



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.™

Dear Bexley High School Parent:

Each year, over 300,000 sports-related traumatic brain injuries occur in our country. These brain injuries are also known as concussions. A concussion can happen to any athlete – male or female in any sport or recreational activity. While such injuries may not always be preventable, physicians and athletic trainers are able to recognize and treat concussions to insure athletes are fully recovered before resuming play.

One valuable tool available to assist with return to play decisions is neurocognitive testing. A neurocognitive test evaluates memory, brain processing speed and reaction time. This testing is being used in professional sports, such as the NFL, NHL, and MLS, as well as area collegiate and high school athletic programs. Although a neurocognitive test will never replace a thorough clinical exam by an experienced clinician, it is a valuable tool used to safely return athletes to sports participation.

Nationwide Children's Hospital has an agreement with Bexley Schools to provide athletic training services to the student athletes of Bexley High School. As part of our continued support, Nationwide Children's Sports Medicine provides a baseline neurocognitive test at **no cost for all athletes at Bexley High School** and for **\$5.00 for all athletes at Bexley Middle School**. In the event of a concussion, the athlete's baseline test would serve as standard criteria to assist the physician in return to play decisions. Nationwide Children's Sports Medicine may choose to perform a retrospective study in the future using information contained during this testing process..

To assist us in returning your athlete safely to the sports participation, please sign the enclosed permission form and return it to your child's coach. Once the consent forms are received, arrangements will be made for your child to complete the baseline test.

Thank you,

Thomas Pommering, DO FAAFP
*Assistant Clinical Professor of Pediatrics
and Family Medicine
Division Chief for Sports Medicine
Nationwide Children's Hospital
The Ohio State University College of Medicine*



NEUROCOGNITIVE TESTING...

Why is it important?

Recent studies estimate the likelihood of an athlete playing a contact sport to sustain a concussion may be as high as 19% per season. A concussion is also referred to as a mild traumatic brain injury (MTBI). The brain is the control center of the body and is responsible for the way an athlete feels and acts. When a concussion occurs, it can alter the physical, mental and emotional actions of the athlete.

What is a neuropsychological test?

Neuropsychology is the study of the structure and function of the brain and how it relates to specific thought processes and behaviors. A neuropsychological test is a computerized or pen and paper test evaluating these thought processes.

Is this a new procedure?

Neurocognitive testing has been used in the evaluation of mild traumatic brain injury for many years but more recently with sport concussions. It is currently being used in the NFL, NHL, NBA, US Olympic Team, Ohio State University and other universities, and several area high schools.

What will the test be like?

The test used by Nationwide Children's Sports Medicine is a computerized test. It is composed of 4 sessions utilizing a computerized deck of cards. Prior to completing each session of the test, a written set of instructions and a practice session are administered to familiarize the athlete with the testing procedure. The athlete's responses for each session are used to assess their decision making ability, reaction time, attention and memory. The entire test should take approximately 15 minutes. A certified athletic trainer will be present throughout the testing process if the athlete has any questions or concerns.

Why should I take this test?

The results of this test will be used as a baseline test. If a concussion occurs, the athlete will be retested. The results of the two tests can be compared and used, in conjunction with a thorough physical exam, to help safely return the athlete to participation.

When will I get the results of my test?

The test results will not be available the same day. The results will be compiled and remain on file at Nationwide Children's Sports Medicine and Orthopedic Center.



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CONSENT FOR NEUROCOGNITIVE TESTING

Date: _____

I **give** my permission for (**child's full name**) _____

I **do not give** permission for (**child's full name**) _____

to have a baseline neurocognitive test administered by Nationwide Children's Sports Medicine. I understand my child may need to be tested more than once depending upon the test results, and Nationwide Children's may conduct this test additional time during my child's high school athletic career. This baseline test will be administered at no charge to the athlete and will remain on file at Nationwide Children's Sports Medicine. A retrospective study may be performed in the future using information contained during this testing process. Please provide the following information if you do permission for your child to complete the baseline test.

Child's Date of Birth (Month/Day/Year): _____

Child's home address: _____

(Street, City, State and Zip)

Hand dominance/Handedness: Right Left **Graduation Year:** _____

Primary Sport: _____ **Position:** _____

Secondary Sport: _____ **Position:** _____

Name of parent or guardian: _____

Signature of parent or guardian: _____

Parent or guardian phone numbers (please indicate preferred contact number & time if necessary):

Home: _____

Cell: _____

Email: _____