

# Concussion Legislation is Desirable in Canada

## How to Make this Happen

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At Sandbox

# Concussions are a problem in Canada

200,000 annually

Many in Children and Youth, especially  
repetitive concussions in sports

Concussions are brain injuries and can have  
long term consequences, especially in children  
and youth

Injury prevention can make a difference

# The 5 E's of Injury Prevention

Epidemiology

Education

Engineering

Evaluation

**Enforcement/Legislation**

# Concussion Education Resources (parachutecanada.org or thinkfirst.ca)

- a) Concussion Management Guidelines: for **Physicians**
- b) Concussion Card for **Physicians**.
- c) Questions and Answers for **Athletes/Coaches**
- d) Concussion Cards for the **General Public**.
- e) Concussion Information for **Parents**
- f) SCAT2 Tool
- g) Smart Hockey videos
- h) Guidelines for Return to Play and Termination
- i) Helmet Fitting Guide/Video

# Concussion Prevention Strategies in Sports and Recreation

- Hockey: promote safer play and respect – get rid of fights, elbows, illegal play and the “enforcer” role
- Football: Reduce head contact in football practices
- Know that helmets do not prevent concussion

# EXAMPLES IN HOCKEY

## Primary Prevention

- No Hits/Checks to the Head Rule, No Hits from Behind Rule, No Fighting Rule, and their Enforcement. Teach Respect.

## Secondary Prevention

- Diagnose and manage concussions properly to prevent worsening e.g. Second Impact Syndrome

## Tertiary Prevention

- Prevent the long-term complications. Termination. Advise “Never return to play” to prevent CTE

# Prevention of concussions in Hockey (cont'd)

## MULTIFACETED APPROACH:

- Education
- Coaching - Attitude, Prevention Strategies
- Training
- Refereeing
- Rules Changes - NO HITS TO THE HEAD, NO HITS FROM BEHIND, NO FIGHTING



[phillipmartin.info](http://phillipmartin.info)

# SMART HOCKEY



Presented by



Download free at [thinkfirst.ca](http://thinkfirst.ca)

Every hockey player should see this video!





# Legislation Can Aid Prevention of Concussions. How?

- ❖ Legislation can enhance Education of Players, Parents and Teachers/coaches about Concussions
- ❖ Legislation can Enhance Management of Concussions- removal from play of kids suspected of a concussion, and determination of readiness to return to play

# Results in the USA-Zachary Lystedt- 2009- State of Washington

49 states and  
Washington DC have a  
concussion law as of  
June 2013

Ontario introduced  
concussion education  
legislation and BC has  
been discussing



# Bill 39- Legislature of Ontario

## A Government Bill

Supported by 3 Ontario Ministries

Introduced in March 2012-First Reading

Supported by all Parties

For Concussion Education

For Concussion Management

# Fate of Bill 39

Death by prorogation

Active Decision to replace it with a “Public Policy Memorandum-PPM”

Imminent Release

School Boards will have to implement some education and management procedures

# Other Provinces

Some private members attempts-BC, any others?

No impact yet

# Federal Government

Sudbury MP- 2011-Private members Bill to have a “Concussion Act” for education and awareness; bunch of strategies including education and awareness

Kirsty Duncan-2014

# What is Advocacy?

Advocacy for injury prevention is...

The deliberate and strategic use of evidence-based information, the media, experts, human and other resources to shape the injury prevention policy landscape.

# Government Relations

Becoming acquainted with government officials so that you can help them conduct their business of formulating and executing public policy.

Dealing and communicating with legislatures and government agencies on behalf of an organization.

The application of one or more communications techniques by individuals or institutions to affect the decisions of government.



# Media Advocacy

The use of mass media to support efforts to advance social or public health policies.

Addresses the most significant barrier to a cause – lack of understanding and awareness of the issue among the public and decision-makers.

Puts pressure on policy-makers by mobilizing stakeholders and improving news coverage of a health issue.

# Media as Advocacy Strategy

Conduit for messaging

Gets attention of decision-makers

Governments are watching media

Can compel action

# Media Coverage

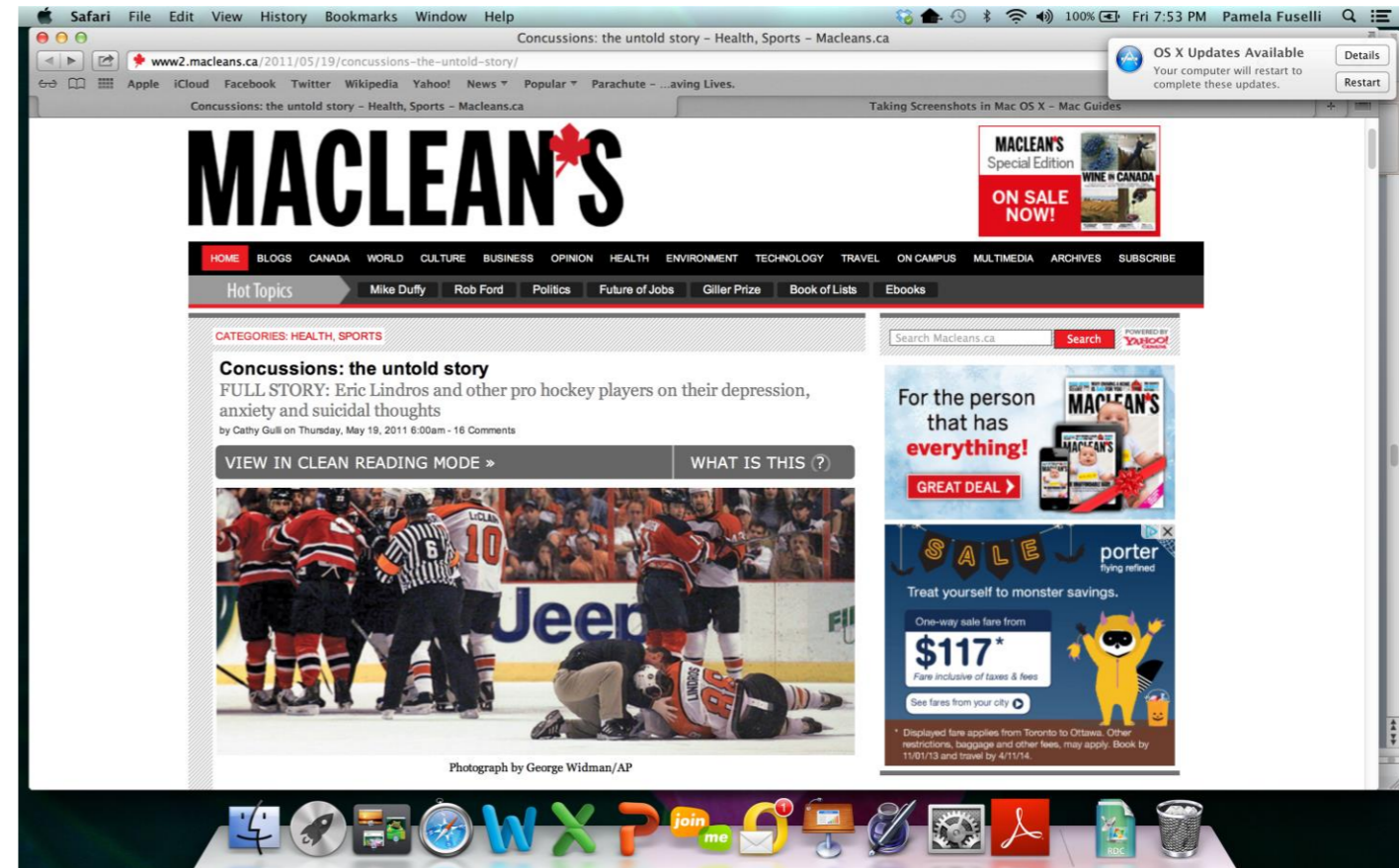
National, reputable news sources

*Globe and Mail, Macleans*

*New York Times*

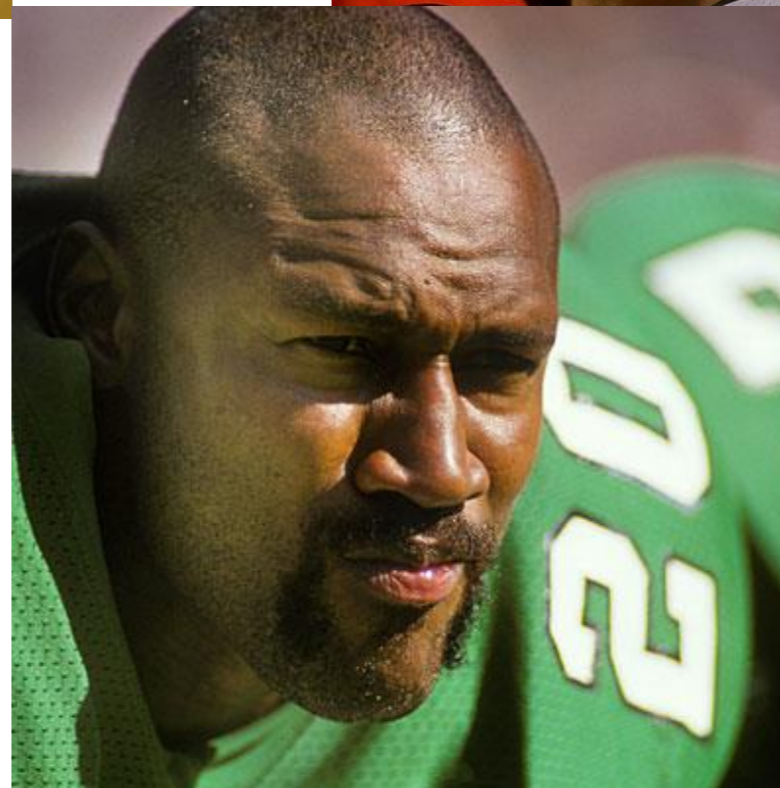
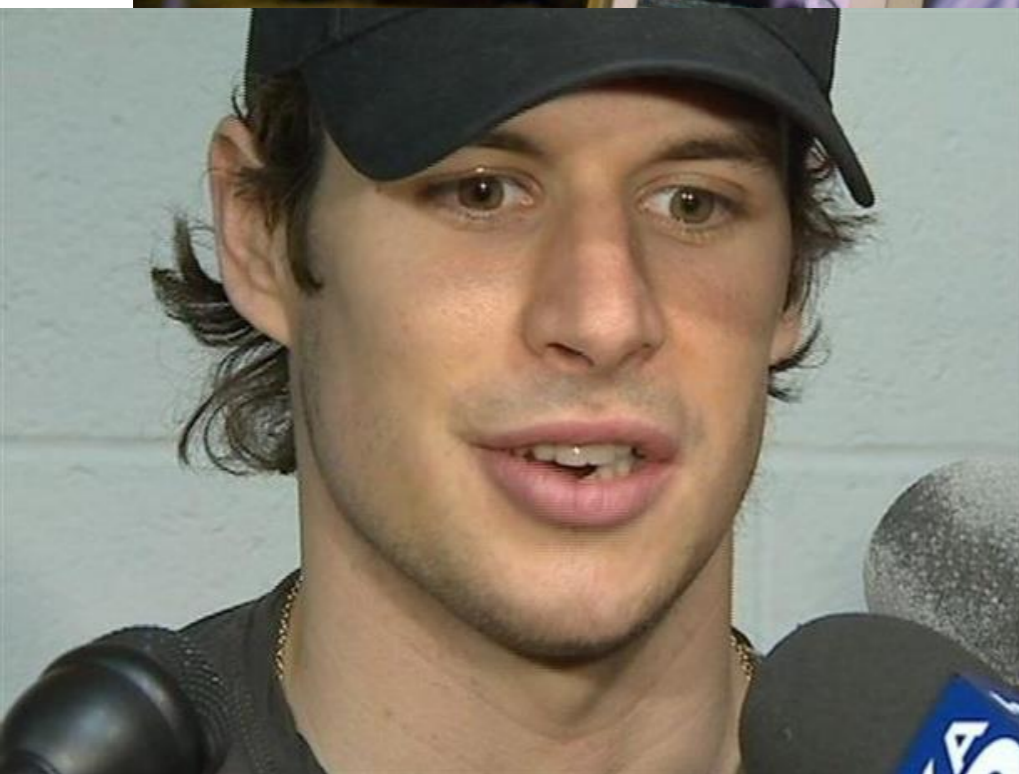
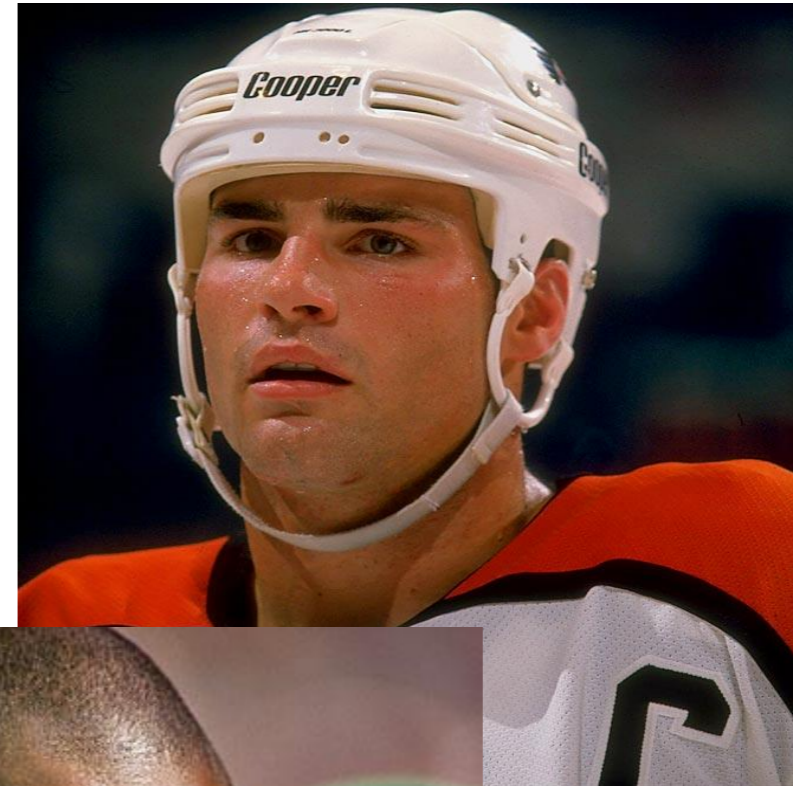
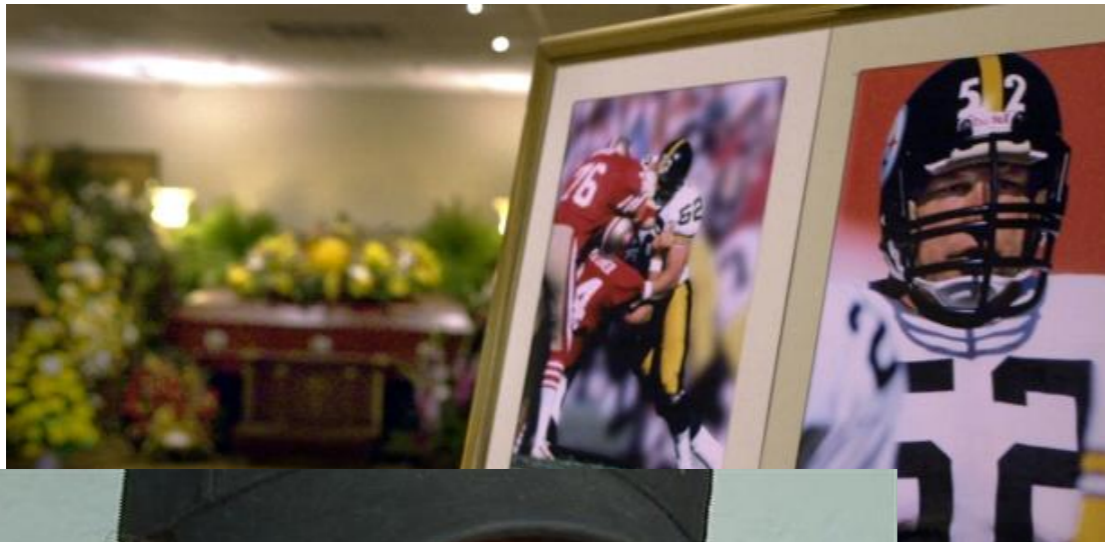
Feature stories

Coverage with momentum





# Sports Champions-Some May Help



# Evidence is Mounting

CTE-Dementia and Alzheimer's  
Depression and Suicide

2013: Some Retired CFL Players  
showed CTE (2013)



# Conclusions re Legislation

Changing policy takes time and is often based on an open window

Evidence is essential but not sufficient given the context of policy making.

Expect opposition from some interest groups-business, professions, etc.

Persistence is required

Many different components – evidence, experts, champions, incidences – lead to a tipping point

Media attention is important

# Thank You

Amy Padro, Parachute Canada

Ministry of Education, Ontario

Toronto District School Board

OPHEA, ONF, Hockey Canada, Pashby Fund,  
NHLPA, CFLAA, CASEM

My Colleagues at Canadian Sports Concussion  
Project, Toronto Western Hospital, UHN