

Concussion Management in Adolescents

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Abstract

Background: Each year, at least 1.7 million traumatic brain injuries occur, of these, about 75% are concussions. The number of concussions seen in emergency departments has increased 60% in the past decade (Center for Disease Control and Prevention, 2014). Until recently, little attention has been given to the proper diagnosis and treatment of concussive injuries. In the Tri-cities area, a gap exists in the evidence-based management of concussions in the adolescent population. The purposes of this project were to examine the evidence pertaining to concussions in children and adolescents, and to provide and evaluate an evidence-based concussion management education to medical providers in the Tri-Cities community.

Methodology: A survey was used to identify specific healthcare provider concussion knowledge deficits. A continuing education presentation based on the identified knowledge deficits and the literature was given to healthcare providers in April 2016. A pre-test and post-test administered to presentation attendees identified change in concussion knowledge from the education.

Results: Prior to the education, 70% of attendees rated their knowledge of concussion symptoms as fair or poor and only 23% rated their knowledge as good. Ninety per cent said their knowledge of concussions symptoms was improved by the education. In addition, over 90% of education participants felt more competent in the treatment of concussions in adolescence after the presentation.

Conclusion: Outcome results demonstrated that providing evidence based CME activities related to concussion management in adolescents can result in improved provider knowledge and improved perception of their ability to manage concussions in children and adolescents.