OATA Members Bring Evidence Base Practice to Athletic Therapy

We would like to congratulate Stef Moser and Sarah Rabinovitch who helped published *"Academic Accommodation After Sports-Related Concussion: Educators' Workshop and Focus Group"* in the *Canadian Academy of Sport and Exercise Medicine Sport and Exercise Medicine on the Western Edge 2013 CASEM Annual Scientific Conference April 24-27, 2013*.

The study evaluated educators' knowledge and implementation of a concussion strategy for students with a sports injury and to determine how physicians, educational staff and students can work together for an optimal Return to Learn (RTL).

In the past, studies focused on a student's "Return to Play" but few studies has been dedicated to a student's "Return to Learn". This study began by informing teachers, through a workshop, about the nature and management of sport related concussions with an emphasis on the student's learning capabilities. The educators were then asked which accommodation they found useful and which they did not.

After the workshop many educators understood sports-related concussions and showed an increased support for accommodating students who are returning to school. The results of this workshop were then converted into a 4-stage "Return to Learn" rubric planner.

To effectively learn while recovering from a concussion, a student must be supported with academic accommodations that include instructional, assessment, environmental, and emotional considerations. Cognitive overload can precipitate an exacerbation of symptoms and thus delay full recovery. This workshop addressed each of these accommodations in order to support the students.

This evidence-based study suggests that Postsecondary Athletic Therapy students could be more involved in sport related concussion management programs. As well, Certified Athletic Therapists should work with "Return to Learn" students to evaluate their cognitive improvements and work with educators to determine if a recovering student's workload should increase or decrease.