

UPMC Concussion Network Patient Care Pathway

Baseline Testing

- Take the first step into the care of UPMC Concussion Network by completing an ImPACT® baseline test at your local Affidea centre location. Schedule an appointment through the Affidea online booking system, accessible at <https://www.affidea.ie/concussion-clinics/>. On arrival, an Affidea staff member will guide you through the 30-minute, computer-based neurocognitive test. Your baseline composite scores will be stored within your ImPACT® profile to be readily accessed by a UPMC clinical lead when required.

Clinical Evaluation & Suspected Concussion

- In the event of a head injury, it is first advised to seek immediate medical assessment at your GP clinic, medical centre, sports team doctor, or emergency department. An initial clinical evaluation is important to account for any complications which may require further medical attention.
- As part of this evaluation, your clinician may assess for signs and/or symptoms related to a concussion injury. If a concussion is suspected, your clinician can provide a referral for a post-injury consultation with a UPMC clinical lead (details below).

Post-Injury Testing

- Once a referral is received, a UPMC clinical lead will contact you to book a post-injury consultation. An ImPACT® post-injury test will also be arranged, which can be completed at your chosen Affidea centre location in advance of your consultation.
- Interpretation of baseline and post-injury test results serves as a scientifically validated, clinical tool to assist the UPMC clinical leads in identifying, diagnosing, and safely managing your concussion injury.
- The post-injury test, while similar in procedure to the baseline test, will capture additional information in relation to your suspected concussion injury, including signs and/or symptoms, neurophysiological measures, and change in neurocognitive functioning. Your post-injury composite scores will be stored within your ImPACT® profile alongside your baseline data.

UPMC Concussion Network Post-Injury Consult

- As part of your post-injury consultation, a UPMC clinical lead will compare baseline and post-injury test results to assist during an overall clinical assessment and subsequent diagnosis of your concussion injury. Based on this diagnosis, appropriate rehabilitation exercises will be prescribed and practiced during your visit to begin your recovery process.
- Following a comprehensive evaluation and diagnosis of your concussion injury, a UPMC clinical lead will determine the clinical profile of the concussion and develop an appropriate treatment plan. Depending on the type of concussion, different forms of active treatment will be utilised in order to facilitate rehabilitation of the brain and alleviate your symptoms.

UPMC Concussion Network Physiotherapy

- A UPMC clinical lead will prescribe an individualised treatment plan and care pathway to promote your successful rehabilitation. This may include a same-day session with one of the UPMC Concussion Network Lead Physiotherapist's working alongside each of our clinical leads.
- UPMC Concussion Network Lead Physiotherapists, trained in UPMC's concussion protocols and standards, will use the latest rehabilitation methods in exertion, vestibular, and ocular therapy, depending on the nature of your concussion injury. Specialised home-based exercises will be prescribed to complement your rehabilitation between visits. Repeat post-injury tests may also be utilised to monitor your neurocognitive recovery.

UPMC Clinical Leads

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To learn more, please visit UPMCConcussionNetwork.ie