

Concussion Prevention

Once seen as just a knock to the head or 'getting your bell rung', concussion is now considered an invisible epidemic and recognized as a traumatic brain injury that requires immediate recognition and management for full recovery. Every day this preventable injury takes people away from school, work and play, costing BC \$2.4 million in hospitalizations alone in 2010.¹

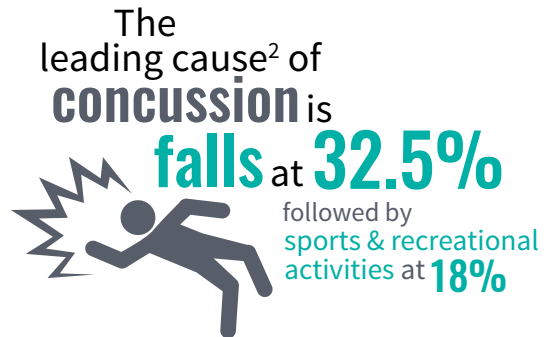
- » In 2011, the leading cause of concussion was falls (32.5%), followed by sports and recreational activities (18%).²
- » Children and youth up to age 19 represented 22% of head injury hospitalizations and almost 40% of concussion emergency department cases across BC.²
- » Children and youth take longer to recover from concussion than do adults.³

How a concussion is handled in the minutes, hours and days following an injury can significantly influence the extent of damage and recovery from that injury.

Feature: The Online Concussion Awareness Training Tool (CATT)

The Tool

BC's CATT combines public education and awareness for parents, players, coaches and educators, along with resources and support for health care professionals and school professionals. The CATT is available online 24/7 and is updated every two weeks providing free, evidence-based education, tools and resources to help prevent, recognize, and properly manage a concussion.



It has been designed to be learner-centered and is based on the International Consensus Statement on Concussion in Sport.

CATT is designed to help standardize concussion recognition, diagnosis and management. Good concussion management decreases the risk of brain damage and reduces long-term health issues.

Three specialized concussion toolkits can be found at cattonline.com:

- » The Medical Professionals Clinical Toolkit
- » The Parents, Players, and Coaches Awareness Toolkit
- » The School Professionals Toolkit

These toolkits provide quick and easy access to numerous resources including online learning modules (physicians can claim CME Mainpro-M2 credit/parents and coaches receive a downloadable certificate of completion), journal articles, handouts, videos, the online concussion response tool, recommended websites and Sport Concussion Assessment Tool (SCAT) 3 assessment tools (both adult and child).

Know more about **concussion**, the need for proper management and prevention with



Concussions matter!

Visit www.cattonline.com for free up-to-date education, tools and resources.



northern health
the northern way of caring

“I am very pleased at the level of interest the CATT has seen on concussion awareness and training, provincially, nationally and internationally.”

- Dr. Shelina Babul, BCIRPU Associate Director / Sports Injury Specialist

Delivery

In February 2015, the Canada Winter Games came to Prince George and northern BC. Northern Health recognized this multi-sport event would place a spotlight on athletes and provide an opportunity to leave a legacy of knowledge and expertise around concussion.

The *Concussions matter!* campaign was created to build the capacity of Northern Health physicians, staff, community members, parents, players, coaches and educators to prevent, recognize and appropriately manage concussion. In order to achieve this goal and standardize concussion knowledge and care throughout the north, the CATT was chosen as the heart of the campaign.

Concussions matter! was divided into two phases. Phase one focused on increasing the knowledge and expertise of concussion among Northern Health physicians and staff. Phase two concentrated on regional community partners as well as participants and visitors of the Canada Winter Games. Both phases encouraged the completion of the CATT online training tool.

Partnerships

Northern Health partnered with the creators of CATT at the BC Injury Research and Prevention Unit and preventable.ca in the creation of *Concussions matter!* Northern Health also partnered with SportMedBC, Pacific Sport North, and Wellness in Northern BC (WINBC) to bring the Northern Safe Sport Tour (NSST). The NSST offered subsidized, in-person concussion management supporting the CATT and sport injury prevention workshops to over 200 athletes, coaches and sport leaders from 15 communities across northern BC.

Materials

Resources were promoted and made available across the North. Posters, bookmarks, return-to-learn/return-to-play information cards, stickers, magnets and banners were shared at the Games venue blitzes and mailed out to regional hospitals, public health units, physician offices, pharmacies, health clinics, municipalities and First Nations communities. Social media platforms (blog, Facebook and Twitter) and articles drew daily attention to concussion awareness and the CATT.



Resources

» www.cattonline.com



Would you like more information on this case study?
Email: concussion@cw.bc.ca

Evaluation

Good concussion management reduces the risk of further brain damage and decreases health care costs related to long-term associated health issues.⁴ Based on established international principles, CATT has undergone extensive review, both provincially and nationally.

Evaluation of the CATT for medical professionals revealed that physicians have a statistically significant positive change in practice and an increase in knowledge for those who reported seeing more than 10 concussions per year. Nurses also demonstrated statistically significant positive change in practices and attitudes.⁵ Evaluation of the CATT for parents, players and coaches found that parents had a statistically significant positive change in concussion knowledge.⁶ Evaluation of CATT for School Professionals is currently in progress.

References

1. Discharge Abstract Database (DAD), Ministry of Health, BCIRPU Injury Data Online Tool, 2013.
2. Rajabali F, Ibrahimova A, Turcotte K, Babul S. The Burden of Concussion in British Columbia. Vancouver, BC; BC Injury Research and Prevention Unit: 2012.
3. McCrory P, Meeuwisse WH, Aubry M, Cantu B, Dvořák J, Echemendia RJ, et al. Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012. *Br J Sports Med.* 2013;47:250–258.
4. Halstead ME, Walter KD, The Council on Sports Medicine and Fitness. Sport-related concussion in children and adolescents. *Pediatrics.* 2010;126(3):597 -615.
5. Turcotte K, Karmali S, Babul S. Concussion Awareness Training CATT for Health Practitioners: CATT Pilot Study and Evaluation. Vancouver: BC Injury Research and Prevention Unit, 2014.
6. Babul S, Turcotte K. Concussion Awareness Training Tool for Parents, Players and Coaches: Evaluation Report. Vancouver: BC Injury Research and Prevention Unit, 2015.