

No Brain Left Behind

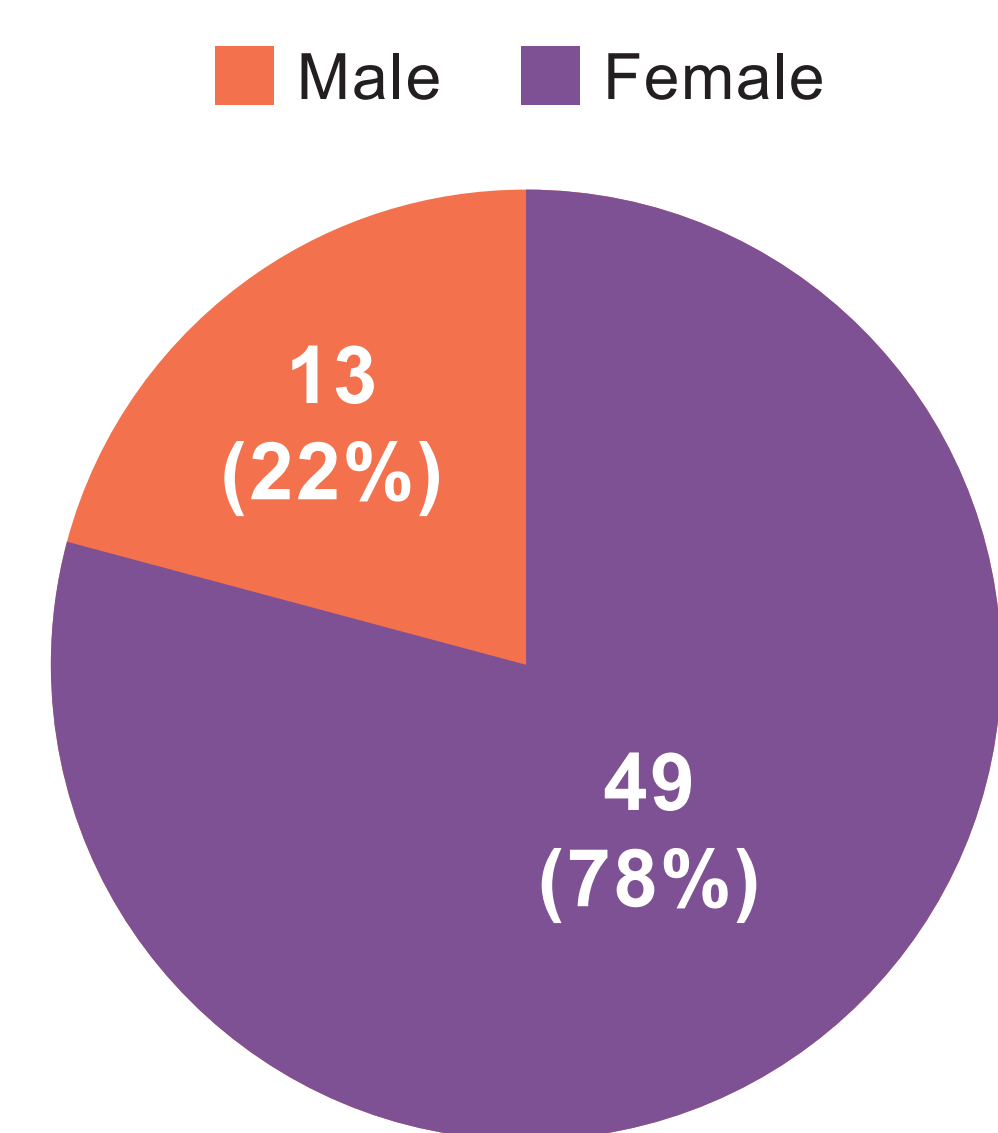
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Tower Physio and Sports Medicine

Project idea

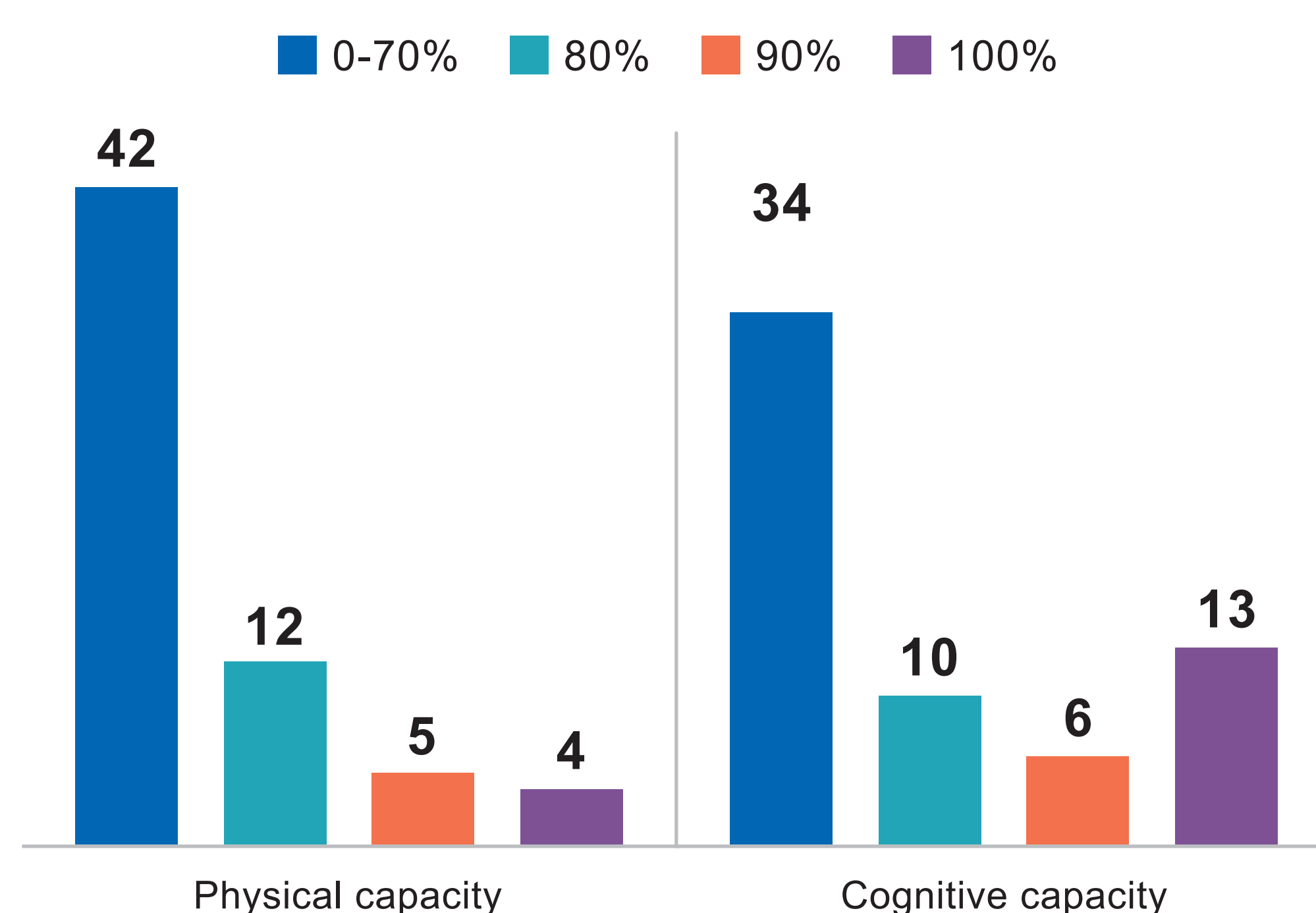
Develop and implement a follow-up protocol for post-concussion patients that score below 80% physical/cognitive function via a questionnaire. Determine barriers to care, re-evaluate care plan, referral status, or intrinsic or extrinsic factors delaying healing and return to a quality of life.

1 Project data

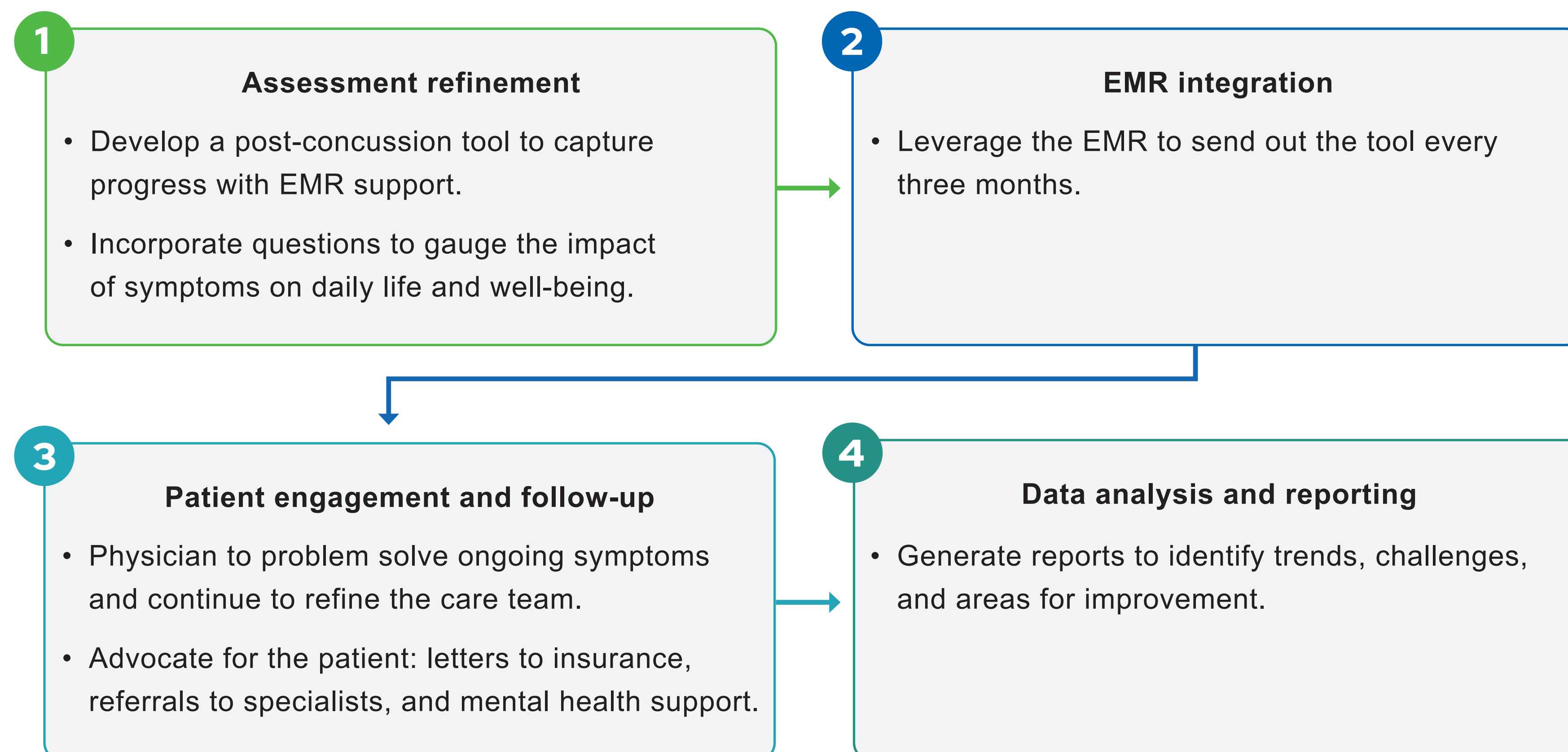
Gender distribution of survey respondents (n=63)



Self-report scores for physical and cognitive capacity of survey respondents (n=63)



2 Current project



3 Getting here

- Up to 10% of patients may have concussion symptoms that persist longer than three months (Persistent Post Concussion Syndrome PPCS).
- Symptoms can include headaches, neck pain, dizziness, visual problems, sleep disturbances, changes in cognitive and physical function, changes in mood, difficulties with social interactions and returning to work or activities.
- A physician acts as the hub of the healing wheel and devises an individualized care plan with patient education and a team of practitioners. The plan addresses the most crucial symptoms then progresses to a more focused approach as the injury declares itself. Pacing, prioritizing, and hope are key to the success of the plan and the patient's healing.

4 What's next

Continued data monitoring and analysis through the EMR (dashboard development):

- Develop and refine data-monitoring tools for ongoing analysis.

Patient resource guide:

- Create a resource guide based on city quadrants.

Tandem collaboration with referring physicians:

- Collaborate closely with referring physicians and provide relevant referrals.

Enhanced questionnaire updates:

- Time since injury.
- Ask regarding barriers to healing: computer use, financial or insurance stressors.

5 Project team



6 Key takeaways

Focus on identifying barriers to patient recovery

Engage patient advocates

Returning patients are hopeful: The system is available to further improve their symptoms.