CONCUSSION CHAMPIONS

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

SATURDAY - MAY 18, 2019
8:00AM - 1:00PM

UCLA Ronald Reagan Medical Center
Tamkin Auditorium, room B-120
757 Westwood Plaza
Los Angeles, CA 90095
In efforts to equip our 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 educate “Concussion Champions” at each of our UCLA primary care and specialty clinics including neurology, emergency medicine and neuropsychology. The goal is to have 1-2 providers from each clinic attend the course and then serve as a resource for the rest of the medical team.

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.

Primary Care Providers have always been on the front lines for managing common sports-related injuries, including concussions and mild TBI. Many student athletes who sustain a concussion will initially present to their primary care provider, which is appropriate, however, for many years, specific clinical training and research in this area have not been emphasized. One challenge articulated by the schools is the variability in return to play/school recommendations by medical providers, which creates logistical issues for the schools’ primary mission to educate students, and for the athlete to return to their sport in a consistent and safe manner. The Concussion Champions course aims to bridge this gap and create a network of providers trained in concussion management.

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 (Sport concussion, Prevention, Outreach, Research and Treatment) Program is a multidisciplinary research-based treatment center for youth sport concussions and traumatic brain injury (TBI) treatment. We have 3 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 Neurology, Sports Medicine, Neuropsychology and Neurology. The three main pillars of the UCLA Steve Tisch BrainSPORT Program are: clinical care, education and research. As part of our educational outreach, we provide on-site comprehensive pre-season baseline testing at local middle schools, high schools, collegiate and professional athletic programs. Our community partnered programming aims to promote youth sports safety and to increase concussion awareness and identification.
COURSE DESCRIPTION

The UCLA Steve Tisch BrainSPORT Concussion Champions CME course will prepare UCLA providers with the tools needed to effectively diagnose and manage youth concussions, as well as provide guidance on the appropriate referrals of complex cases to a multidisciplinary concussion program. Best practices for effective care for individuals with concussion/mild TBI include providing proper education and anticipatory guidance, not utilizing a single test to make the diagnosis of concussion, protecting the athlete from repeat injury, avoiding prolonged absence from school and individualizing and monitoring the concussion recovery plan.

Participants will walk away with templates, forms and guidance on properly completing medical forms required by schools for children to return to school and go back to their respective sports. Attendees will also gain hands-on experience through our interactive sessions.

TARGET AUDIENCE*: All Primary Care Providers including: Pediatricians, Family Medicine, Internal Medicine, General Medicine. Specialty Providers Including: Neurologists, Neuropsychologists, Orthopedists, Emergency Medicine and Sports Medicine providers.

*If specialty is not listed above, but your practice frequently provides treatment to youth for concussions, please enroll in the course

COURSE 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 sports-concussion management for athletes, ages 5-25.
• Relate the risks and benefits of sports participation to families, including the relative risks for concussion in different sports 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.

COURSE CHAIR

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

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Aliyah Snyder, PhD
UCLA Tisch Fellow
Neuropsychologist
David Geffen School of Medicine and Mattel Children's Hospital at UCLA
AGENDA: SATURDAY - MAY 18, 2019

8:00 am  Registration and Continental Breakfast
8:15 am  Welcome and Introductory Comments
8:25 am  Concussion Knowledge Assessment: Pre-Test
8:30 am  Concussion Epidemiology, Risk and Time Course
9:00 am  Clinical Concussion Assessment
9:30 am  Neurocognitive Testing
10:00 am Return to School, Return to Play and Retirement Decisions
10:30 am Coffee Break
10:45 am Interactive Breakout and Demonstration Stations (Includes BrainSPORT Protocol)
11:15 am Current Research and Media Coverage of Youth Concussions
11:45 am Case Review and Q&A - (Faculty Panel)
12:30 pm Concussion Knowledge Assessment: Post-Test
12:35 pm Closing – Post Course Resource Library
1:00 pm Adjourn
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GENERAL INFORMATION

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8:00 am - 1:00 pm

LOCATION
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Tamkin Auditorium, room B-120
757 Westwood Plaza
Los Angeles, CA 90095

DIRECTIONS AND PARKING
From the 405 freeway, exit Wilshire Blvd., east toward Westwood. Turn left on Westwood Blvd., travel past Charles E. Young Dr. South and turn left on Structure 8 driveway. Drive up the ramp to the rooftop level to park. Pay per license plate at the kiosk and display the parking permit on your dash. All day parking is $12.00. The Ronald Reagan UCLA Medical Center is located on the corner of Westwood Plaza and Charles E. Young Dr. South.

REGISTRATION

To register, please visit:
https://www.cme.ucla.edu/courses/event-description?registration_id=234318

If you have any questions please contact BrainSPORT Program Coordinator:
Philip Rosenbaum – prosenbaum@mednet.ucla.edu

COURSE FEE
$75
This fee includes registration, syllabus, continental breakfast, break refreshments and handouts

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.

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 4.25 AMA PRA Category 1 Credits ™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Disclosure Statement
The FDA has issued a concept paper that classifies 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 fully disclosed to the program's participants. In addition, Accreditation Council for Continuing Medical Education policy now mandates that the provider adequately manage all identified potential conflicts of interest prior to the program. UCLA fully endorses the letter and spirit of these concepts.