

...a pound of cure

The KiT: new in Trauma

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The management of children and teens who have sustained mild brain injuries, more commonly known as concussions, poses an interesting challenge for clinicians caring for them. Over the past ten years, The Children's Trauma Program experts have developed an innovative approach to this growing clinical problem, an approach that is specific to the severity of the injury, age and stage of development, pre-morbid academic and psychosocial situation, level of pre-injury physical activity, and future potential of the child or teen. In 2007 we expanded our mandate in order to meet the important needs of the children and teens across Quebec, and in December we were thrilled to launch our Concussion and Return to Sports Program with an innovative project, our newly developed Concussion KiT.

This project allows The Children's Trauma Programs to combine our high level of expertise in the management of traumatic brain injuries in children and teens with our mandate in injury prevention. The incidence of traumatic

brain injuries related to team sports has been increasing over the past decade. Each year, we treat approximately 1000 patients who have sustained a sports related concussion and about 30% of trauma related injuries we see annually occur while participating in sports and recreational activities. Most of these are preventable.

The Concussion KiT is designed to increase the awareness among coaches, sporting associations, parents and athletes about preventing, recognizing, and managing concussions in sports. The KiT explains what a concussion is and offers information to identify symptoms and what to do on the field. It describes what to expect during recovery and offers recommendations and activity restrictions.

The KiT also includes sport specific return-to-play plans for contact sports like hockey, football, basketball, soccer, and rugby as well as general recreational activities. It emphasizes the importance of reporting symptoms early on and not playing through an injury.

The reaction to the KiT has been very positive across both Quebec and Canada and we look forward to working with many different sporting associations, schools and communities on this important initiative.

We were very pleased to have Christopher Higgins from the Montreal Canadiens at our press conference launch. He helped us convey our most important messages and we look forward to working with him on other trauma and injury prevention awareness campaigns. Carlo Galli, Trauma Coordinator, is also doing an excellent job within the greater community, meeting with many different sporting associations to present the KiT and encourage its use.

In addition to the new Concussion KiT, as part of the Concussion and Return to Sports Program, there will also be a Concussion Clinic. The clinic will combine specific and standardized evaluations, return to sports guidelines, innovative interventions, and evaluative research to provide a best practice approach for patients requiring more than the standard care already provided by our longstanding and well developed Neurotrauma Program. If you wish to support our Trauma Program, please contact Michael Pecho at the Foundation, 514-934-4846 ext. 29228. ■



2. LE KIT EST CONÇU POUR SENSIBILISER LES ENTRAÎNEURS, LES ASSOCIATIONS SPORTIVES, LES PARENTS ET LES ATHLÈTES À LA NÉCESSITÉ DE PRÉVENIR, RECONNAÎTRE ET TRAITER LES COMMOTIONS DANS LE SPORT. THE MONTREAL CHILDREN'S HOSPITAL CONCUSSION KIT, SEEN HERE, WAS DESIGNED TO INCREASE AWARENESS WITH RESPECT TO PREVENTING, RECOGNIZING AND MANAGING CONCUSSIONS IN SPORTS.