

# TRANSCENDENT Speaker Series

## Innovating Concussion Recovery

### How has concussion management advanced?

The treatment strategies around concussions have seen a huge shift in the past decades. We now have a growing body of research supporting an individualized approach to recovery. This includes, but isn't limited to:



Personalized exercise protocols to support a safer and faster recovery



targeted visio-vestibular rehabilitation protocols to reduce symptom burden



Return to school protocols with personalized accommodations

These treatments often work well when applied early, but many individuals are unable to access them early because they are only available in specialty clinics, which can lead to disparities in care. Thinking about how to make these more accessible is key to fostering equitable care.

### Strategies to support equitable access to care

Healthcare is a journey, and across this healthcare journey, there are many areas where patients experiencing a concussion may experience barriers in care access, including:



Diagnosis



Referral



Attendance



To overcome these barriers, there is a need to:

- Change the way concussions are diagnosed in non-specialty clinics by bringing streamlined specialized assessments to frontline providers, such as the visio-vestibular exam (VVE).
- Change how and when referrals are made to help more patients get the care they need early in their recovery, using tools such as the 5P Risk Score calculator.
- Change patient behaviour, for example, by continuing to engage patients throughout their recovery using mobile technology.

### What's Next?



An exciting new avenue to support more equitable care is digital health and remote patient management. This can help bring care to patients by remotely leveraging technology, rather than relying on patients to seek referrals and follow up on their appointments. This may help ensure the right treatment reaches the right patient at the right time.

This information is based on a talk done for the TRANSCENDENT team by Dr. Daniel Corwin from the Children's Hospital of Philadelphia (CHOP).