



Dear Parents/Guardians,

As part of our ongoing efforts in continuing to provide the best possible care for your athletes, University Health Care Sports Medicine will be conducting concussion testing of all contact sports determined by relative risk of acute injury and sanctioned by the Utah High School Activities Association (UHSAA) to include: football, soccer, wrestling, and basketball as well as other sports designated by school officials.

Additionally, we would like to make sure that each athlete has the opportunity to be tested if he/she desires and does not participate in one of the contact sports listed above. The following will give you more information regarding ImPACT testing and its use in concussion management as well as the Sport Concussion Assessment Tool (SCAT2).

Given the inherent difficulties in concussion management, it is important to manage concussions on an individualized basis and to implement baseline testing and/or post-injury neurocognitive testing. This type of concussion assessment can help to objectively evaluate the concussed athlete's post-injury condition and track recovery for safe return to play, thus preventing the cumulative effects of concussion. In fact, neurocognitive testing has recently been called the "cornerstone" of proper concussion management by an international panel of sports medicine experts.

• *What is ImPACT?*

ImPACT (Immediate Post Concussion Assessment and Cognitive Testing), is a software tool which was developed by the University of Pittsburgh Medical Center (UPMC). ImPACT is used in many professional, collegiate and high school sports programs across the country, to successfully diagnose and manage concussions. If an athlete is believed to have suffered a head injury, ImPACT is used to help determine its severity and help monitor the healing process.

• *What is the SCAT2*

The SCAT2 is a screening evaluation tool designed as a standardized method in concussion management. The SCAT2 is comprised of eight assessments focusing on post-concussion symptoms, neurocognitive function and balance and coordination. Specifically the SCAT2 measures the injured athletes' symptoms, physical signs, Glasgow coma score, modified balance error scoring system (BESS) total errors, and upper limb coordination score. Much like the ImPACT testing, SCAT2 is also administered and used in pre-season baseline testing as well as post-concussion care and follow-up.

If you would like your son/daughter to be tested please contact your school's athletic trainer or email the director of Sports Medicine at: sportsmedicine@utah.edu