Post-Concussion: More than Return to Play

Minnesota Brain Injury Alliance
Annual Professional Conference
April 21, 2017 / Brooklyn Center, MN
Objectives

• 1) Understand the impact concussion can have on learning.

• 2) Understand accommodations that can be made by the school.

• 3) Describe post-concussion medical visits
What is a Concussion?

A concussion can occur when a bump or blow to the head or hit to the body causes movement of the brain inside the skull.

The brain can move back and forth or twist within the skull…

https://www.youtube.com/watch?v=9myOgFttBMg&feature=yc
What is a Concussion?, continued

Movement may stretch and damage brain cells, creating chemical changes in the brain.

Chemical changes can result in slowing down of brain activity... can worsen over time.

Outcomes can vary greatly, depending on gender, age, location of impact, force.
Minnesota’s APCD

- Includes most payers of medical claims.
- It incorporates data from Medicaid and Medicare as well as from commercial payers – thus permitting a rich and systematic analysis of health care delivery for the state.
- Minnesota one of few states that also include claims from self-insured employers, making the data uniquely comprehensive and complete.
Concussions found in APCD
Services Utilized Post Concussion
Return to Learn: Returning to school with full homework load and no accommodations

Return to Play: Returning to prior level of physical activity including return to gym and/or return to sport
Return to Learn Overview

1. Rest & Planning
2. Return gradually with support
3. Slowly work up to full time and full workload
4. Return to physical activities
THANKS!

Contact Information

Leslie Seymour, MD, MPH
Phone: 651-201-5489
Email: leslie.seymour@state.mn.us