Seminar Name: Concussion 101

Location: Online

Instructors: Ross Vollmer, DC; Joshua R. S. Browning, DC, FIANM(US)

Description:

This course is designed to provide the average chiropractic office that occasionally treats concussions with the best evidence-informed practices without having a specialized setup.

Objectives:

1. Present the most up to date information on the pathophysiology of concussions.
2. Present the most common assessment methods that are clinically relevant.
3. Inform the audience of the most up to date information about advanced imaging guidelines.
4. Provide the most up to date treatment methods for concussion.
5. Review ICD-10 codes for diagnosis.

Goals:

After completing this course, you should be able to:

1. Accurately assess and document a concussion.
2. Determine whether imaging is required.
3. Effectively manage and treat concussion symptoms.
4. Correctly use the ICD-10 codes for diagnosis.

Hour by Hour Breakdown

First Hour

We will discuss the anatomy and pathophysiology of concussions. We will cover the risk factors for sports-related concussions and the prognosticators for symptoms. We will continue by discussing the assessment of a concussion, starting with the SCAT5 and the ACE. That concludes the first hour.

Second Hour

We will continue with the assessment of concussions by reviewing the post-concussion symptoms scale and how to perform BESS testing. Then we will proceed to discuss neurological testing and cervical spine assessment. Continuing, we will discuss the advances in serological testing and imaging. We will then discuss when you should refer a patient for CT imaging. Next, we will discuss the treatment of concussion, which will include lifestyle modifications, the Buffalo Protocol, and vestibulo-ocular rehabilitation. We will close out the second hour by discussing the ICD-10 codes for the diagnosis of a concussion and the codes that a chiropractor will most likely use when treating a patient.