

Course syllabus – Field Management of Head Injuries in Football – For Healthcare Professionals

This course is approved by Football Quebec for the obtention of a level 3 certificate

Athlete Plus Education is now a CATA-approved provider!

This course represents 2.4 CEUs

Training Duration: 6 hours in asynchronous virtual training



Course Objectives:

- ✓ Distinguish between clinical presentations of different types of head injuries
- ✓ Describe emergency interventions in the field when moderate or severe traumatic brain injury or catastrophic spinal injuries are suspected.
- ✓ Describe field interventions in the event of a suspected concussion
- ✓ Critically assess the validity and limitations of the various components of concussion testing
- ✓ Establish a list of the fundamental elements needed for a head injury management protocol specific to the sports organization
- ✓ Describe pre-season policies and procedures that can optimize the implementation of the concussion management protocol
- ✓ Recognize factors that may contribute to conflict associated with concussion management in the field
- ✓ Describe the steps and progression criteria for the return to sport and school in a safe manner and according to Quebec government standards
- ✓ Recognize red or yellow flags that may limit progress toward a return to sport
- ✓ Implement a communication structure to facilitate the implementation of the necessary accommodations at the academic and athletic levels to optimize recovery (parents, coaches, doctors, health professionals, school counsellors)
- ✓ Critically evaluate the role of protective equipment in the prevention of head injuries in football (helmets, mouth guards, cervical collar, etc.).

Module 1 - Introduction: Definitions and Statistics

- Definitions of the different types of head injuries
- Football head injury incidence
- Statistics on concussion reporting in sports

- Statistics on recovery time

Module 2 - Traumatic Brain Injuries and Catastrophic Spinal Injuries

- Injury mechanisms
- Signs and symptoms
- Interventions
- Challenges
 - Introducing different types of helmets and shoulder pads
 - Importance of an emergency action plan requiring the involvement of coaches

Module 3 - Concussions

- Mechanisms of injury
- Signs and symptoms
- Field interventions
 - International Consensus on Concussion Management in Sport (Amsterdam 2022)
 - SCAT6
- Clinical interventions
 - International Consensus on Concussion Management in Sport (Amsterdam 2022)
 - The different spheres of mild traumatic brain injury (physical, emotional, cognitive, sleep disorders, autonomic nervous system)
 - An introduction to interventions related to persistent physical symptoms (cervical, oculomotor, vestibular and autonomic dysfunction components)
 - Multidisciplinary vs. interdisciplinary approach
- Challenges
 - Validity and subjectivity of assessment tools
 - Cooperation of athletes, coaches, support staff, and parents

Module 4 - Back to sports and school activities

- Gradual return
 - International Consensus on Concussion Management in Sport Amsterdam 2022
 - SCAT6
 - Government resources
- Challenges
 - Physical, cognitive, affective and autonomic nervous system comorbidities



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- Validity and subjectivity of assessment tools
- Cooperation of athletes, coaches, school staff, support staff and parents

Module 5- Establish a protocol specific to your organization

- Importance
- Relevant personnel and staff
 - Roles of physicians, coaches, parents, educational advisors, and anyone else involved in the management of the concussion
- Specific directives
- Regular update requirement

Module 6 - Protective Equipment

- Review of biomechanics principles and mechanisms of injury
- Helmets
- Mouthguards
- Cervical collars (q-collar)
- Other equipment
- Other prevention strategies

Module 7 – Other Considerations and Frequently Asked Questions

- Environmental Considerations
- Permanent retirement (withdrawal) from sport
- Repeated impacts to the head