EXPANSION OF THE ONLINE CONCUSSION AWARENESS TRAINING TOOL

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https://www.iknowmine.org/for-youth/physical-activity
How a concussion is handled in the minutes, hours and days after injury can **SIGNIFICANTLY** influence the extent of damage and recovery from this injury.
Precarious Injury: Not Just Black and White!

- Traumatic Brain Injury
  - Window of vulnerability
- Complex
  - Head or other part of the body
- Loss of consciousness
- Imaging
- Subtle Onset
  - Immediate or after several days
- Lasting days/weeks/months
  - # of symptoms relate to recovery
- Treatment

*immediate recognition is pivotal to recovery
Concussions are “invisible injuries”

- Acute urgent health problem!
- Non-specific vague symptoms
- Lack of formal diagnostic criteria
- Rely on patient reporting and compliance
- Multidisciplinary approach
Recovery Period

• **70-85%** of concussion symptoms resolved within 2-4 weeks

• **15-30%** have post-persistent symptoms

Concussion Awareness Training Tool (CATT)

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- Canada-wide evidence-based online e-learning modules and resources
  - CATT for Medical Professionals (2013, updated 2018)
  - CATT for Workers and Workplaces (launched June 2019)
  - CATT for Intimate Partner Violence (March 2020)
Concussion Recognition Pathway
Concussion Awareness Training Tool
Workers & Workplaces
Stepwise Return to Activity

Return to School

- Initial note
  - Explain to the child and their family that
  - Follow the guidelines and restrictions in place
  - Return to school activities
    - Gradually return to school
      - Initial return
        - Contact the school
        - Gradually return to school
          - Note: The school may have specific guidelines
  - Check with the school
    - See their website for more information

Return to Work

- Initial note
  - Explain to the child and their family that
  - Follow the guidelines and restrictions in place
  - Return to work activities
    - Gradually return to work
      - Initial return
        - Contact the employer
        - Gradually return to work
          - Note: The employer may have specific guidelines
  - Check with the employer
    - See their website for more information

Return to Sport

- Initial note
  - Explain to the child and their family that
  - Follow the guidelines and restrictions in place
  - Return to sport activities
    - Gradually return to sport
      - Initial return
        - Contact the coach
        - Gradually return to sport
          - Note: The coach may have specific guidelines
  - Check with the coach
    - See their website for more information

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CONCUSSION AWARENESS TRAINING TOOL

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Knowledge Translation Strategies for the Concussion Awareness Training Tool (CATT)

Relationship Building
Developed relationships with 130+ organizations & key stakeholders

Distributed more than 27,500 print resources

More than 50,000 people all over the world have completed the CATT e-learning modules

Circulated on 50+ newsletters & websites

CATT has been mandated by over 30 sports associations & schools

90+ media appearances on TV, radio & PSAs

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Provincial and International Initiatives
Thank You!

- Website: www.cattonline.com
- Twitter: @cattonline
- Facebook: facebook.com/cattonline
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