AHEAD of the GAME

Achieving best practices in youth concussions

APRIL 21-22, 2017
Friday & Saturday

REGISTER:
centerfoundation.org
A conference for physicians, neuropsychologists, school administrators, school nurses, athletic directors, physical therapists, occupational therapists, speech therapists, athletic trainers, coaches, and other medical providers.

CONFERENCE EVENT INFORMATION

APRIL 21-22, 2017
Friday & Saturday

TETHEROW EVENT PAVILLION
61240 Skyline Ranch Road
Bend, OR 97702
Preferred Partner Lodging at Tetherow
$159/night
Call 541-388-2582
Code: Center Foundation

PRESENTED BY
High Desert Education Service District
OHSU
St. Charles Behavioral Health
The Center Foundation
The Center Orthopedic & Neurosurgical Care & Research

SUPPORTED BY
Central Oregon Emergency Physicians
St. Charles Foundation
PRICING AND REGISTRATION

PRICING

FULL CONFERENCE  $350
All Events included, Physician registration (CME)

FULL CONFERENCE  $250
All Events included, Allied Health Care Provider registration (BOC CEU)

FRIDAY MORNING SESSION ONLY  $50
For Educators. includes lunch.

FRIDAY EVENING RECEPTION DINNER ONLY  $60 INCLUSIVE
Price is for spouses, educators and coaches. Includes lunch.
Dinner is included in Full Conference registration.

SATURDAY ONLY  $300
Physician registration (CME)

SATURDAY ONLY  $200
Allied Health Care Provider Registration (BOC CEU)

REGISTRATION

Deadline for registration: March 31st, 2017.
www.centerfoundation.org/professional-education-conferences/
Friday Early Morning Session

Grand Rounds 7:00 - 8:00 a.m.
St. Charles Bend conference rooms

Sponsored by St. Charles Continuing Medical Education

Update on Concussion Prevention and Concussion Management

Objectives:
- Review latest research on helmets and other devices for concussion prevention.
- Discuss concussion symptoms and immediate management.
- Update on concussion diagnosis.
- Review protocols for return to learn and return to play.

Speaker
Dr. Kevin Guskiewicz

Attendees
Medical staff St. Charles Bend with teleconferencing to Prineville, Redmond, and Madras
Friday Morning Session

Return to Learn, Return to Play 8:30 a.m. - 1:30 p.m.
Tetherow Event Pavilion

Concussion Management and School Age Children
Objectives:
- Review the latest research on post-concussion symptoms and impact on students, both for school participation and activity limitations.
- Discuss evidenced based current return to learn and return to activity protocols.
- Explore challenges to schools, administrators, and teachers for students with prolonged post-concussion symptoms.
- Dialog with school and medical personnel to improve communication regarding concussion management.
- Educate regarding Oregon state laws on concussion and school responsibilities.

Organizers:
Sue Hayes, Dr. Ann Glang, Melissa McCart

Speakers:
Dr. Ann Glang, Melissa McCart, Sue Hayes, David Kracke, Dr. Stan Herring

Attendees
Medical staff St. Charles Bend with teleconferencing to Prineville, Redmond, and Madras
### Friday Morning Session: Course Agenda

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>8:30</td>
<td>Registration and Continental Breakfast</td>
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<tr>
<td>9:00 - 9:05</td>
<td>Welcome and Housekeeping by Dr. Viviane Ugalde</td>
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<tr>
<td>9:05 - 9:45</td>
<td>Dr. Stan Herring: Overview of Concussion, Mechanism, Clinical Presentation and Impacts on Function</td>
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<td><em>(Break out session for clinicians – Dr. Sondra Marshall and Dr. Viviane Ugalde: ImPACT 101)</em></td>
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<tr>
<td>9:45- 10:30</td>
<td>Dr. Ann Glang: Review Evidence Based Return to Learn and Return to Activity Protocols</td>
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<tr>
<td>10:30 - 10:45</td>
<td>Break</td>
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<tr>
<td>10:45 - 11:15</td>
<td>Sue Hayes: Challenges with Students with Prolonged Post Concussive Syndromes; How Do We Communicate?</td>
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<tr>
<td>11:15 - Noon</td>
<td>Melissa McCart, Dr. Ann Glang, Sue Hayes: Challenging Cases and Outcomes with Return to Learn</td>
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<td>Noon - 12:45</td>
<td>David Kracke, Atty: Overview of Current Status of Oregon Law and Concussions – School, Clinician, Student, and Parental Responsibilities</td>
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<tr>
<td>12:45 - 1:15</td>
<td>Dr. Ann Glang: Summary and Recommendations for Improvement of Return to Learn Protocols in Central Oregon</td>
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<tr>
<td>1:15</td>
<td>Box Lunch</td>
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*Afternoon – free time*
Friday Evening Reception Dinner

6:00 – 9:00 p.m.
Tetherow Event Pavilion

Keynote speaker
Dr. Stan Herring: Concussion Update and Experiences in the NFL

Objectives:
• Give an overview of professional teams’ approach to concussion management
• Review latest research and recommendations on multiple concussions
• Latest research regarding CTE (chronic traumatic encephalopathy)

Jenna Sneva: Personal Experience with Concussion, Oregon Law, and Where We Are Now.
Saturday Session

7:30 a.m. – 4:30 p.m.
Tetherow Event Pavilion

7:30- 8:00  Registration and Continental Breakfast

8:00 - 8:15  Welcome, Housekeeping, and Update on Concussion Management in Central Oregon
Dr. Viviane Ugalde

Objectives: Brief overview of current protocols in Central Oregon and data from our program regarding number of concussions, recurrent concussions, and students with prolonged symptoms.

8:15 - 9:00  Current Status of Concussion Prevention and Diagnosis of Concussion
Dr. Kevin Guskiewicz

Objectives: Discuss evidenced based approaches to concussion prevention with helmets, mouth pieces, helmet sensors, exercise protocols for neck strengthening, etc.

Review latest laboratory tests for concussion diagnosis.

9:00 - 9:45  Latest Neurologic and Imaging Evaluation of Concussions/TBI
Dr. Juan Piantino

Objectives: Review latest technology for radiological diagnosis of concussion and discuss best practices currently for imaging of concussion, especially in children.

9:45 – 10:00  Break
Saturday Session continued

10:00 – 11:00 Recurrent Concussion and Return to Learn/Play  
*Dr. Stan Herring*

**Objectives:** Discuss medical approaches to concussion diagnosis, management, and return to learn and play protocols. Discuss recurrent concussion and clinical decision making regarding return to play, especially in the context of multiple concussions. Discuss latest research on approaches to prolonged symptoms.

11:00 - 11:45 Why Can’t I Do Anything? Return to Activity Protocols  
*Dr. Jim Chesnutt*

**Objectives:** Review evidence based return to activity protocols including the Buffalo Protocol. Discuss practical applications of return to activity.

11:45 - 12:15 Headache Management  
*Dr. Juliette Preston*

**Objectives:** Discuss diagnosis of post traumatic headaches vs others, and management and troubleshooting difficult cases of headaches that limit both mental and physical activity.

12:15 - 12:30 Break and Buffet Lunch
Saturday Session continued

12:30 - 1:30  Working Lunch

**Panel - Dr. Chesnutt, Lisa Flexner PT, Dr. Herring, Stuart Johnson PT, Rachel Lee PT, Dr. Preston, Dr. Kirsten Scott**

**Objectives:** Discuss difficult cases regarding symptoms limiting return to activity/school/work and approaches to tackling these challenges.

*Physical Therapy Cases or PCP Cases – 5-10 minute presentations of difficult cases for panel discussion. Physical therapy and other community PTs/OTs/STs with cases.*

1:30 - 2:15  Affective Disorders and Concussion

**Dr. Sondra Marshall and Dr. James Bryan**

**Objectives:** Review evidence based data on affective disorders and association/causality with concussion. Recommend approaches and resources to deal with patients challenged by these disorders.
**Saturday Session continued**

2:15 - 2:45  
Sleep Disorders and Concussion  
*Dr. Miranda Lim*  
**Objectives**: Provide an overview of sleep disorders associated with concussion, their implication on recovery, and strategies to treat patients challenged by these disorders.

2:45 - 4:00  
Vision Impairments and Concussion  
*Dr. Kirsten Scott, Dr. Jim Chesnutt, Stuart Johnson, PT*  
**Objectives**: Discuss approaches to identification, diagnosis, and treatment of visual impairments post-concussion from on the field assessment, medical evaluation, and treatment.

4:00 - 4:30  
Summary and CME wrap up by Viviane Ugalde
CME AND CEU’S

Accreditations:
This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint providership of St. Charles Health System and The Center Foundation. St. Charles Health System is accredited by the Oregon Medical Association to provide continuing medical education for physicians.

St. Charles Health System designates this live activity for a maximum of 12 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Physical Therapists and Athletic Trainers:
This program qualifies as continuing education units approved by the Board of Certification, provider number P563. Full conference 12 CEU or 4 CEU Friday only.

Certificates of attendance are available for occupational therapists and speech pathologists.

CME and CEU Certificates:
Participants will be able to pick up their completion certificates at the registration table following the morning and/or afternoon sessions of the conference. No certificates will be awarded before the conclusion of the event.
Viviane Ugalde, MD, Physical Medicine and Rehabilitation, is The Center Foundation’s Concussion Program Medical Director since 2011. She has practiced in concussion management since 1990. Dr. Ugalde currently practices at The Center Orthopedic & Neurosurgical Care & Research, is the Director of St. Charles Outpatient Rehabilitation, and sits on The Center Foundation Board of Directors. She is active in sports research and works with the OSU Cascades Biomechanics FORCE Lab. She attended medical school at the University of Nevada and completed her residency training at the University of California Davis. She spent 11 years as an academic physician at UC Davis with emphasis on sports medicine, electro diagnostics, and spinal cord injury.

PRESENTERS

James Bryan, PhD, neuropsychologist for the Timbers professional soccer team in Portland, Oregon
James Chesnutt, MD, Sports Medicine, OHSU Concussion Program
Lisa Flexner, DPT, DMT, CSCS, FASOMPT, Focus Physical Therapy, Bend, Oregon
Ann Glang, PhD, University of Oregon, Center for Brain Injury and Research
Kevin Guskiewicz, PhD, ATC, University of North Carolina
Sue Hayes, High Desert Educational Service District
Stan Herring, MD, physiatrist and team physician for the Seattle Seahawks
Stuart Johnson, PT, Rebound Physical Therapy, Bend, Oregon
David Kracke, JD, attorney for OCAMP
Rachel Lee, PT, Therapeutic Associates, Bend, Oregon
Miranda Lim, PhD, OHSU sleep researcher
Sondra Marshall, PhD, neuropsychologist, St. Charles Health System and COPA
Melissa McCart, University of Oregon, Center for Brain Injury and Research
Juan Piantino, MD, OHSU pediatric neurologist
Juliette Preston, MD, neurologist OHSU, headache specialist
Kirsten Scott, OD, neuro-optometry, Bend Oregon
Viviane Ugalde, MD, physiatrist, Medical Director Concussion Management for the Center Foundation in Bend, Oregon
“HELMETS OFF” TO OUR PLANNING COMMITTEE AND THEIR SUPPORTING ORGANIZATIONS

Dr. Jim Chesnutt – OHSU Sports Medicine
Sonja Donohue – The Center Foundation
Dr. Ann Glang – University of Oregon CBIRT
Sue Hayes – Central Oregon Regional Programs, High Desert ESD
Dr. Sondra Marshall – St. Charles Behavioral Health
Melissa McCart – University of Oregon CBIRT
Jules Moratti-Green – St. Charles Emergency Department
Dr. Laurie Shank – St. Charles Behavioral Health
Dr. Viviane Ugalde – The Center Orthopedic & Neurosurgical Care & Research