

Pre-Congress Concussion Course Schedule 2019:

Time	Topic	Objectives	Speaker
7:15-8:00	Registration	N/A	N/A
8:00- 8:10	SPC Welcome	Welcome	SPC Concussion Committee & BC Section Chair
8:10- 8:50	Updates in Concussion Evidence, 'Top 10 Findings in 2019'	The learner will be able to: 1. Understand the current evidence-based recommendations for management of sport-related concussion (SRC). 2. Identify new evidence-informed recommendations for SRC.	Kathryn Schneider PT, PhD, DipManipPT Clinical Specialist – Musculoskeletal Physiotherapy <i>Associate Professor, Clinician Scientist Sport Injury Prevention Research Centre Faculty of Kinesiology University of Calgary</i>
8:50- 9:30	Screening and intervention for psychological factors that impede recovery from concussion	The learner will be able to: 1. Appreciate the importance of psychological factors to recovery from SRC. 2. Recognize specific psychological factors that can impede recovery from SRC. 3. Describe psychologically- informed treatment strategies for SRC.	Noah Silverberg, PhD, R.Psych, ABPP-CN <i>University of British Columbia</i>
9:30-10:00	Minds Matter: Seeing Concussion Through New Eyes	The learner will be able to: 1. Recognize common visual problems following SRC. 2. Understand and ameliorate the acute impact, particularly in academics, of visual problems in youth with SRC.	Christina L. Master, MD, CAQSM, FACSM <i>Professor of Clinical Pediatrics Perelman School of Medicine at the University of Pennsylvania Co-Director, Minds Matter</i>

		3. Develop a treatment approach for those with prolonged symptoms from vision problems after SRC.	<i>Concussion Program Pediatric and Adolescent Sports Medicine, Division of Pediatric Orthopedics The Children's Hospital of Philadelphia</i>
10:00-10:30	<i>Coffee Break</i>		***30 MINUTES***
10:30-11:10	Unique Aspects of Management of Concussion in NHL and MLS	The learner will be able to: 1. Discuss and review the unique aspects of concussion care in the professional team sport environment.	Jim Bovard, M.D., MCFP (SEM), Dip. Sport Med <i>Clinical Assistant Professor, Division of Sport Medicine, Department of Family Practice Faculty of Medicine, University of British Columbia Team Physician Vancouver Canucks (NHL) & Vancouver Whitecaps (MLS)</i>
11:10-11:50	Concussion and sleep from acute care to recovery: What Clinicians Need to Know	The learner will be able to: 1. Gain an understanding of sleep in normal human health and development. 2. Understand the trajectory of sleep and wakefulness following concussion and the relationship with overall recovery. 3. Have a 'toolkit' to evaluate sleep and optimize sleep.	Catherine Wiseman-Hakes Ph.D. <i>Hull Ellis Concussion and Research Clinic-UHN Toronto Rehab Institute School of Rehabilitation Science, McMaster University</i>
11:50-12:20	Exertional Testing	The learner will be able to: 1. Demonstrate how to perform and interpret the <i>Buffalo Concussion Treadmill Test</i> .	John Leddy, MD, FACSM, FACP <i>Professor of Clinical Orthopaedics and Rehabilitation Sciences, SUNY at Buffalo</i>
12:20-13:20	<i>LUNCH</i>	<i>Question Box t/o day</i>	***1 HOUR***

13:20- 13:50	Exertional Testing <i>Case-based Exertional Testing and Handouts for Clinical Use</i>	The learner will be able to: 1. Present and discuss a case outlining the principles of using exertional testing for concussion recovery.	John Leddy, MD, FACSM, FACP <i>Professor of Clinical Orthopaedics and Rehabilitation Sciences, SUNY at Buffalo</i>
13:50-14:00	<i>Turnover Time</i>		**10 minutes**
14:00- 14:30 *run simultaneously then switch	Breakout Session 1 <i>Vestibular and Cervicogenic Screening Post-Concussion</i>	The learner will be able to: 1. Understand and apply differential diagnosis, including basic screening tests, for vestibular and cervical spine involvement following SRC.	Kathryn Schneider PT, PhD, DipManipPT Clinical Specialist – Musculoskeletal Physiotherapy
14:00- 14:30 *run simultaneously then switch	Breakout Session 2 <i>Minds Matter: A Practical Approach to Seeing Concussion through New Eyes</i>	The learner will be able to: 1. Present a practical approach to screen for visual-vestibular deficits following SRC. 2. Demonstrate the implementation of a visual- vestibular home exercise program for concussion patients.	Christina L. Master, MD, CAQSM, FACSM
14:30-14:40	<i>Turnover Time</i>	<i>Switch breakouts</i>	**10 minutes**
14:40- 15:10	Breakout Session 1 <i>Vestibular and Cervicogenic Screening Post-Concussion</i>	The learner will be able to: 1. Understand and apply differential diagnosis, including basic screening tests, for vestibular and cervical spine involvement following SRC.	Kathryn Schneider PT, PhD, DipManipPT Clinical Specialist – Musculoskeletal Physiotherapy
14:40- 15:10	Breakout Session 2 <i>Minds Matter: A Practical Approach to Seeing Concussion through New Eyes</i>	The learner will be able to: 1. Present a practical approach to screen for visual-vestibular deficits following SRC. 2. Demonstrate the implementation of a visual- vestibular home	Christina L. Master, MD, CAQSM, FACSM

		exercise program for concussion patients.	
15:10- 15:30	<i>Coffee Break</i>		***20 minutes***
15:30- 16:20	Keynote Speaker: <i>It Takes a Village— My Journey to a New 100%</i>	The learner will be able to: 1. An athlete's story of ongoing concussion recovery.	Rosalind (Roz) Groenewoud, OLY, BA.Sc, MD Candidate 2023 <i>Retired Olympic Halfpipe Skier</i>
16:20- 16:50	Q&A Panel	<i>Participant interaction welcome!</i>	Kathryn Schneider, Noah Silverberg, John Leddy, Christina L. Master, Jim Bovard, Catherine Wiseman-Hakes, Rosalind Groenewoud
16:50- 17:00	Closing Remarks	N/A	SPC Concussion Committee