

# Management of Persistent Post Concussive Symptoms: What's the Latest Evidence?

Christina Finn MS, OTR/L

## Faculty

Christina Finn MS, OTR/L graduated from the University of Scranton in 2004 with a master's degree in Occupational Therapy and is currently an assistant professor of occupational therapy at the New York Institute of Technology in Westbury, NY where she teaches classes in physical rehabilitation and motor learning. Prior to attaining a full-time faculty position, Christina worked at NYU Rusk for 10 years. During her time, she worked extensively with individuals with visual difficulties as a result of brain injury, concussion, and other neurological conditions. She has experience in all areas of rehabilitation across the spectrum of care, including acute care, inpatient, and outpatient rehabilitation. She has attended several vision therapy training courses and holds a certification in adult vestibular rehabilitation. Christina has presented to health care professionals on the topic of vision rehabilitation and has presented nationally on the topic of post-concussion syndrome. Disclosure: Financial: Christina receives a speaking fee from Education Resources. Non-Financial: She has no non-financial relationships to disclose

"This course gave me more confidence in treating this population. It took the knowledge I already had as an OT and put it together in a way that addressed all the issues with these patients. I especially liked the guidelines for prepping the patient for return to school/work/play."  
- C. Thomason, OT

## About this Live Webinar

This course will provide updates on the latest research related to diagnosis and management of concussion and persistent post concussive symptoms. This course will focus on the latest relevant and evidence-based assessment and treatment strategies for adults and children with prolonged visual, vestibular, and sensory complaints as a result of concussion. Effective treatment strategies to improve visual skills, balance, and sensory integration for optimal return to all daily tasks will be highlighted. Best practice guidelines for return to learn, return to play, and return to work will be highlighted. Participants will engage in clinical problem solving via group case analysis and discussion.

## Objectives

- 1 Apply current research to diagnosis and treatment of concussion and post-concussion syndrome
- 2 Determine when referral is indicated to address co-morbidities
- 3 Assess visual function, balance and ability to participate in daily tasks (including cognitive)
- 4 Implement treatments to remediate oculomotor dysfunction, sensory integrative dysfunction and visual motor skills impairment
- 5 Implement training techniques and compensatory strategies including cognitive strategies to help the patient transition back to work, school and daily tasks

## Audience

This course is relevant for therapists working with individuals of all ages including school aged children, young adults and older adults who may have sustained a concussion as a result of fall, MVA, sports injury or other accident.

## Schedule—Day 1 9:10 am - 3:15 pm EST (US)

9:10–9:30	<b>Webinar Registration/Zoom Course Opens</b>
9:30–9:45	The Concussion Crisis <ul style="list-style-type: none"> <li>Population: athletes, students, wounded warriors, accident victims.</li> <li>Chronic Traumatic Encephalopathy: What are the implications for repetitive head injury? An update on the latest evidence.</li> </ul>
9:45–10:00	Policy Updates and Changes as a Result of Concussion Awareness
10:00–10:30	Diagnosis of Concussion: Understanding Multimodal Assessment and Best Practice <ul style="list-style-type: none"> <li>Current diagnostic tools: imaging, lab profile, clinical presentation, implications for therapy intervention</li> </ul>
10:30–11:00	Concussion with Persistent Symptoms: Understanding Persistent Post Concussive Symptoms
11:00–11:15	Break
11:15–11:30	Management of Persistent Post Concussive Symptoms: What are the current recommendations? An examination of the literature related to medication, rest and rehabilitation
11:30–12:00	Specialized Equipment: Does it prevent concussion? Implications for Education and Injury Prevention
12:00–1:15	Visual, Vestibular and Sensory Changes following concussion
1:15–1:45	Lunch
1:45–2:15	Impact of Concussion on Cognition: Updates on the Latest Evidence
2:15–2:45	The Role of Neuropsychology and Cognitive Testing
2:45–3:15	The Role of Rehabilitation: <ul style="list-style-type: none"> <li>What happens when symptoms do not resolve with rest alone?</li> <li>Services that can help manage post concussive symptoms: Occupational Therapy, Neuropsychology, Vocational Rehabilitation.</li> <li>Working with an interdisciplinary team to decrease symptoms and optimize return to function.</li> </ul>

## Schedule—Day 2 9:10 am - 3:15 pm EST (US)

9:10–9:30	<b>Webinar Registration/Zoom Course Opens</b>
9:30–10:30	<b>Case Analysis and Chart Review</b> (Breakout Rooms)
10:30–11:00	Co-morbidities and the Interdisciplinary Team
11:00–11:15	Break
11:15–11:45	Return to Learn and Classroom Modifications: Best Practice Guidelines (CDC and International Consensus Statement)
11:45–12:15	Return to Play: Best Practice Guidelines
12:15–12:30	Facilitating Return to Work
12:30–12:45	Concussion Education and Knowledge Transfer: Implications for Patient and Family Education
12:45–1:15	Lunch
1:15–1:45	Visual and Vestibular Assessments and Screening Visual Issues Vision Screening: DEM, King Devick, NPOC, Oculomotor Screening Specific Vestibular and Balance and Assessments: DVA, BESS, TUG, ABC
1:45–2:15	Vision Interventions to Improve Functional Interventions Interventions to Improve Visual Skills for Optimal Functional Performance Treatment to Remediate Oculomotor Dysfunction <ul style="list-style-type: none"> <li>Convergence and bilateral activities</li> <li>Oculomotor and reading</li> <li>Oculomotor smooth pursuits and balance</li> </ul>
2:15–3:15	<b>LAB: Oculomotor and Sensory Integration Interventions</b> (Breakout Rooms)

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## Webinar Dates and Times

**October 15 and 16, 2021**

**9:10 am EST • 8:10 am CST • 7:10 am MST • 6:10 am PST (US)**

Registration is for both sessions. Zoom log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the first date of the Webinar.



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**LIVE WEBINAR: Management of Persistent Post Concussive Symptoms /Christina Finn**

**October 15 and 16, 2021**

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