

Challenges & Controversies in mTBI:

The Science & Clinical Management of Concussions

Public Forum: Thursday, February 7, 2013 6:30 – 8:30 p.m. Toronto Rehabilitation Institute – Auditorium, Toronto, ON

Main Conference: Friday, February 8, 2013 Hilton Toronto, 145 Richmond Street West, Toronto, ON

Register now at: https://ers.snapuptickets.com/UHN/mTBI2013



This conference will focus on the challenges and controversies surrounding the science and clinical management of concussion. It is a *must-attend event* for healthcare practitioners who contend with mild traumatic brain injury in their practice: physicians, physiotherapists, occupational therapists, nurses, social workers, program service managers, and service providers from

rehabilitation, insurance and legal organizations.*

It is the fifth annual in a series of leading-edge and interactive conferences that explore the management of this complex condition.

Participate in interactive discussions, workshops, and plenary sessions in this one-day evidence-based forum that will familiarize you with a wide range of controversies and challenges associated with the clinical management of concussion, as well as encompassing mild traumatic brain injury. Workshops will focus on topics of vestibular dizziness, post traumatic headaches, returning athletes to play as well as the legal aspects of sport related traumatic brain injury.

Finally, an interactive interprofessional panel will complete the program, in which the audience will have an opportunity to hear from athletes about their experiences following sports concussion as well as ask questions of the clinicians on the panel.

Don't miss the chance to speak with leading concussion experts at the public forum taking place from 6:30 p.m. to 8:30 p.m. on Thursday February 7, 2013 in Toronto Rehabilitation Institute's Auditorium at 550 University Ave, Toronto. This exciting two hour forum will open with an overview of concussions followed by patient and athlete perspectives with subsequent time for public discussion and questions. Don't miss out on this unique opportunity to take part in the discussion!

* We are applying to have this event approved as an accredited group learning activity as defined by the Maintenance of Certification of the Royal College of Physicians and Surgeons of Canada.

►→ Program Agenda ←

7:30 - 8:30 a.m. Registration and Continental Breakfast

8:30 – 8:45 a.m. Welcoming Remarks

Paul Comper, PhD, CPsych

Clinical Neuropsychologist, Toronto Rehabilitation Institute – UHN, Co-Director University of Toronto Concussion Clinic

8:45 - 9:15 a.m. The Current State of **Sports Concussion**

leffrey S. Kutcher, MD

Associate Professor, Department of Neurology Team Physician, University of Michigan, Director, Michigan NeuroSport

This presentation will provide a comprehensive review of sports concussion, including definitions, diagnostic strategies and approaches to clinical management that focus on both short-term and longterm clinical outcomes.

Learning Objectives:

- ✓ Describe the basic pathophysiology leading to concussion
- ✓ Discuss the comprehensive approach to injury diagnosis and management
- ✓ List factors that affect short-term and long-term outcomes

9:15 - 9:45 a.m. Best Practices in Managing University Athletes with Concussion: The University of Toronto Approach

Doug Richards, MD

Assistant Professor, Medical Director, David L. MacIntosh Sport Medicine Clinic, Faculty of Kinesiology and Physical Education, University of Toronto

The University of Toronto Concussion Program was established in 1999-2000 and integrates best practices and current evidence into a working model of concussion management for university athletes.

This presentation will discuss the model and its essential elements of managing university (and other) athletes with concussion, from the point of injury to assessment and management in the sports-medicine clinic to return to play and return to studies.

Learning Objectives:

- ✓ Explain the components of the model including symptom identification, neuropsychological and balance assessment, exercise progression through the "6 steps" and return to play/studies
- ✓ Understand the emphasis on the appropriate management of symptoms in conjunction with returning to academics

9:45 – 10:15 a.m. Return to Learn: St. Michael's College School's Experiences with Return to Academics after Concussion

Barbara Csenge, BA, B.Ed

Director of Learning Enrichment, St. Michael's College School

Clare Brandys, PhD, CPsych

Assistant Professor, Department of Psychiatry, University of Toronto, Private Practice/SMCS Consultant

This presentation will provide an overview of St. Michael's College School's innovative step-wise academic reintegration program. There is general understanding of the importance of a graduated step-wise return to athletics. The Return to Learn program addresses the need to provide a similar framework to support and educate school communities with academic progression following student concussion.

Learning Objectives:

✓ Identify the impact of concussion symptoms for learning and classroom participation

Learning Objectives Continued:

- ✓ Describe a practical, graduated academic reintegration program for students following concussion
- ✓ Discuss wider implication of student challenges following concussion

10:15 – 10:45 a.m. Nutrition Break. Exhibit Viewing and Transition Time

10:45 - 11:45 a.m. Workshops -Session I

These four workshops will run concurrently from 10:45 a.m. to 11:45 a.m. and again in the afternoon from 2:50 p.m. to 3:50 p.m.

Workshop I **Management of Post-Traumatic** Headache — Challenges and **Obstacles**

Ionathan Gladstone, MD, FRCPC

Consultant Neurologist & Headache Specialist Director, Gladstone Headache Clinic; Headache Specialist, Sunnybrook Health Sciences Centre; Headache and Neurology Specialist, Head Injury Clinic, Toronto Rehabilitation Institute; Co-Director, Headache Clinic, The Hospital for Sick Children; Director of Neurology & Headache Medicine, Cleveland Clinic Canada; Consultant Neurologist, Toronto Blue lavs & Toronto Raptors

This presentation will begin by highlighting the challenges in managing the patient with post-traumatic headache. This will be followed by an overview of experiencedbased management of post-traumatic headache.

Learning Objectives:

- ✓ Identify the challenges in managing an individual with post-traumatic headache
- ✓ Recognize that narcotic analgesics should be avoided in the management of chronic post-traumatic headache

Learning Objectives Continued:

Appreciate the therapeutic options available for the management of posttraumatic headache

Workshop 2 **Treatment of Vestibular Disorders in the Traumatic Brain Injured Patient**

John Rutka, MD, FRCSC

Professor of Otolaryngology, University of Toronto, Staff Otologist/Neurotologist, University Health Network

Complaints of dizziness post head injury are common. This presentation will present an overview of the dizzy patient and identify the common causes for dizziness post head injury. Data from over 3,000 patients over a 20 year period from the Workplace Safety and Insurance Board (WSIB) is presented to gain a further understanding of this complaint.

Learning Objectives:

- ✓ Learn a structured approach for the history and physical examination of the dizzy patient
- ✓ Appreciate the common causes for dizziness in the head injured population
- ✓ Learn physical therapy manoeuvres for the patient with post traumatic benign positional vertigo (BPV)

Workshop 3

Return to Play: Assessment of the Potentially Concussed Athlete

Jeffrey S. Kutcher, MD

Associate Professor, Department of Neurology Team Physician, University of Michigan, Director, Michigan NeuroSport

This workshop will illustrate an approach to the acutely concussed athlete. It will cover when to keep an athlete out of

participation and when to activate EMS along with practical examples.

Learning Objectives:

- ✓ Develop a regimented, yet flexible, approach to acute concussion management
- ✓ List the warning signs that warrant activation of FMS
- ✓ Describe possible alternative explanations for concussion symptoms

Workshop 4 **Compensation Challenges of** Survivors of mTBI

Dale Orlando, McLeish Orlando LLP John McLeish, McLeish Orlando LLP Roger Oatley, Oatley, Vigmond LLP lim Vigmond, Oatley, Vigmond LLP

This presentation will provide an overview of the challenges faced in the tort system.

Learning Objectives:

- ✓ Better work with lawyers in a collaborative way to assist victims of mTBI
- ✓ Appreciate the importance of accurate and balanced assessment reports in this area

11:45 a.m. - 12:45 p.m. Networking Lunch and Exhibit Viewing

12:45 – 1:10 p.m. Concussions and Kids: What Do We Owe Them?

Chris Nowinski, A.B. Co-Director, Boston University Center for the Study of Traumatic Encephalopathy Executive Director, Sports Legacy Institute

This presentation will provide a short history of concussion awareness, review the current state of knowledge, and discuss

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the different ethical obligations we have to children, versus adults,

Learning Objectives:

- List biomechanical differences between adults and children
- ✓ Describe neurodevelopmental issues as they relate to concussions and concussion reporting
- Explain ways to provide greater concussion safety for young children

1:10 - 1:55 p.m. Part I The Concussion Spectrum of Disorders Charles H. Tator, CM, MD, PhD, FRCSC, FACS

Professor of Neurosurgery, University of Toronto, Toronto Western Hospital, University Health Network; Senior Scientist - Toronto Western Research Institute; Project Leader, KNC Canadian Sports Concussion Project; Founder, ThinkFirst Canada, Board Member, Parachute Canada

This talk will encompass the spectrum of concussion disorders ranging from acute concussion to brain degeneration such as chronic traumatic encephalopathy (CTE).

Learning Objectives:

- ✓ Describe the concussion spectrum of disorders
- ✓ Appreciate the spectrum from acute concussion to the consequences of repetitive concussion
- Appreciate the implications for primary. secondary and tertiary prevention of concussion through appropriate clinical activity

Part 2

The Complex Consequences of Multiple Concussions

Program Agenda Continued

Robin Green PhD, CPsych

Canada Research Chair (Tier 2) in Traumatic Brain Injury; Senior Scientist and Head, Cognition Team, Head, Cognitive Neurorehabilitation Sciences Laboratory, Toronto Rehabilitation Institute – UHN; Associate Professor, Department of Psychiatry, Neurosciences, University of Toronto; Head, Cognitive and Social Sciences Stream Graduate Department of Rehabilitation Sciences, University of Toronto

This talk will discuss the range of consequences of sustaining multiple concussions (and sub-concussions) ranging from one extreme of no measureable effects to the other extreme: chronic traumatic encephalopathy (CTE).

Learning Objectives:

- Describe the cognitive and emotional effects of multiple concussions at the milder end of the spectrum
- ✓ Give a definition of chronic traumatic encephalopathy and describe it's clinical manifestations
- ✓ Appreciate the evolution of concussions over time, distinguishing acute from chronic effects
- ✓ Discuss how we measure the effects of concussions, and the limitations of our measurement capabilities

1:55 – 2:20 p.m. The Ontario Concussion Strategy: Translating Knowledge into Action

Mark Bayley, MD, FRCPC

Medical Director, Neuro Rehabilitation Program, Physical Medicine and Rehabilitation, Toronto Rehabilitation Institute – UHN; Associate Professor, University of Toronto This presentation will provide an overview of the five priority initiatives of the Concussion Strategy to improve mTBI care and the emerging products available for clinicians.

Learning Objectives:

- ✓ Discuss the challenges in care of concussion in Ontario
- ✓ Name the five topic areas that the Concussion Strategy has prioritized to enhance mTBI care for Ontarians
- ✓ Discuss at least two of the products of the strategy that could be useful in their practice

2:20 – 2:50 p.m. Nutrition Break, Exhibit Viewing and Transition to Workshops

2:50 – 3:50 p.m. Workshops – Session 2 (4 concurrent workshops) See above at 10:45 a.m. for descriptions

3:50 - 4:00 p.m. Transition Time

4:00 – 4:35 p.m. Panel Session Mild Traumatic Brain Injury On and Off the Field

In this interactive session, participants will be given some insight into the pressures faced by varsity level student—athletes as well as professional athletes who have suffered from a concussion. Clinicians will also be on hand to discuss the rehabilitation options and considerations presented to these athletes.

4:35 p.m. Closing Remarks

Paul Comper, PhD, CPsych

Clinical Neuropsychologist, Toronto Rehabilitation Institute – UHN, Co-Director University of Toronto Concussion Clinic



Register by Friday December 28, 2012 to take advantage of our Early Bird rate.

Registration includes a continental breakfast, refreshment breaks, lunch, conference materials and a certificate of attendance.

Registration closes at 5p.m. on Tuesday February 5, 2013.

Registration deadlines and fees are subject to change.

Conference Rates

\$250 Early Bird Rate before December 28, 2012

\$275 Individual Rate

\$165 Student Rate* *Students must present a photocopy of a valid student ID

\$300 On Site Rate,***** **If space permits ***Student Rate will not apply on site

Payment by VISA, MasterCard or cheque must accompany the completed online registration form. All cheques must be made payable to the order of Toronto Rehabilitation Institute – UHN.

Payment must be received on or before Friday, January 25, 2013.

About Us

University Health Network (UHN)

Providing care to the community for more than 200 years, UHN is a major landmark in Canada's healthcare system and a teaching hospital of the University of Toronto. Building on the strengths and reputation of each of our four hospitals, UHN brings together the talent and resources needed to achieve global impact and provide exemplary patient care, research and education.

UHN is made up of Toronto General Hospital, Toronto Western Hospital, Princess Margaret Hospital and the Toronto Rehabilitation Institute. Each hospital retains its identity and name within the Network.

For more information about the University Health Network, please visit www.uhn.ca

Cancellation Policy

A full refund, minus a \$75 administration fee, will be issued for cancellations received via facsimile or e-mail **on or before Friday, January 25, 2013.** No refunds will be issued after this date. Refunds will not be granted to registrants who do not attend the conference.

If you would like more information about registration guidelines and prices, please contact UHN's Conference & Educational Technology Services by email at tri-registration@uhn.ca or by phone at 416-597-3422, ext. 3693.

Conference Venue

Hilton Toronto 145 Richmond Street West M5H 2L2

Hotel Reservations

A group rate has been secured at the Hilton. In order to make your reservation, please call direct to the hotel at 416-869-3456 and ask for the Reservations Department. You can also call the Toll Free number at 1-800-HILTONS (1-800-445-8667). Please mention the "Toronto Rehab – Mild Traumatic Brain Injury" in order to receive our special hotel rate of \$179.00/night plus taxes. Please ensure that you book on or by Thursday, January 24, 2013 as the rates are subject to availability if reservations are made after this date.



►► Registration ←

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