



Concussions

Head injuries can be a common injury in any activity. Shawnee Mission Health is proud to offer the IMPACT program to assist physicians in diagnosis and management of head injuries. This program also provides athletes and parents with a baseline when concussions do occur.

What is ImPACT?

ImPACT is a sophisticated, research-based computer test developed to help clinicians evaluate an athlete's recovery following a concussion. The program begins with a 20-minute test administered in the preseason for a baseline, and includes puzzles and tasks that measure a variety of factors. When a concussion is suspected, a follow-up test is administered to see if the results have changed from the baseline. This comparison helps to diagnose and manage the concussion. Follow-up tests can be administered over days or weeks so you can continue to track the injury.

The ImPACT program evaluates and documents multiple aspects of neurocognitive functioning, including memory, attention span, brain processing speed, reaction time and post-concussive symptoms. The user-friendly injury documentation system enables you to track the injury from the field and through the recovery process.

Why use ImPACT?

ImPACT can help answer difficult questions about an athlete's readiness to return to play, protecting them from the serious consequences of returning too soon. While traditional neurological and radiologic procedures such as CT, MRI and EEG are helpful in identifying many serious concerns (e.g. skull fracture, hematoma, contusion), they are not as useful in identifying the effects of a concussion. As a result, doctors often must rely on subjective observations or a patient's self-reporting of symptoms to diagnose and track a concussion. This is where ImPACT can help.

Using ImPACT

Baseline and post-injury neurocognitive testing can help you objectively evaluate the concussed athlete's post-injury condition and recovery to prevent the cumulative effects of concussion. And in the event that baseline testing is not possible, ImPACT has a normative database of thousands of non-injured athletes, which can also be used for effective comparison.

ImPACT Team at SMH and SportsCare

Gregg Coup, MD, family medicine physician at Shawnee Mission Primary Care, is a Credentialed ImPACT Consultant (CIC). Dr. Coup is available as a referral option for athletes to review test results.

The SportsCare Outreach Athletic Training staff administers the baseline and post testing of athletes suspected of suffering from a concussion.

For more information about the ImPACT baseline or post-testing, contact Matt Humpert, Outreach Coordinator of SportsCare Outreach at 913-676-7542. To schedule an appointment with Gregg Coup, MD, for a concussion evaluation, call 913-789-1940.