

ImPACT Testing

Immediate Post-Concussion Assessment and Cognitive Testing is the first, most-widely used, and most scientifically validated computerized concussion evaluation system. ImPACT is a 40-minute test that has become a standard tool used in comprehensive clinical management of concussions for students and athletes of all ages. 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 student and athlete's post-injury condition and track recovery for safe return to activity, thus preventing the cumulative effects of concussion.

ImPACT Testing includes various categories to determine an overall cognitive efficiency index score:

- Health History: diagnosed learning disability, ADD/ADHD, attended special education classes, treatment for headaches, migraines, epilepsy/seizures, brain surgery, meningitis, substance/alcohol abuse, psychiatric conditions, autism, and/or dyslexia.
- Current Baseline Symptoms
- Memory (Verbal)
- Memory (Visual)
- Visual Motor Speed
- Reaction Time
- Impulse Control

ImPACT testing is a web-based survey. All data is transmitted directly to the [HIPPA secure database](#). This information will only be accessed by Jessie Starr, Director of Health Services and Sports Performance, or Gagan Cheema, Graduate Assistant Athletic Trainer. In the event your daughter sustains a head injury the scores will be provided to the overseeing physician with approval from a parent/guardian. We strongly encourage you to allow participation. Baseline testing will be done once, every other year, at the beginning of each school year. Follow up ImPACT testing will be done if a head injury is sustained to compare the baseline to your daughter's current status.

If you do not want your daughter to participate, or you have any questions or concerns, please contact Jessie Starr no later than August 17th, 2015.

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