



Dear Parent/Guardian,

We are utilizing an innovative program for our students and athletes that will assist in evaluating and treating traumatic brain injuries (e.g., concussion) *if an injury occurs*. To help these trained healthcare professionals to better manage any concussions sustained by our students, we use a tool called ImPACT (Immediate post Concussion Assessment and Cognitive Testing). ImPACT is a computerized exam used in many professional, collegiate, and school sports programs across the country. If an athlete, or student, is believed to have suffered a head injury during practice or competition, ImPACT is a tool that can be used by a trained healthcare professional to evaluate the severity of the head injury and the athlete's recovery from that injury. We believe that this ImPACT tool can be beneficial to all of our students, whether in a school-sanctioned sport, involved in physical education class, or on the playground.

Ideally, the computerized exam is given *before* beginning contact sport practice or competition for the season to establish a baseline reference should a post-injury test be needed. This simple, non-invasive test is set up in a video-game type format and takes about 20 - 30 minutes to complete. It tracks information such as memory, reaction time, speed, and concentration. In addition, to help healthcare providers better understand the athlete's particular healthcare situation, there are questions about the student / athlete's health history as well as any current symptoms that he or she may be experiencing. ImPACT is not an IQ test.

If a concussion is suspected following a sporting event or at school, the student will be retested. The student's performance on the post-injury test will be compared to his or her performance on the baseline and any differences in performance will be evaluated by a trained healthcare provider at Central Montana Medical Center (CMMC). Credentialed ImPACT Consultant and Nurse Practitioner, Rosemary Youderian, FNP-BC, has been specially trained in concussion evaluation and management. The test data will help her to determine when return-to-activity, both for sports or in the classroom, is appropriate and safe for the injured student.

We wish to stress that the ImPACT testing procedures are non-invasive and pose no known risks to your student-athlete. We are excited to implement this program because it provides us the best available information for managing concussions. If you have further questions regarding this program, please feel free to call the school at _____ or CMMC Occupational Health at 538-4110.