

Informed Consent for IMPACT Testing

TO OUR STUDENT-ATHLETES and their PARENTS...

We are looking forward to working with you. We will make a reasonable effort to accommodate your needs. So that you may be fully informed about the services you are receiving, please take the time to read the following information about our practice policies. **Please do not hesitate to ask your clinician any questions if any of the following seems unclear.**

If you have requested neurocognitive Baseline Testing or Post-Concussion Screening for yourself or your child, you are encouraged to ask any questions about this procedure and have these questions answered to the best of the clinician's ability. The baseline testing and post-concussion screenings involve tasks that measure brain-behavior relationships. They are neither intelligence nor achievement tests. This testing is not diagnostic. No invasive procedures are performed. The scores from the testing will be kept on file. No formal, narrative, cognitive report will be generated for baseline testing unless one is requested for other purposes, at an additional charge. These test results will be kept confidential and will be released only with your written consent. We are not aware of any risks associated with participating in baseline testing or post-concussion screening.

Any baseline testing or post-concussion screening performed does not constitute a full cognitive or neuropsychologic test battery. **Your signature on this consent attests that you understand that a brief screening may not be as reliable nor as accurate as a full test battery in detecting neuropsychologic or brain dysfunction or learning/memory disorders.** If you prefer a full neuropsychologic battery, you should discuss this with your clinician. Full neuropsychologic evaluation is available at an additional charge or through a referral. You understand that the results of this baseline for youth athletes may not be valid for an extended period of time and should be updated every year.

The major purpose of baseline testing is to help establish an idea of the athlete's present functioning so that if, at a later date, the athlete sustains a concussion, he/she can be retested to assist in medical decision making, such as readiness to return to play, need for treatment, and the possibility of brain injury. You understand that in cases of concussion or head injury, testing beyond the basic repetition of the baseline testing is often recommended or needed to determine brain injury. If it is determined that the athlete requires a full neuropsychologic evaluation and/or treatment at that time, we can assist you in making those arrangements.



Sports Medicine



The Best Approach To Concussion Management

You understand that if the athlete sustains a concussion, you should immediately contact your clinician. You agree to give your clinician and his/her clinical staff permission to discuss the athlete’s medical condition with the professionals involved in the athlete’s care, such as coaches, trainers, EMTs, doctors, nurses, staff, etc.

We would like you to be aware of your right to confidentiality and our commitment to safeguard that right. The patient-clinician relationship is a confidential and privileged one and is thus protected by law and ethical code. However, there may be limits to confidentiality, depending on your particular circumstance. For example, personal injury, worker’s compensation, and other legal/court situations may override confidentiality. In cases in which there is a clear risk of harm to self or others or of suspected child abuse, confidentiality is limited by law. Also, we as healthcare professionals in this practice, work as a team and may consult with each other in an effort to enhance the treatment of the athlete. Please be aware that we also reserve the right to discuss the athlete’s case with another expert health professional, who may not be part of our practice, if we believe that such a consultation would benefit the athlete’s care.

Our clinicians are available by telephone at times other than your scheduled appointment. If there is a matter that cannot wait until the next appointment and you need to speak with a medical professional, please call 410-601-WELL. If you have an emergency and call after regular business hours or cannot reach your clinician, please go to your local hospital emergency room immediately.

After you have read this form, please sign your name and the date below indicating that you have understood and accepted what you have read. If there is a custody/guardian or other legal arrangement that requires the signature of more than one party for a minor to receive services, you agree to take full responsibility to immediately secure the signatures of all necessary parties below before testing or treatment.

Signature of patient if age 18 or over above

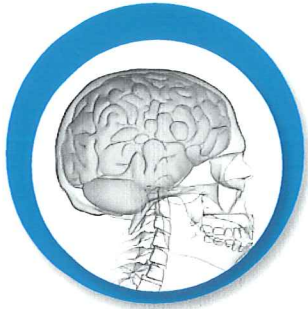
Print patient name

Signature of parent or sole legal guardian if patient is under 18 years of age

Date

Signature of other parent if joint custody of minor

Date



Comprehensive Sports Concussion Program at LifeBridge Health

An athlete who has experienced a head injury should be taken to the emergency department. Call 911 *immediately* if he/she:

- Cannot be awakened
- Has one pupil (the black part in the middle of the eye) larger than the other
- Has convulsions or seizures
- Has slurred speech
- Is getting increasingly confused, restless, or agitated
- Is weak on one side of the body
- Has persistent clumsiness
- Complains of excruciating headache

Interdisciplinary Team

The LifeBridge Health team consists of:

- Physical medicine and rehabilitation physicians (physiatrists)
- Neurologists
- Neurosurgeons
- Neuropsychologists
- Speech language pathologists
- Auditory and ocular specialists
- Physical therapists
- Occupational therapists
- Psychotherapists
- Pain management physicians
- Vocational specialists
- Case managers/educators
- Driver evaluation and training specialists

The Comprehensive Sports Concussion Program is an interdisciplinary program including the Sandra and Malcolm Berman Brain & Spine Institute, the Sinai Rehabilitation Center, and LifeBridge Health Sports Medicine. The Sinai Rehabilitation Center is a member of the Brain Injury Association of Maryland, Inc.

For more information about the Comprehensive Sports Concussion Program, call
410-601-WELL (9355)

The LifeBridge Health Comprehensive Sports Concussion Program is a program in which neurology, neuropsychology, and rehabilitation experts collaborate to monitor and treat sports-related concussions in high school- and college-aged athletes. We assess the severity of a brain injury by testing brain functions that are vulnerable to the injury, including mental processing speed, attention/concentration, and other functions such as memory, behavior regulation, task initiation, and planning and organization. Patients are also referred to individually tailored partial or comprehensive rehabilitation treatment programs. Post-concussion recovery plans are developed for accommodations at home, school, or work, and we help parents and coaches to determine when it is safe for an athlete to resume participation in contact sports.

The program is structured to medically manage those who sustain a brain injury as well as work with those with unresolved long-standing symptoms that relate to mild brain injury. Best outcomes occur when the injury is treated early, clear information is provided, and consistent follow-up services are offered. However, for those who have not received such care and for whom symptoms remain, much can be done to improve or eliminate the symptoms' effects.

Symptoms

Frequently defined as a brain injury with or without a brief loss of consciousness, concussions can cause a variety of physical, cognitive, and emotional symptoms that usually go away entirely within a few weeks in simple concussions but persist in complicated concussions.

Concussion in school-aged athletes is an under-recognized health risk. Those who experience concussion are at long-term risk of persistent health problems and diminishment of lifelong potential. Although 1 in 10 athletes reports having a concussion during the athletic season, no clinically derived guidelines exist for when it is safe for a young athlete to return to competition, and returning too early will place him/her at increased risk of permanent brain damage.

