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Heads Up Pittsburgh Concussion Baseline Testing



Presentation Overview

- Pittsburgh Penguins Foundation
 - UPMC Sports Medicine
 - ImPACT Test
 - Heads Up Pittsburgh
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- Please do not ask any questions about concussions, diagnosis and treatment

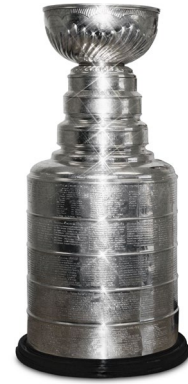


Pittsburgh Penguins Foundation

- Established in 2010 as part of the Pittsburgh Penguins
- Registered 501(c)(3) non-profit organization
- Focus the organization's wide-ranging charitable and community outreach efforts benefiting the youth in our region



Pittsburgh Penguins Foundation



- Mission

- To be the champions of all youth in our community, on and off the ice, through the power of hockey.

- Pillars

- **Wellness:** We support health, fitness and awareness initiatives that assist the overall physical and mental wellness of our youth.
- **Youth Hockey:** We foster the growth, accessibility, and sustainability of youth hockey in the tri-state area with the goal of sharing the game we love.
- **Education:** We provide opportunities for all children to have access to premier learning tools and initiatives to ensure excellence in education.
- **Community:** We impact our city and region through programming, investments and partnerships that create a strong community and secure future for children and families.



Community

- We impact our city and region through programming, investments and partnerships that create a strong community and secure future for children and families.
 - Community grants
 - Her hockey
 - Military appreciation
 - Warrior hockey
 - Black hockey history month
 - NHL Green
 - PRIDE



Education

- We provide opportunities for all children to have access to premier learning tools and initiatives to ensure excellence in education
 - Pens Pals
 - PPS All-Stars
 - Reading Champions
 - Scholarships
 - Science of hockey
 - STEAM
 - Future Goals Hockey Scholar



Youth Hockey

- We foster the growth, accessibility, and sustainability of youth hockey in the tri-state area with the goal of sharing the game we love.
 - Dek Hockey
 - Little penguins
 - Pensfit
 - Project powerplay
 - Willie O'Ree



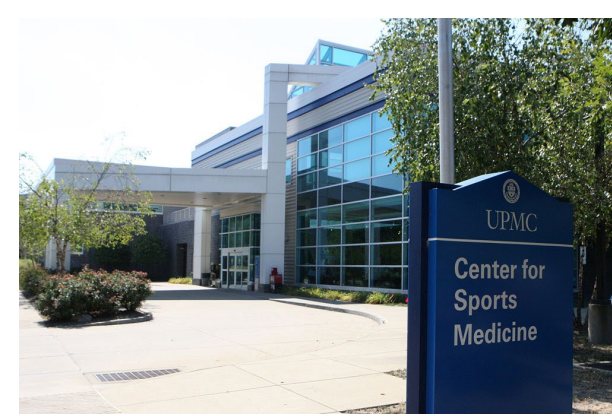
Wellness

- We support health, fitness and awareness initiatives that assist the overall physical and mental wellness of our youth
 - **Heads UP Pittsburgh**
 - Break the ice/hockey talks
 - Care mobile
 - Cool zone
 - Hockey fights cancer
 - mindhacks



UPMC Sports Medicine

- UPMC largest Hospital based system in Pennsylvania
 - Offices in Maryland, New York, Italy, China, Kazakhstan and Ireland
- Known for:
 - Children's Hospital
 - Cancer treatment and research
 - Organ Transplants
 - ACL treatment and research
 - Concussion treatment and research



Concussion Baseline Testing – ImPACT test

- Immediate Post Concussion Assessment and Cognitive Testing
- Developed in 1999 by UPMC Sports Medicine Physicians
- ImPACT® is the ***first and only*** concussion-specific medical device to be approved by the FDA.



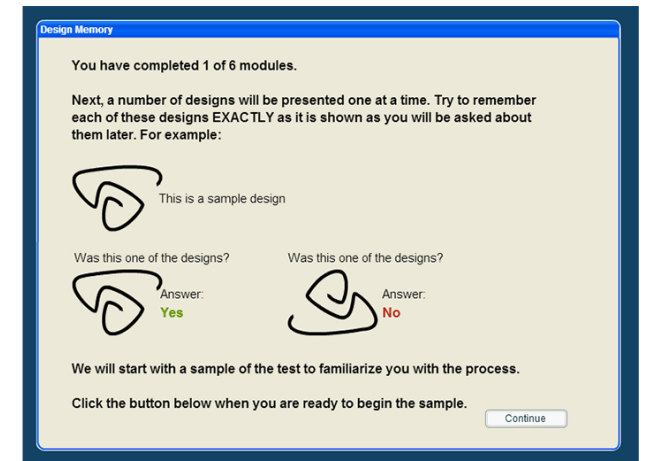
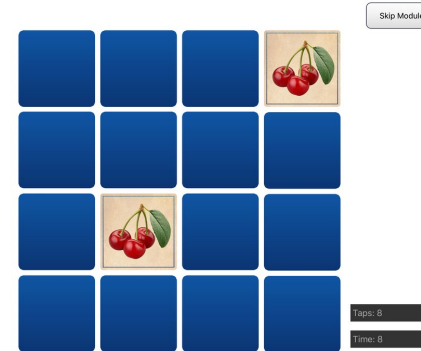
ImPACT

- Establishes a benchmark score when an athlete is in his or her non-concussed or “normal” state.
- Does NOT evaluate an athlete for a concussion, identify past concussions, prevent future concussions, or determine if the athlete is predisposed to a concussion
- ImPACT measures:
 - Verbal memory
 - Visual memory
 - Reaction time
 - Processing speed
- Test is administered post-injury along with a thorough evaluation by a Neuropsychologist or Physician
- Helpful in reinforcing concussion deficiencies, determining academic accommodations, and most importantly return to play/clearance.



ImPACT

- Pediatric Test
 - Ages 5-9
 - Administered on an iPad
- Adult Test
 - Ages 10+
 - Administered on a computer



ImPACT

- Testing Recommendations:
 - Ages 5-12 take test every year
 - Ages 13+ take test every other year



Heads Up Pittsburgh Concussion Baseline Program

- Program started in 2011
- Pediatric test started in 2015
- Goals:
 - Provide FREE ImPACT testing to kids ages 5-18
 - Educate Parents and kids on concussions
 - Educate Parents and kids on treatment for concussions
 - Provide health orientated giveaway



Heads Up Pittsburgh

- Testing 5 days/week at numerous locations throughout the Pittsburgh region
 - UPMC facilities
 - Local community colleges – computer labs
 - Expanded program to Erie in 2020
 - Youth organizations/teams can schedule “private” sessions
- Program runs June – first week of August



Heads Up Pittsburgh

- UPMC and Pens Foundation share marketing responsibilities
 - Online
 - Social media
 - Print
 - Fliers
- Pens Foundation pays for tests and giveaways to participants
- UPMC Sports Medicine provides all the staffing to oversee and administer the testing
- Online scheduling and registration system is utilized



Heads Up Pittsburgh

Year	Total tests administered
2011	2099
2012	3098
2013	2636
2014	2805
2015	2961
2016	2643
2017	2476
2018	2050
2019	2133
2020*	1385
2021*	1559
2022*	2200
2023	2458
Total	30,503

Giveaways to Participants

- 2012: Flexibility
- 2013-15: Neck Strength
- 2016: Balance and Agility
- 2017: Core Strength and Stability
- 2019: Wind Resistance Speed Trainer
- 2020: Neck Strength
- 2021: Neck Strength
- 2022: Massage Stick Roller
- 2023: Agility Ladder



Heads Up Pittsburgh

- Educational fliers and pamphlets are given to parents regarding:
 - Concussion overview
 - Common signs and symptoms
 - What to do when injury occurs
 - UPMC Concussion treatment
- Participants are shown a video – pediatric and adult version
 - Approximately 7 minutes long
 - Overview of concussions
 - How to take ImPACT test

Conclusion

- Perfect example of 2 organizations working together to support a common goal – the health and well being of area youth
- HUP program utilizes resources from Pens Foundation as well as UPMC



Thank You..

- American Legion Children and Youth Conference
 - Stacy Cope
- Pittsburgh Penguins Foundation
 - Yvonne Maher – Executive Director
 - Amanda Susko – Senior Director
- UPMC Sports Medicine
 - Brian Hagen – Vice President of Operations
 - Kathleen Nachazel – Director of Athletic Training and Development
 - Dr Michael Collins – Executive and Clinical Director



Questions..

- Please no questions about concussion diagnosis or management
- Contact Information
 - Rob Dingle, HSD, LAT, ATC
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