

Title of Presentation

“Not Just A Sport Thing Or Simple Bump On The Head” Concussions in Seniors

Instructional Level

Basic

This presentation falls into the following category:

Geriatrics

Course Description

Concussions are serious brain injuries in the geriatric population that have a significant influence on the brain's ability to function at its normal capacity. The “impact” of a concussion not only present with physical health signs and symptoms that can benefit from physical therapy but also mental health signs and symptoms that must be considered in a treatment session to allow maximum benefits for the patient. Using the APTA Clinical Prediction Guideline domains of post-concussion/mild traumatic brain injury this session will emphasize the multi -prong best practice approach to address the involvement of these systems

Cervical-Musculoskeletal, Autonomic/Exertional Tolerance, Vestibular-Oculomotor, and Motor Function that impede recovery from the larger neurological trauma. Additionally, this session will discuss strategies to address the mental health sequela that an individual may exhibit with post -concussion syndrome during the recovery process. Lastly, this session will discuss the unique challenges when treating the geriatric patient with concussions and the benefit of exercise that can help the mental health symptoms of the post-concussion individual. At the end of this session participants will know both the physical and mental signs and symptoms linked to the body system affected by the concussion. Participants will have evidence- based strategies to structure treatment sessions for maximum improvement in functional recovery. Participants will be able to identify when other health care providers or services are needed and have resources for themselves and their patients that can be utilized.

Learning Objectives

Describe the prevalence and mechanism of injury for concussion/mTBI

Describe PT screening of potential concussion

Explain the 4 domains of concussion and formulate a PT evaluation and management plan as described in CPG

Identify who is at risk for non recovery in older adults

Identify the long-term physiological changes post-concussion that affects mental health in older adults

Identify the mental health diagnosis post-concussion

Define strategies to address the mental health sequela during therapy

Describe the benefit of exercise in helping mental health of the post-concussion individual

Key References: Minimum of 5 current references

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Broglio SP, Collins MW, Williams RM, Mucha A, Kontos AP. Current and emerging rehabilitation for concussion: a review of the evidence. *Clin Sports Med*. 2015;34(2):213- 231

Cheever K, McDevitt J, Phillips J, Kawata K. The role of cervical symptoms in post-concussion management: a systematic review. *Sports medicine (auckland, nz)*. 2021;51(9):1875-1891. doi:10.1007/s40279-021-01469-y

Cook CE, Wilhelm M, Cook AE, Petrosino C, Isaacs R. Clinical tests for screening and diagnosis of cervical spine myelopathy: a systematic review. *J Manipulative Physiol Ther*. 2011;34(8):539-546. doi:10.1016/j.jmpt.2011.08.008

Ganti, Latha, et al. "Who gets post-concussion syndrome? An emergency department-based prospective analysis." *International journal of emergency medicine* 7 (2014): 1-7.

Griffiths MV. The incidence of auditory and vestibular concussion following minor head injury. *J Laryngol Otol*. 1979;93(3):253-265. doi:10.1017/s0022215100086990

Haripriya GR, Mary P, Dominic M, Goyal R, Sahadevan A. Incidence and Treatment Outcomes of Post Traumatic BPPV in Traumatic Brain Injury Patients. *Indian J Otolaryngol Head Neck Surg*. 2018;70(3):337-341. doi:10.1007/s12070-018-1329-0

Montbriand, Janice. *Brain Injury in Seniors in British Columbia: Its Relationship to Depression and Chronic Pain*. University of Northern British Columbia, 2013.

Speaker 1 brief bio:

Allison Kellish holds a BS in Physical Therapy, a Masters in Public Administration, a Clinical Doctoral degree in Physical Therapy and a PhD in Health Science. Additionally, she is an APTA Board Certified Specialist for Geriatrics. She has been an educator in physical therapy for over 20 years and currently is an Associate Professor at Franklin Pierce University. Her clinical expertise is in both in the orthopedic and neurological settings. She has been a presenter on both the national and international level on physical therapy education, intraprofessionalism, moral injury, concussions, geriatrics, and clinical education. She is a member of the APTA and the Academy for Education, Geriatrics and Leadership and Innovation.

Speaker 2 brief bio

Terri O'Neal holds a BS in Physical Therapy, a Masters in Health Administration, a Clinical Doctor degree in Physical Therapy and an EdD . Additionally, she is an APTA Board Certified Specialist for Orthopedics. She has over 30 years of clinical practice , with a focus in vestibular rehabilitation/post-concussion syndrome and is an Assistant Professor at Franklin Pierce University. She has been a presenter at the state level on concussions. She is a member of the APTA and the Academy for Education, Orthopedics, and Leadership and Innovation.

Speaker 3 brief bio

Maureen Clancy holds a BS in Psychology, a Masters in Health Administration, a Clinical Doctor degree in Physical Therapy . Additionally, she is an APTA Board Certified Specialist for Orthopedics. She has over 20 years of clinical practice , with a focus in vestibular rehabilitation/post-concussion syndrome and is an Assistant Professor at Franklin Pierce University. She has been a presenter at the state level and national level on concussions and vestibular rehabilitation. She is a member of the APTA and the Academy for Orthopedics and Neurology .