

# Concussion Assessment: An Essential Guide for OTs

## Course Syllabus February 1 - March 17 2018

### COURSE DESCRIPTION

Concussion is a complex injury that can have extensive consequences in regards to symptoms and function. Having a solid understanding of the many systems affected by concussion is integral for OTs to best support clients. This course will review the value and contribution of OT involvement and cover in-depth multicomponent assessment in the management of concussion. By the end of the course OTs can expect to meet the following objectives:

### OUTCOMES:

1. Understand the value of OT in concussion assessment
2. Understand the scope of concussion assessment including identifying deficits in function of all important domains
3. Know when to refer to other professions for further assessment
4. Able to apply principles of assessment in formulating a treatment plan

### COURSE STRUCTURE

- **Weekly content release** - The course has been divided into modules which will be released each week a section at a time. The material will be available beginning on Saturdays. All content will remain available after the course has completed.
- **Weekly discussion questions** - once per week, with the release of each course section a discussion question will be posted in the course forum. Please respond to the discussion question within one week of posting. It is expected that you complete all discussion questions, and provide engagement with other student's posts in some capacity.
- **Open forum for questions** - the course forum can also be used to ask questions to the instructor (Devon) or the other students in the course. Here you can also request access to specific resources or research papers if you are unable to access them yourself.

**COURSE TIMELINE:**  
**February 1 - March 17 2018 (7 weeks)**

Week of	Content
February 1 2018	<p><b>Introduction</b>  <b>Fundamentals</b>  <i>Discussion questions:</i></p> <ul style="list-style-type: none"> <li>• What are the unique contributions of OT in concussion management?</li> <li>• Why are we underutilized?</li> </ul>
February 10 2018	<p><b>Physical Domain</b>  <i>Discussion question:</i> Find and present evidence to support the thesis: persisting issues (including headache and sensory sensitivity) following a concussion may have a central sensitization component.</p>
February 17 2018	<p><b>Vestibular Domain</b>  <i>Discussion question:</i> Develop a basic function-based assessment protocol for a patient with vestibular hypofunction or a visual-vestibular mismatch problem.</p>
February 24 2018	<p><b>Visual Domain</b>  <i>Discussion question:</i> Develop a basic function-based assessment program for a patient with binocular vision problems.</p>
March 3 2018	<p><b>Cognitive Domain</b>  <i>Discussion question:</i> Currently, there are no comprehensive cognitive assessment tools designed for use by occupational therapists specifically for concussion. If you were to design such a battery - outline the components you would include and the modality of testing used (paper-pen, computerized, performance-based, etc...)</p>
March 10 2018	<p><b>Psychological Domain</b>  <i>Discussion question #1:</i> How can an OT aid in the differentiation between depression, anxiety, PTSD (or other mental health concern) and expected symptoms of concussion?</p> <p><b>Functional Domain</b>  <i>Discussion question #2:</i> There are few performance based assessments of function we've discussed in this course (eg. MET).</p> <ul style="list-style-type: none"> <li>• OPTION 1: Develop your own functional test battery that targets all of the important domains after a concussion injury.</li> <li>• OPTION 2: develop your own site specific version of the MET</li> </ul>
March 17 2018	<p><b>Conclusions</b>  <b>Review of resources</b>  <i>Live discussion for final questions &amp; review</i></p>