

Experiences with Sport-Related Concussions in Peterborough County

Background

- What happens immediately after someone has a sport-related concussion? Where do people go and who do they turn to for diagnosis and advice? How long does their concussion persist and what treatments do they seek?
- We know that diagnosis and process through the return to play/school protocol is important (McCory et al., 2016). How well are people in Peterborough county following recommended processes?

We sought to examine the typical concussion-experience pathways followed by people in Peterborough County.

- Research has demonstrated that sport-related concussions often go undiagnosed or improperly treated (McCory et al., 2016).
- Previous research showed that there are inconsistencies in the messaging people receive, who provides diagnosis, and whether people seek treatment for concussions in Peterborough County (Mailloux-Stolar & Brown, 2021).
- HeadsupCAN is a concussion advocacy network whose goal is to promote concussion awareness, research, and education.
- This research will be valuable in forming education and awareness materials for people in Peterborough County.



50% of sports-related concussions go unreported.

(Asken et al., 2018)

Methods

- Literature review
- Distribution of survey
- Survey of individuals in the Peterborough region who experienced sport-related concussions after September 2020.

Sample Survey Questions

- Were you removed from play?
- How soon after the injury were you seen by a health care professional?

Next Steps

- Finish data collection
- Analyze the data
- Finalize report and provide it to the organization

Implications

- Help clinicians provide consistent care for concussions in Peterborough.
- Provides new information in concussion treatment in Peterborough for education purposes.



Researcher: Jhaelyn Gomme
Faculty Supervisor: Liana Brown
Project Host: Ryan Sutton, HeadsUPCAN
TCRC Coordinator: Brittany Finigan
Psyc- 3801H (2023)