQ (Sick in Quarters) – NO CLASS or HOMEWORK

During this stage the patient should have complete cognitive and physical rest allowing for the brain to heal in an efficient manner.

#### *ACCOMPLISH:*

\*Individual will send e-mail to teachers and academic advisors notifying them of concussion diagnosis.

#### *AVOID:*

\*Classroom attendance  
\*Formation  
\*Briefings  
\*Standing Watch

\*Electronic Devices  
\*Reading  
\*Homework

\*Loud noise/bright lights  
\*Meals in King Hall  
\*Marching / Chopping

**GOAL:** Once asymptomatic at rest the individual may progress to the next stage.



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## STAGE 2 – Slight Cognitive Activity (Homework)

### Medical Chit: Status SIQ (Sick in Quarters) – NO CLASS – DISCRETIONARY HOMEWORK

During this stage the patient will test their ability to handle cognitive activity, such as homework. They may begin to introduce stimulus such as, electronic devices (phones/computers), Reading, etc. for academic essential purposes (avoid video games).

#### **ACCOMPLISH:**

- \*Homework longer than 20-30 minutes. The individual may increase the time increments as long as they are not experiencing any symptoms.
- \*Allow a 15 minute break in between assignments or other cognitive tasks.
- \*If the patient develops symptoms consistent with a concussion, the individual should rest until the symptoms have subsided.

#### **AVOID:**

- |                       |                 |                     |
|-----------------------|-----------------|---------------------|
| *Classroom attendance | *Briefings      | *Meals in King Hall |
| *Formation            | *Standing Watch | *Marching/Chopping  |

**GOAL:** If the individual can accomplish these tasks for an hour without a return of symptoms, they may progress to the next stage.



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## STAGE 3 – Return to Class (Maximum Modifications)

### Medical Chit: SIQ with Class Option/Academic Accommodations

During this stage the patient will attempt to complete a partial day of classes without inciting concussion symptoms. They should not participate in any PE classes nor participate in class work that tests the individual's knowledge, e.g. quizzes, tests, labs, or answering questions in class. The individual should be afforded the opportunity to communicate to an instructor, academic advisor, professor, or military leadership that if they are experiencing symptoms and need to modify or leave the situation that is aggravating their symptoms.

### **ACCOMPLISH:**

- \*A return to a partial day of classes without the return of symptoms.
- \*Begin to work on and complete make up homework that they missed while being SIQ.

### **AVOID:**

- |                             |                 |                     |
|-----------------------------|-----------------|---------------------|
| *Physical Education Classes | *Standing Watch | *Meals in King Hall |
| *Formation                  | *Quizzes/Exams  | *Marching/Chopping  |
| *Briefings                  |                 |                     |

**GOAL:** Complete these tasks without worsening of symptoms, then they may progress to the next stage.



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## STAGE 4 – Return to Class (Minimum Modifications)

### Medical Chit: SIQ with Class Option/ Academic Accommodations

During this stage the patient will gradually increase their participation in academic requirements, e.g. class, quizzes, homework, etc.

#### **ACCOMPLISH:**

\*The patient can begin to take quizzes and exams, but should be allowed to modify the requirements, e.g. increased time, oral versus written exam, written versus computer assignments.

\*Class excusal may be necessary for certain classes that provoke the individual's concussive symptoms.

\*Can begin to attend military formations, briefings, meals at King Hall, marching, standing watch, and other military obligations. The patient should still be allowed the courtesy of modifying these activities if symptoms arise.

#### **AVOID:**

\*Physical Education Classes that require contact or increase the chances of being hit in the head.

**Goal:** Attend a full day of classes without a relapse of symptoms, then they may progress to the next stage.



# Return to Play / Learn



## STAGE 5 – Return to Full Class

### Medical Chit: NO RESTRICTIONS

During this stage the patient should be back to full classwork.

### *ACCOMPLISH:*

\*The Midshipmen should return to all classes and be able to finish the work load associated with the academic rigors including Physical Education Classes.

\*Complete all military obligations.



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*Thank you!*



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