

UCLA

David Geffen School of Medicine

Office of Continuing Medical Education, David Geffen School of Medicine at UCLA

UCLA Steve Tisch BrainSPORT Program

CONCUSSION CHAMPIONS



ADVANCING THE UNDERSTANDING & TREATMENT
OF SPORT-RELATED CONCUSSIONS FOR YOUTH

SATURDAY - July 23, 2022

8:00AM - 1:00PM

A Live Virtual Program

CME OFFICE OF
CONTINUING
MEDICAL
EDUCATION

DAVID GEFKEN SCHOOL OF MEDICINE at **UCLA**

UCLA Health



STEVE TISCH
BrainSPORT
PROGRAM

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BrainSPORT
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BACKGROUND

In efforts to equip community providers with the latest evidence-based guided practices, the UCLA Steve Tisch BrainSPORT program has developed the *Concussion Champions CME Course*. This half-day course aims to identify and empower providers to be “Concussion Champions” within their community.

The need for standardized concussion management services for youth athletes has exponentially increased in response to California’s Concussion Safety Law – Assembly Bills 2127 and 2007, which mandate licensed health care providers to guide athletes through a graduated return to play (RTP) protocol before athletes can return to their respective sports.

Management of concussion requires multidisciplinary care. While many sports concussions are initially reported to athletic training staff or other school health providers, a recent study showed most patients who sought medical care presented to primary care clinics. Diagnosing a concussion remains a clinical decision, there are no objective tests to confirm a diagnosis. Most injuries recover in a matter of days to weeks; however, 10-30% of patients develop persistent post-concussion symptoms (PPCS) lasting 1 month or longer. Patients who may be at risk for prolonged symptoms, or who go on to develop PPCS, may require referral to more specialized care. Primary care providers need to have a strong understanding of the best practices in concussion management, validated tools, recommendations for return to activity, and appropriate referral sources.

The Concussion Champions course aims to bridge this gap and create a network of providers trained in concussion management.

ABOUT US

Each year in the U.S., an estimated 1.6-3.2 million people sustain a Traumatic Brain Injury (TBI) with the highest rates of concussion/TBI occurring in youth and adolescents. The UCLA Steve Tisch BrainSPORT (Safety, Performance, Outreach, Research, Treatment) Program is a multidisciplinary research-based treatment center for concussions and traumatic brain injury (TBI) treatment. We have 4 clinic locations serving the Los Angeles community and are one of only a few places in the world with a multidisciplinary team comprised of: pediatric and adult neurologists, sports medicine physicians, neuropsychologists, occupational therapists, and a dietician. The three pillars of the UCLA Steve Tisch BrainSPORT program are: clinical care, education, and research. As part of our educational outreach, we provide comprehensive pre-season neurological exams to local schools, colleges, and professional athletic programs. Our community partnered programming aims to promote youth sports safety, increase concussion awareness, and improve concussion identification.



COURSE DESCRIPTION

The UCLA Steve Tisch BrainSPORT Concussion Champions CME course will prepare providers with the tools needed to effectively diagnose and manage concussions, particularly sport-related, as well as provide guidance on appropriate case referrals. Best practices for effective care for individuals with concussion/mild TBI include providing proper patient education and anticipatory guidance, utilizing a suite of diagnostic tests during a concussion evaluation, protecting athletes from repeat head injury, avoiding prolonged absence from school/work and individualizing, and monitoring the concussion recovery plan. We will also review the emerging science in the rapidly evolving field of concussion.

Participants will walk away with templates and guidance on properly completing medical forms required by schools for children to return to school and employees to return to work as well as return to sports.

MAIN OBJECTIVES

The main objective of this course is to provide providers with the essential tools for concussion management and best practices.

At the conclusion of this course, participants will be able to:

- Serve as “Concussion Champions” at each respective clinic and be current on concussion management for children and young adults, ages 5-25.
- Relate the risks and benefits of sports participation to families, including the relative risks for concussion in different sports, recreational activities and different conditions.
- Use a multimodal clinical concussion assessment test battery that may include symptoms, cognition (including computerized testing), balance, reaction time and number reading.
- Develop an individualized management plan for youths with concussion, including return to school, return to physical activity and return to contact risk.
- Relate to families the potential risks of repetitive concussions based upon peer-reviewed publications and yet also be aware of current information circulated through the media.
- Appropriately refer complex patients, initiate proper treatment, and understand circumstances for recommending retirement from a particular sport.



Chris Giza, MD

Associate Professor of Pediatrics and Neurosurgery
David Geffen School of Medicine
and Mattel Children's Hospital at UCLA
Director, UCLA Steve Tisch BrainSPORT Program
Medical Director, UCLA Operation Mend

COURSE FACULTY



Talin Babikian, PhD, ABPP

Assistant Clinical Professor of Neuropsychology
Semel Institute for Neuroscience and Human Behavior at UCLA
Associate Director, UCLA Steve Tisch BrainSPORT Program



Meeryo Choe, MD

Assistant Clinical Professor of Pediatric Neurology
David Geffen School of Medicine
and Mattel Children's Hospital at UCLA
Associate Director, UCLA Steve Tisch BrainSPORT Program



Joshua Goldman, MD

Assistant Professor of Family Medicine and Orthopaedics
David Geffen School of Medicine at UCLA
Associate Director, UCLA Steve Tisch BrainSPORT Program
Assistant Team Physician, UCLA Athletics



Daniel Rafie, MD

UCLA Steve Tisch BrainSPORT Fellow '22

CONCUSSION CHAMPIONS

AGENDA: SATURDAY - JULY 23, 2022

8:00 am	Welcome and Introductory Comments <i>Christopher Giza, MD</i>
8:10 am	Concussion Knowledge Assessment: Pre-Test
8:15 am	Concussion Epidemiology, Risk and Time Course <i>Meeryo Choe, MD</i>
8:45 am	Clinical Concussion Assessment <i>Joshua Goldman, MD, MBA</i>
9:15 am	Neuropsychological Aspects of Concussion <i>Talin Babikian, PhD</i>
9:45 am	Return to School, Return to Play and Retirement Decisions <i>Daniel Rafie, MD</i>
10:15 am	Coffee Break
10:30 am	Emerging Science <i>Christopher Giza, MD</i>
11:00 am	Case Review and Q and A <i>Faculty Panel</i>
11:20 am	Q and A <i>Faculty Panel</i>
11:40 am	Concussion Knowledge Assessment: Post-Test
11:50 am	Closing – Post Course Resource Library
12:00 pm	Adjourn

UCLA Steve Tisch Brain **SPORT** Program

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GENERAL INFORMATION

**SATURDAY - July 23,
2022**

8:00 am - 12:00 pm

A Live Virtual Program

COURSE FEE

\$75

REFUNDS: No refunds will be granted for this conference, due to the low enrollment fee. A full refund will be provided if for any reason the course must be cancelled or rescheduled.

REGISTRATION

To register, please visit:

<https://www.cme.ucla.edu/courses/concussion2022>

If you have any questions please contact Brain**SPORT** Coordinator, Philip Rosenbaum, via email at prosenbaum@mednet.ucla.edu.

Course Fee

\$75 Physicians, Fellows, Nurses, Physical Therapists, Athletic Trainers, and Sports Medicine and other Allied Health Professionals

Virtual registration will include access to the live stream virtual conference.

Enrollment

Online

To register for the course, please return the completed registration form to uclacme@mednet.ucla.edu, or visit www.cme.ucla.edu/courses/concussion2022. You may use your MasterCard, VISA, American Express, or Discover card.

If you have questions, please contact the UCLA Office of Continuing Nursing Education at uclacme@mednet.ucla.edu or 310.794.2620.

UCLA Steve Tisch Brain Program **CONCUSSION CHAMPIONS** **Saturday, July 23, 2022**

Online Enrollment preferred. Visit www.cme.ucla.edu/courses/concussion2022

Course Title and Number	Amount
CONCUSSION CHAMPIONS <input type="checkbox"/> \$75 All Participants	M223-18

Accreditation Statement

The Office of Continuing Medical Education, David Geffen School of Medicine at UCLA is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Office of Continuing Medical Education, David Geffen School of Medicine at UCLA designates this live activity for a maximum of 5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

Disclosure Statement

The FDA has issued a concept paper which classified commercial support of scientific and educational programs as promotional unless it can be affirmed that the program is "truly independent" and free of commercial influence. In addition to independence, the FDA requires that non-promotional, commercially supported education be objective, balanced, and scientifically rigorous. The policy further states that all potential conflicts of interest of the CME staff and faculty be disclosed to the program's participants. In addition, Accreditation Council for Continuing Medical Education policy mandates that the sponsor adequately manage all identified potential conflicts of interest prior to the program. We, at UCLA, fully endorse the letter and spirit of these concepts.

