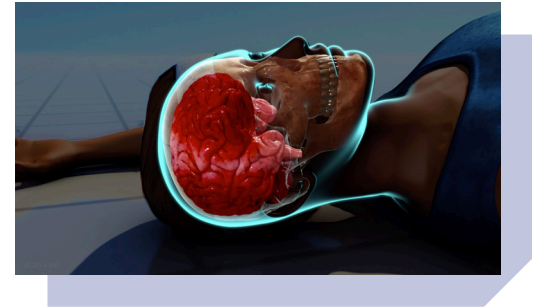


# Mobile Baseline Concussion Testing



Every brain is different and so is every brain injury, making concussion recovery difficult to predict. An important tool in determining when an athlete can safely return to their sport after a concussion is the baseline concussion test.

This test assesses an athlete's brain function before a brain injury occurs. The athlete is scored on functions including learning, memory, concentration, problem solving, and balance. If the athlete sustains a concussion, the test can be repeated after the injury and the scores can be compared. This allows a physician to better understand the effects of the injury and make more informed recommendations about returning to play, school, and work.



The **Barrow Concussion Network**, in partnership with **A.T. Still University**, provides mobile baseline concussion testing to young athletes who play either football, soccer, baseball, softball, or basketball and who may not have access to these services elsewhere. From age 6 and up, testing is available individually or in groups. The fee is \$15 per athlete, which covers the cost of the test and travel for the administrator. All testing is done in a quiet location with minimal distractions.

- **Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT)** — ImPACT is the most widely used and most scientifically validated computerized concussion management tool available. ImPACT provides clinicians with invaluable information that can help take the guesswork out of concussion management and promote safe return-to-play decisions for athletes and return-to-school decisions for students. It is available to individuals 12 years and older.
- **Child SCAT5** — The Child SCAT5 is a standardized tool for evaluating children 12 years and under for concussion. Preseason baseline testing with the SCAT5 can be helpful for interpreting post-injury test scores. The SCAT5 includes a neck examination and looks at the Glasgow coma scale, symptoms, orientation, immediate memory, concentration, balance, coordination, and delayed memory recall.

**Barrow Brainbook** — Barrow Brainbook is an online concussion education module that is mandatory for all Arizona Interscholastic Association athletes. The interactive course teaches athletes about concussion signs and symptoms, what to do if they think they have a concussion, who to tell if their teammate has a concussion, and when it's safe to return to play.

For more information about mobile concussion baseline testing or to schedule a session, please contact Shelli Herseth at **(602) 406-4762** or [Shelli.Herseth@DignityHealth.org](mailto:Shelli.Herseth@DignityHealth.org).