

## Treatment of Concussions in Children and Adolescents

In this engaging podcast, we will delve into the intricacies of concussions, focusing on the distinctive aspects that set them apart from brain injuries in adults. Early identification plays a crucial role in facilitating a complete recovery from an acute concussive injury and those with a history of multiple concussions. Through this podcast, you will gain valuable insights into the signs and symptoms of concussions, equipping you with the necessary skills to identify these injuries in your young patients. We will explore the risk factors that can prolong recovery in children and adolescents, empowering you to provide targeted support and care. We will also address the challenges that may arise in the weeks and months following an acute concussive event and offer evidence-based treatment recommendations to optimize healing. Our ultimate goal is to foster a collaborative "team approach" in managing concussions, ensuring the best outcomes for our young patients. Together, we will navigate the intricacies of concussion recovery, giving you the knowledge to make a significant difference in the lives of children and adolescents.

*This CE course is relevant to Nursing and Physical Therapists.*

### Episode 1– A Mild TBI?

In this episode, we focus on defining concussion, causes, signs and symptoms and debunking myths associated with concussions in children and adolescents.

#### Guest

Sally Fryer Dietz, PT, DPT, CST-D Cert.

- Internationally recognized Physical Therapist, Sensory Integration Specialist, and Author
- Founder of Integrative Concussion Therapy to address the need for comprehensive concussion care
- Expert in child development and the parallels between sensory challenges in concussed individuals and developing children

- Operates multi-disciplinary clinics in Dallas, Texas, specializing in pediatrics, concussion recovery, and health & wellness
- Utilizes a range of therapeutic techniques tailored to each patient's needs, including vestibular and functional vision training, CranioSacral therapy, and functional exercise. Offers services such as return to learn, return to play, baseline and recovery testing.

### Reviewer & Host

Candace Pierce, DNP, RN, CNE, COI

- Nurse leader dedicated to preparing and empowering nurses with ample opportunities and resources to enhance their skills and confidence at the bedside.
- 15 years of experience in nursing, including roles in direct patient care, management, and nursing education.
- Demonstrated expertise and scholarship in healthcare and education innovation, design thinking, and collaborative efforts within and outside of healthcare.
- Engages in scholarship endeavors such as securing funded grants, publishing research, and delivering presentations.
- Fosters empowerment among others to generate and implement ideas, embracing their roles as leaders, change agents, and problem solvers. Currently serves as the Sr. Course Development Manager for Colibri Healthcare, collaborating with nurse planners and subject matter experts to develop high-quality, evidence-based continuing education for healthcare professionals.

### References

1. Centers for Disease Control & Prevention, National Center for Injury Prevention and Control, Atlanta (GA) (2015). Report to Congress on mild traumatic brain injury in the United States: Epidemiology and rehabilitation, [www.cdc.gov/traumaticbraininjury/get\\_the\\_facts.html](http://www.cdc.gov/traumaticbraininjury/get_the_facts.html). Last reviewed March 21, 2022.
2. Centers for Disease and Prevention, National Center for Injury Prevention and Control, Atlanta (GA) (2003). Report to Congress on mild traumatic brain injury in the United States: Steps to prevent a serious public health problem. [www.cdc.gov/traumaticbraininjury/get\\_the\\_facts.html](http://www.cdc.gov/traumaticbraininjury/get_the_facts.html). Last reviewed March 21, 2022.

- Centers for Disease and Prevention, National Center for Injury Prevention and Control, Atlanta (GA) (2018). Report to Congress on the management of Traumatic Brain Injury in Children. [www.cdc.gov/traumaticbraininjury/get\\_the\\_facts.html](http://www.cdc.gov/traumaticbraininjury/get_the_facts.html). Last reviewed March 21, 2022.
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## Resources

[www.concussion-therapy.com](http://www.concussion-therapy.com)

<https://www.360neurohealth.com>

[www.cdc.gov](http://www.cdc.gov)

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## Episode 2– Assessment, Evaluation, and Recovery

In this episode, we continue to focus on assessment, treatment, evaluation, and what recovery from a concussive event may look like.

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5. Lumba-Brown A, Yeates KO, Sarmiento K, Breiding MJ, Haegerich TM, Gioia GA, et al. (2018). Centers for Disease Control and Prevention guideline on the diagnoses and management of mild traumatic brain injury among children. *Jama Pediatrics* 172(11), e182853-e182853.
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