

## Concussion Baseline Testing

### *Frequently Asked Questions*

#### **What is an ImPACT baseline test and why is it important?**

Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT) is the most widely used and most scientifically validated computerized concussion management tool available. The test provides a concussion management professional information about memory, processing speed and reaction time **prior** to trauma, and provides objective information that assists in the management of the athlete during recovery and return to play/learning. For more information about the test visit: [www.impacttest.com](http://www.impacttest.com)

#### **What is involved with ImPACT baseline testing? Is there any physical testing?**

The testing session includes administration of a computerized neurocognitive test (ImPACT). There is no physical testing involved with a baseline ImPACT assessment.

#### **Who should complete a baseline test?**

The baseline test is recommended for any active person (parents, coaches, etc.) age 5 and above. Baseline information is important to have after a concussion, even if the injury didn't happen during sports (i.e. home, playground, automobile, etc.).

#### **How often should baseline test be repeated?**

Until age 13, players should get a new baseline every year. When 14 and older, a new baseline is recommended every two years.

#### **How long will testing take?**

The baseline ImPACT for ages 5-9 typically takes 25-30 minutes while testing for ages 10 and above typically takes 35-40 minutes.

#### **Will I be given the results to provide to an onsite medical professional or ER physician, if needed?**

After completing ImPACT a unique Passport ID# is generated and can be used by any ImPACT trained provider to access the baseline test data. Only a licensed healthcare professional can diagnose and treat a concussion. When a concussion is suspected, it is important to understand that ImPACT is not a diagnostic or sideline assessment tool nor one that is used in the emergency department or urgent care setting. ImPACT is used as one aspect of a comprehensive clinical assessment during post-injury concussion management 48-72 hours or more after injury.

#### **How do I register for a baseline concussion test?**

The Inova Sports Medicine Concussion Program offers individual and group baseline testing opportunities. To view available sessions, visit [inova.org/ConcussionTesting](http://inova.org/ConcussionTesting)

#### **How do athletes, parents and coaches learn more about concussions?**

Visit [inova.org/ConcussionEducation](http://inova.org/ConcussionEducation) to view FREE online concussion education videos for athletes, parents and coaches.

#### **Who do I contact if I suspect a concussion?**

The Inova Sports Medicine Concussion Program has a **24/7 hotline (703-970-6427)** staffed by a concussion specialist to answer questions, provide real-time feedback and assist with scheduling concussion appointments.

#### **Looking for a Concussion Return-to-Play plan?**

The medical professionals within the Inova Sports Medicine Concussion Program create return-to-play guidelines for the each athlete and sport. This ensures the most up-to-date information and recommendations are followed after injury. Once an individualized plan is developed the next on- and off-field steps may be initiated.



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