

UPMC
LIFE CHANGING MEDICINE



UPMC CONCUSSION NETWORK PARTNERS

A world-renowned health care provider and insurer, UPMC is inventing new models of patient-centred and cost-effective care. By combining both clinical and research excellence, the global academic health network provides high-quality patient care across the communities it serves. The close affiliation with the University of Pittsburgh drives ground-breaking research and ensures a rapid translation of research to the bedside.

Affidea is Ireland's leading independent provider of diagnostic imaging services and works with the best qualified medical and technical professionals to maintain its commitment to the provision of a personalised service and patient well-being.

As Ireland's largest independent Hospital Group, Bon Secours Health System is renowned for the quality of its service provision coupled with a rich tradition in healthcare. Bon Secours Health System is a not for profit organisation and its mission is centred on providing compassionate, world-class medical treatment to all those it serves.

UPMC policy prohibits discrimination or harassment on the basis of race, color, religion, ancestry, national origin, age, sex, genetics, sexual orientation, gender identity, marital status, familial status, disability, veteran status, or any other legally protected group status. Further, UPMC will continue to support and promote equal employment opportunity, human dignity, and racial, ethnic, and cultural diversity. This policy applies to admissions, employment, and access to and treatment in UPMC programs and activities. This commitment is made by UPMC in accordance with federal, state, and/or local laws and regulations.

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UPMC CONCUSSION NETWORK

Nationwide Comprehensive Concussion Management



UPMC | CONCUSSION
NETWORK

The UPMC Concussion Network is a first-of-its-kind coalition of health care organisations in Ireland.

UPMC's internationally recognised concussion programme is the foundation for developing consensus-driven and evidence-based treatment pathways worldwide. By standardising neurocognitive testing and treatment of concussion within a system of providers, the network is helping to spread the message that concussions, when managed properly, are treatable injuries.

The UPMC Concussion Network creates easy access to viable, standardised concussion testing and treatment to keep athletes and patients safe and healthy.

CONCUSSION DIAGNOSIS AND MANAGEMENT

To avoid repeat injury and potential consequences, it is critical to manage concussions until complete recovery. The UPMC Concussion Network coordinates the expertise of physicians, physiotherapists, general practitioners, neurologists, and other industry experts to offer athletes and patients of all ages a personalised, multidisciplinary approach to concussion management.

Every patient evaluated by the UPMC Concussion Network undergoes a comprehensive evaluation of their injury in order to uncover the diverse array of symptoms that can occur after a concussion. Each evaluation includes a thorough clinical interview of the patient's injury and symptoms, neurocognitive testing, vestibular-oculomotor screening, and potentially other assessment modalities depending on the nature of the injury. This comprehensive assessment allows for the development of an individualised treatment plan for the athlete or patient.

ImPACT® Testing

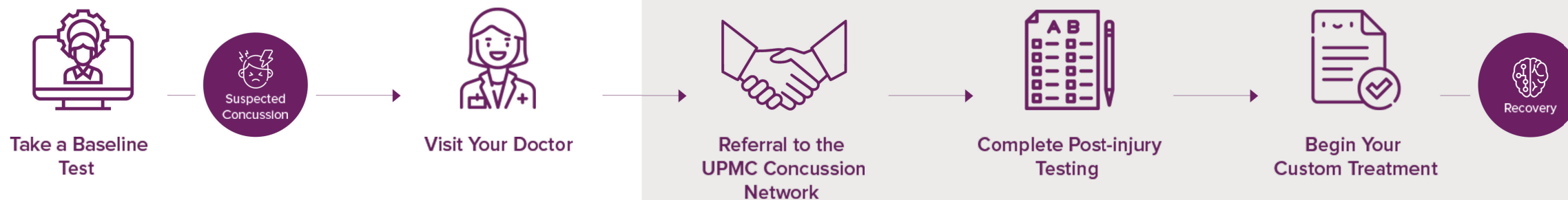
To continually improve patient diagnosis and treatment outcomes, UPMC Concussion Specialists co-developed ImPACT® (Immediate Post-Concussion Assessment and Cognitive Testing), a software-based neurocognitive assessment tool. ImPACT® involves comparatively evaluating two sets of tests intended to measure a patient's neurocognitive activities before and after a suspected concussion has occurred. These tests are referred to as "baseline" and "post-injury".

ImPACT® is a 30-minute FDA-approved, computer-based test that evaluates and documents multiple aspects of an athlete's neurocognitive state, such as:

- Brain processing speed
- Reaction time
- Memory
- Visual motor skills

The data collected through ImPACT® and the comprehensive evaluation of concussion are used to assist in the development of a personalised treatment plan.

UPMC CONCUSSION NETWORK CARE PATHWAY



UPMC's Personalised Treatment Approach

We believe no two concussion injuries are alike. The combination of specialised assessment tools and unbeatable clinical expertise ensures each patient is treated to the highest standards, with the methods suitable to their individual condition.

Our approach to diagnosis and management of concussion is to ensure that concussions, when properly managed, are treatable injuries not only for school-age children and athletes, but for people from all walks of life.

Comprehensive concussion care offered by UPMC Concussion Network Physicians include:

- A complete clinical history examination
- Vestibular/Ocular Motor Screening (VOMS) assessment
- Neurocognitive ImPACT® testing
- Neurovestibular exam
- Tailored rehabilitation plans with our trained physiotherapy teams, including physical exertion and clearance testing
- Concussion sub-type diagnosis

This targeted evaluation and active management approach offers patients a scientific, evidence-based recovery treatment plan and safe return to education and play pathways.

Concussion Rehabilitation

Depending on the specifics of the injury and the symptoms that appear, UPMC Concussion Specialists may test for and treat balance and ocular problems. Rehabilitation treatment may include techniques that help retrain the brain to understand complex environments that include space, motion, and head or eye movements with exercises that focus on vision, balance, and gait.

The later stages of concussion rehabilitation may include sports-specific exertional therapy. UPMC Concussion Specialists help reintroduce the patient's vestibular system to dynamic activities in a careful and deliberate way. They work with patients to safely increase heart rate through a variety of regimens, such as cardiovascular exercise, strength training, agility

drills, or plyometrics, and adjust the regimens according to the patient's progress. They also tailor exertion therapy for the patient's particular sport or activity.

ACCESSING THE NETWORK

Our goal is to provide patients with easy access to the UPMC Concussion Network. This begins with quick and accurate ImPACT® baseline testing, both in individual or group options, and continues with high quality resources and learning tools.

Patients also have the option of visiting an Affidea center to receive baseline and post-injury tests.

For the most up-to-date list of the UPMC Concussion Network Clinical Leads, to book an individual or group baseline test, or to view educational resources, visit UPMCConcussionNetwork.ie.

General Practitioners can refer their patients to the Network through the HealthLink eReferral platform or through the UPMC Concussion Network referral team at the contact details below.

