

FALL  
2019



# IMPACT



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with Brain Injury**

## New 'living guidelines' for pediatric concussions will help all over the world

A new 'living guideline' for diagnosing and managing pediatric concussions has been released through the Ontario Neurotrauma Foundation.

A team of 50 pediatric concussion experts from across North America helped create the living guideline. The panel of experts was headed up by Dr. Nick Reed (Associate Professor, University of Toronto and Adjunct Scientist, Holland Bloorview Kids Rehabilitation Hospital) and Dr. Roger Zemek (Senior Scientist, CHEO Research Institute and Professor, University of Ottawa).

"All literature published in scientific journals on pediatric concussion starting from January 2013 was reviewed," said Reed. "Over 2,000 articles were found – and, following review, a total of 338 research articles were used to inform the guideline development."

The purpose of the guidelines is to provide healthcare professionals with immediate and accurate information on pediatric concussions. "This includes physicians in emergency departments or clinics in rural or urban areas diagnosing a concussion, to rehabilitation professionals supporting prolonged symptoms and recoveries – and everywhere in between," Reed said.

These guidelines also offer something more: consistency. With the living guideline for diagnosing and managing pediatric concussions, doctors across Canada - and around the world - will have access to the same information.

"This guideline is the only one of its kind and can support concussion care for children and adolescents in all areas of the world. This guideline was made for international impact," said Reed.

This living guideline isn't just for healthcare professionals. "Many of the recommendations and information included can be very useful... in supporting a child after a concussion – like parents, teachers and coaches," Reed said.

The panel used focus groups to find out what information would help parents and teachers the most. This helped create separate resources that will help a child, "return to the things they need, want, and love to do," said Reed.

The benefit of making a living guideline is that it will always be new. "It will never be out of date," said Reed. "We can now review the newest pediatric concussion research on a monthly basis and engage our incredible team across North America to update the guideline as needed."

Continued on next page

## New 'living guidelines' for pediatric concussions can be used internationally

"There is incredible work going on in pediatric concussion, both research and clinical programming – we were very fortunate to have the majority of the individuals doing this great work as part of the team," said Reed.

This new guideline replaces the one put out in 2014, also by the Ontario Neurotrauma Foundation. "The Ontario Neurotrauma Foundation has championed the development of evidence-based guidelines to promote best clinical care across severities of brain injury – this support has included the care of children and youth with concussion, and allowed us to create this guideline," said Reed.

You can check out the full Living Guideline for Diagnosing and Managing Pediatric Concussion here: <https://braininjuryguidelines.org/pediatricconcussion/>

## Interested in Sharing Your Story?

Brain injury affects over 1.5 million Canadians. Our 'Living with Brain Injury' stories bring comfort and connection to all our readers across the country.

If you'd like to share your story, please email  
[info@braininjurycanada.ca](mailto:info@braininjurycanada.ca).

We will send you our submission rules and help make the process as accessible as possible.

# HOW TO VOTE

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## Making the electoral process more accessible

Canada's Federal Election is taking place on October 21, 2019. To make sure that everyone has the information and the opportunity to vote, Brain Injury Canada has partnered with Elections Canada to help those living with brain injury with the voting process.

Michelle McDonald from Brain Injury Canada and Juan Melara-Pineda from Elections Canada collaborated on a presentation recording to share all the info related to the campaign and voting process. The presentation covers:

- Info about both Brain Injury Canada and Elections Canada
- A review of the electoral process
- Reasons why you should vote
- Some of the challenges and barriers faced by those living with a brain injury in the electoral process based on real feedback from people across Canada
- The campaign process, including finding and communicating with the candidates in your riding
- It's Our Vote – a presentation from Elections Canada
- Voting – step by step instructions, and what you can expect at the polls on election day

The reason we have done a recorded presentation, is that we know this is a lot of information and it can be overwhelming.

- Please take your time
- Pause the recording when you need to
- Take notes
- Send us questions – [info@braininjurycanada.ca](mailto:info@braininjurycanada.ca)

Watch and listen to the video presentation here: <https://www.youtube.com/watch?v=HvZVo46FbAA>

## Thank You for Voting!

# WE'VE PARTNERED WITH MEDICALERT

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## MedicAlert - making brain injury more visible

Due to the invisible nature of an acquired brain injury (ABI), symptoms such as slowness to act, lack of impulse control, failure to respond to directions or communication challenges are often behavior that is misinterpreted as defiance

Brain Injury Canada has partnered with MedicAlert to bring support and visibility to individuals living with an ABI. With MedicAlert protection, there's an effective way to more easily identify brain injury survivors and ensure that they receive an appropriate response and support and raise awareness about brain injury throughout the police services, emergency response and criminal justice system.

MedicAlert is the largest membership-based charity in Canada and the leading provider of emergency medical information services. The partnership will support Brain Injury Canada's mission to enhance the quality of life of individuals and families/caregivers living with brain injury. For more information, visit <https://www.braininjurycanada.ca/medicalert/>

## Thank You to Our Corporate Sponsor



Brain Injury Canada would like to extend our sincere appreciate for the continued support of the McColl-Early Foundation and Dr. Dan Andreae, Patron of Brain Injury Canada

# FIND YOUR BRAIN INJURY ASSOCIATION

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## **Alberta**

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- Southern Alberta Brain Injury Society
- Brain Care Centre

## **British Columbia**

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- British Columbia Brain Injury Association
- Braintrust Canada
- Bulkley Valley Brain Injury Association
- Fraser Valley Brain Injury Association
- Comox Valley Head Injury Association
- Kamloops Brain Injury Association
- Nanaimo Brain Injury Association
- North Okanagan Shuswap Brain Injury Association
- Northern Brain Injury Association of BC
- Powell River Brain Injury Association
- Prince George Brain Injured Group Society
- South Okanagan Similkameen Brain Injury Society
- West Kootenay Brain Injury Association
- Vancouver Brain Injury Association
- Victoria Brain Injury Association

## **Manitoba**

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- Manitoba Brain Injury Association

## **New Brunswick**

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- Brain Injury New Brunswick

## **Newfoundland & Labrador**

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- Newfoundland & Labrador Brain Injury Association

## **Nova Scotia**

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- Brain Injury Association of Nova Scotia

## **Ontario**

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- Ontario Brain Injury Association
- Brain Injury Association of Quinte District
- Brain Injury Association of Fort Erie
- New Beginnings - Chatham-Kent
- Brain Injury Association of Durham Region
- Hamilton Brain Injury Association
- Brain Injury Association of London and Region
- Brain Injury Association of Niagra
- Brain Injury Association of North Bay and Area
- Brain Injury Services of Northern Ontario
- Brain Injury Association of the Ottawa Valley
- Brain Injury Association of Peel Halton
- Brain Injury Association of Peterborough Region
- Brain Injury Association of Sarnia Lambton
- Brain Injury Association of Sault Ste Marie
- Seizure & Brain Injury Centre
- Brain Injury Association of Sudbury
- Brain Injury Association of Toronto
- Brain Injury Association of Waterloo/Wellington
- Brain Injury Association of Windsor Essex
- Brain Injury Association of York Region

# FIND YOUR BRAIN INJURY ASSOCIATION



## Prince Edward Island

- Brain Injury Association of Prince Edward Island

## Saskatchewan

- Saskatchewan Brain Injury Association
- Lloydminster and Area Brain Injury Society

## Quebec

- Association des personnes ACVA-TCC du Bas-Saint-Laurent
- Association des traumatisés crâniens de l'Abitibi-Témiscamingue
- Regroupement des Associations des Personnes TCC du Québec (RAPTCCQ)
- Association des handicapés adultes Côte-Nord
- Association des accidentés cérébro-vasculaires et traumatisés crâniens de l'Estrie
- Association des TCC et ACV de la Gaspésie et des Îles-de-la-Madeleine
- Association des personnes handicapées physiques et sensorielles du secteur Joliette
- Centre d'aide personnes traumatisées crâniennes et handicapées physiques Laurentides
- Association des traumatisés cranio-cérébraux Mauricie-Centre-du-Québec
- Association des Traumatisés cranio-cérébraux de la Montérégie
- Association québécoise des traumatisés crâniens
- Association des neurotraumatisés – Outaouais
- Association des TCC des deux rives
- Association Renaissance des personnes traumatisées crâniennes du Saguenay/Lac-Saint-Jean

### Download our brochure **Acquired Brain Injury: The Basics**



Visit [www.braininjurycanada.ca/acquired-brain-injury](http://www.braininjurycanada.ca/acquired-brain-injury) to download our new brochure. Please distribute to your clients/patients and networks.

Version française à venir

## Download our NEW return to work guidebook

October is Disability Employment Awareness Month - what a perfect time to share our **NEW** return to work guidebook.

Our return to work guidebook is supplemented with a range of resources including tip sheets, developing tip sheets, developing SMART goals, initiating conversations with your employer and also includes key lessons learned from others who have been through the return to work process.

We'd like to thank the Vocational Rehabilitation Association of Canada for their generous sponsorship which helped make this work book possible.

## Download our workbook **Returning to Work Following an Acquired Brain Injury**



Visit <https://www.braininjurycanada.ca/returning-to-work-guidebook/> to download our workbook. Please distribute to your clients/patients and networks.

Version française à venir



# THE 2020 BRAIN INJURY CONFERENCE IN OTTAWA



## Save the date!



Our National Brain Injury Conference is in Ottawa, Thursday April 30 & Friday May 1, 2020.

There will be fantastic panels covering a wide range of topics, plenty of great company, and a lot of fun!

## Interested in speaking? Send us your abstracts



Opening Date: October 1, 2019

Closing Date: November 8, 2019

Speakers Notified: December 2, 2019

Please visit

<https://www.braininjurycanada.ca/ottawa-conference-2020/> for abstract requirements and submission details

# CONCUSSION AWARENESS TRAINING TOOL

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## Online course helps educators manage concussions

The Concussion Awareness Training Tool (CATT) has released an updated course for school professionals.

The purpose of the course is to help teachers, administrators, and other education professionals recognize and support students returning to learn with a concussion.

The world of concussion diagnosis and treatment is always changing, which is why this course, and other courses offered by CATT are closely monitored and updated when needed.

This course is a valuable tool for teachers and educators as the school year progresses through fall and more and more kids start up sports like hockey and football.

To register for the school professionals course free of charge, visit <https://cattonline.com/school-professional-course/>

If you're not school professional, but are interested in learning more about concussion management, CATT offers other online courses for coaches, parents, medical professionals, and workplaces.



# STAY IN TOUCH

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**Have questions or ideas?  
Send them to us at  
[info@braininjurycanada.ca](mailto:info@braininjurycanada.ca)**

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## Let's Get Social



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**LinkedIn**

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### **PLEASE NOTE**

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