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UPMC Sports Medicine

Heads Up Pittsburgh
Concussion Baseline Testing
Presentation Overview

• Pittsburgh Penguins Foundation
• UPMC Sports Medicine
• ImPACT Test
• Heads Up Pittsburgh

• Please do not ask any questions about concussions, diagnosis and treatment
Pittsburgh Penguins Foundation

• Established in 2010 as part of the Pittsburgh Penguins
• Registered 501(c)(3) non-profit organization
• Focus the organization’s wide-ranging charitable and community outreach efforts benefiting the youth in our region
Pittsburgh Penguins Foundation

• Mission
  • To be the champions of all youth in our community, on and off the ice, through the power of hockey.

• Pillars
  • **Wellness**: We support health, fitness and awareness initiatives that assist the overall physical and mental wellness of our youth.
  • **Youth Hockey**: We foster the growth, accessibility, and sustainability of youth hockey in the tri-state area with the goal of sharing the game we love.
  • **Education**: We provide opportunities for all children to have access to premier learning tools and initiatives to ensure excellence in education.
  • **Community**: We impact our city and region through programming, investments and partnerships that create a strong community and secure future for children and families.
Community

• We impact our city and region through programming, investments and partnerships that create a strong community and secure future for children and families.
  • Community grants
  • Her hockey
  • Military appreciation
  • Warrior hockey
  • Black hockey history month
  • NHL Green
  • PRIDE
Education

• We provide opportunities for all children to have access to premier learning tools and initiatives to ensure excellence in education
  • Pens Pals
  • PPS All-Stars
  • Reading Champions
  • Scholarships
  • Science of hockey
  • STEAM
  • Future Goals Hockey Scholar
Youth Hockey

• We foster the growth, accessibility, and sustainability of youth hockey in the tri-state area with the goal of sharing the game we love.
  • Dek Hockey
  • Little penguins
  • Pensfit
  • Project powerplay
  • Willie O’Ree
Wellness

• We support health, fitness and awareness initiatives that assist the overall physical and mental wellness of our youth
  • **Heads UP Pittsburgh**
  • Break the ice/hockey talks
  • Care mobile
  • Cool zone
  • Hockey fights cancer
  • mindhacks
UPMC Sports Medicine

• UPMC largest Hospital based system in Pennsylvania
  • Offices in Maryland, New York, Italy, China, Kazakhstan and Ireland

• Known for:
  • Children’s Hospital
  • Cancer treatment and research
  • Organ Transplants
  • ACL treatment and research
  • Concussion treatment and research
Concussion Baseline Testing – ImPACT test

- Immediate Post Concussion Assessment and Cognitive Testing
- Developed in 1999 by UPMC Sports Medicine Physicians
- ImPACT® is the first and only concussion-specific medical device to be approved by the FDA.
ImPACT

• Establishes a benchmark score when an athlete is in his or her non-concussed or “normal” state.

• Does NOT evaluate an athlete for a concussion, identify past concussions, prevent future concussions, or determine if the athlete is predisposed to a concussion.

• ImPACT measures:
  • Verbal memory
  • Visual memory
  • Reaction time
  • Processing speed

• Test is administered post-injury along with a thorough evaluation by a Neuropsychologist or Physician.

• Helpful in reinforcing concussion deficiencies, determining academic accommodations, and most importantly return to play/clearance.
ImPACT

• Pediatric Test
  • Ages 5-9
  • Administered on an iPad

• Adult Test
  • Ages 10+
  • Administered on a computer
ImPACT

• Testing Recommendations:
  • Ages 5-12 take test every year
  • Ages 13+ take test every other year
Heads Up Pittsburgh Concussion Baseline Program

• Program started in 2011
• Pediatric test started in 2015
• Goals:
  • Provide FREE ImPACT testing to kids ages 5-18
  • Educate Parents and kids on concussions
  • Educate Parents and kids on treatment for concussions
  • Provide health orientated giveaway
Heads Up Pittsburgh

• Testing 5 days/week at numerous locations throughout the Pittsburgh region
  • UPMC facilities
  • Local community colleges – computer labs
  • Expanded program to Erie in 2020
  • Youth organizations/teams can schedule “private” sessions

• Program runs June – first week of August
Heads Up Pittsburgh

• UPMC and Pens Foundation share marketing responsibilities
  • Online
  • Social media
  • Print
  • Fliers

• Pens Foundation pays for tests and giveaways to participants

• UPMC Sports Medicine provides all the staffing to oversee and administer the testing

• Online scheduling and registration system is utilized
### Heads Up Pittsburgh

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<td>2023</td>
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<tr>
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</tbody>
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### Giveaways to Participants

- 2012: Flexibility
- 2013-15: Neck Strength
- 2016: Balance and Agility
- 2017: Core Strength and Stability
- 2019: Wind Resistance Speed Trainer
- 2020: Neck Strength
- 2021: Neck Strength
- 2022: Massage Stick Roller
- 2023: Agility Ladder
Heads Up Pittsburgh

• Educational fliers and pamphlets are given to parents regarding:
  • Concussion overview
  • Common signs and symptoms
  • What to do when injury occurs
  • UPMC Concussion treatment

• Participants are shown a video – pediatric and adult version
  • Approximately 7 minutes long
  • Overview of concussions
  • How to take ImPACT test
Conclusion

• Perfect example of 2 organizations working together to support a common goal – the health and well being of area youth

• HUP program utilizes resources from Pens Foundation as well as UPMC
Thank You..

- American Legion Children and Youth Conference
  - Stacy Cope
- Pittsburgh Penguins Foundation
  - Yvonne Maher – Executive Director
  - Amanda Susko – Senior Director
- UPMC Sports Medicine
  - Brian Hagen – Vice President of Operations
  - Kathleen Nachazel – Director of Athletic Training and Development
  - Dr Michael Collins – Executive and Clinical Director
Questions..

• Please no questions about concussion diagnosis or management

• Contact Information
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