

Certified Interpretation of ImPACT Clinical Report:

Testing Center: MAC Concussion Center - Dover, DE



Patient Name: Jane Doe

DOB: 11-01-1998 (Age: 17)

Date of Test: 02-25-2016

Date of Injury: 02-06-2016 (High School—Cheerleading Base)

Active Symptoms: (Score = 31->16->8) headache, nausea, fatigue, drowsiness, sensitivity to light/noise

Significant Medical History: 1 prior concussion

Composite Score Summary: Found on top of page 2 of the ImPACT Clinical Report.

Composite Scores	Part of Brain Tested	Post Injury 1 02-11-2016	Post Injury 2 02-18-2016	Post Injury 3 02-25-2016
Verbal Memory	Front of Brain Score	4%	76%	92%
Visual Memory	Front of Brain Score	4%	44%	83%
Visual Motor Speed	Back of Brain Score	<1%	22%	29%
Reaction Time	Back of Brain Score	<1%	44%	63%
Cognitive Efficiency Index (CEI)	Balance of Accuracy and Speed (Should be > 0.20)	0.10	0.38	0.49

Remember Percentile Brackets of Brain Function (over 45 million patients in the data base)

0 - 25% - Poor brain function

25-50% - OK brain function

50-75% - Good brain function

75-100% - Excellent brain function

According to patient's scores it appears that there was likely a

__X__ - Moderate-severe concussion to the front and back of the brain. Drop in Symptom Score from 31 to 16 and now 8 is reassuring. Improved back of brain scores could make reading and using a computer less difficult. Improvement in all 4 ImPACT Scores is also reassuring.

The scores indicate possible bruising to

__X__ - Front and back of brain. With a CEI of 0.49 which is well above the 0.20 cut off range, the scores should be quite reliable. Recommend vestibular challenge by a qualified health professional to confirm these improved ImPACT scores. This indicates a coup and contre-coup injury in which the brain bounced into the front and back of the skull.

Scores below 50% - and/or ongoing symptoms should have a doctor follow up before returning to school, sports or work.

Scores <= to 25% - could indicate a moderate to severe concussion, especially when combined with active symptoms like headaches, dizziness, fatigue, etc.

ImPACT is a computerized program that evaluates and documents multiple aspects of neurocognitive functioning, including verbal and visual memory, attention span, brain processing speed, reaction time and post-concussive symptoms. To learn more, go to www.impacttest.com. Concussions are often difficult to diagnose and treat. ImPACT Clinical Reports provide clinicians with important information, that combined with a thorough exam and medical history, can help take the guesswork out of concussion management. Having additional clinical data promotes safer return-to-play, return-to-school and return-to-work decisions.

Vincent E. Schaller, M.D., Certified ImPACT Physician



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Recommendations For Follow Up Care:

With ongoing headaches, these brain rest restrictions should continue to be followed carefully before returning to see the Southside Staff and obtaining another 1 week follow up ImPACT test and a thorough vestibular exam to track recovery. Improved back of brain scores can make reading and using the computer less difficult.

- Recommend return to school auditing classes only. Upon return to school, no testing and homework is optional. The goal is to get through the school day without letting the symptoms worsen. If the patient experiences headaches or other symptoms during the school day, they are to go down to the school nurse's office, take a Tylenol or Advil and rest for 10-20 minutes. Once symptoms have improved then should return back to class. Recommend avoiding the noisy and bumpy bus ride to and from school. At school, patient should eat lunch in a quiet place with a few friends as well as move from class to class 3-5 minutes early to avoid a crowded noisy hallway. If the patient experiences no headache after school then should try homework as tolerated. If symptoms do not return or worsen after the first week back, then can advance to one test a day the next week. The patient will receive a school note with specific accommodations.

- Recommend no athletics, gym or exercise except for walking. Recommend completing the 5 Stage ImPACT Athletic Recovery Program with a local physical therapy. Have Kate Olson-PAC and the Southside Staff write you a prescription for physical therapy for 5 Stage Athletic Recovery Program and vestibular rehabilitation. To return to athletics or exercise, will have to complete the 5 Stage Recovery Program per DIAA concussion protocols, clear vestibular exam and recover from symptoms and low ImPACT scores.

- Lots of fluids especially sports drinks (Gatorade, PowerAde), 2-3 per day

- 7-8 Hours of sleep, starting before 11 pm

- No texting, no gaming, no computers, no Facebook and no social media

- TV ok for 1 hour at a time. Max 3 hours a day

- Phone calls for 15 minute maximum at a time, limit to 4 calls per day

- Soft Music OK - no ear buds, no head phones

- Social settings ok with friends and family in small non noisy gathering, avoid crowds and loud places like the mall; no crowded restaurants or movie theaters.

- Daytime naps are good, but each must be less than 30 minutes.

- Take walks and get out of the house every day. Wear sunglasses if light sensitive.

- Brain rest = no puzzles, no reading, no homework, no email, no internet

- No long distance travel (over 1/2 hour)

- With likely moderate-severe concussion we recommend that the patient follow up with a Kate Olson-PAC weekly until fully cleared both academically and athletically. Patient can find Kate Olson under the MAC Concussion Alliance or go to www.impacttest.com and click "Find a Care Provider." To see a Credentialed ImPACT Consultant (CIC) you need to pick a "Green Testing and Clinical CIC Center" and make an appointment. If you are out of school, sports or work, you will need to make an appointment promptly. If unable to get a timely appointment, contact the MAC Alliance at the below e-mail, phone or fax.

Vincent E. Schaller, M.D. - Certified ImPACT Physician



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ImPACT information, testing, and guidelines are not intended as a standard of care and should not be interpreted as such. Information from ImPACT is only a guide and is of a general nature consistent with the reasonable practice of a healthcare professional. Individual treatment will depend on the facts and circumstances specific to each individual case and remain the sole responsibility of the health care provider.