Concussion Management Protocols, Policies, Tools

Across Canada’s Provinces / Territories

**British Columbia**

* In December 2012, the Ministry of Health partnered with the BC Injury Research and Prevention Unit and Child Health BC to support the creation and implementation of an interactive *Concussion Awareness Training Tool* ([www.cattonline.com](http://www.cattonline.com)). The ministry’s role was to ensure evidence based information was made available so key sectors involved in concussion prevention and management could easily access it. The training tool has three phases, all available online, free of charge:
  + The first phase is for health professionals to establish standardized practice for concussion prevention, diagnosis and management in BC.
  + The second and third phases target parents, players, coaches, trainers, educators and school support staff, with guidance on the development of resources and protocols to support young British Columbians to return to academics and sport following a concussion.
  + Phase three, which is targeted to the education sector, was just launched in March 2016.
* The Ministry of Health is continuing to work with the Ministry of Education as well as the Ministry of Community, Sport and Cultural Development to increase utilization of the tools in their respective sectors in order to better standardize prevention, recognition and management of concussions.

**Alberta**

Alberta Concussion Alliance Recommendations and Strategies document attached (Appendices 2 & 3 include the Return to Learn and Return to Play Guidelines):

<http://www.sportmedab.ca/uploads/files/Documents/ACA/ACA%20Recommeded%20Strategy%20Oct%202015.pdf>

**Saskatchewan**

*Awareness / Education Efforts:*

* Acquired Brain Injury Partnership

<http://www.abipartnership.sk.ca/html/education/What-is-a-Concussion---including-resources-/index.cfm>

* Saskatchewan Brain Injury Association

<http://www.sbia.ca/>

* Sports Medicine Council of Saskatchewan

<http://www.smscs.ca/>

* Water Ski and Wakeboard Saskatchewan

<http://wswsask.com/concussion-management>

* Cypress Health Region

<https://cypresshealth.ca/programs-services/hospital-acute-care/concussions/>

*School / Sports Organizations Policy / Protocol:*

* Saskatchewan High School Athletics Association

<http://www.shsaa.ca/page/show/965463-shsaa-concussion-protocol-and-educational-materials>

* Prairie Spirit School Division

<https://portals.spiritsd.ca/cvac/Policies/CVAC%20-%20Concussion%20Handbook.pdf>

* Football Saskatchewan <http://assets.ngin.com/attachments/document/0090/5946/Concussion_Guidelines.pdf>
* Saskatchewan Hockey Association

<https://sha.sk.ca/players/return-to-play-policy>

* Saskatchewan Cheerleading Association

<http://sca.ca/concussion-awareness/>

* Saskatchewan Volleyball – coaches must take concussion training prior to certification
* Sports Medicine Council of Saskatchewan

<http://www.smscs.ca/>

*Other*

* University of Saskatchewan – research

<https://www.usask.ca/pharmacy-nutrition/news/2015/new-fund-backs-concussion-test-at-u-of-s.php>

* University of Regina - research

<http://www.uregina.ca/kinesiology/research/exercise-physiology/concussion-research.html>

**Manitoba**

Links to the policy and protocol adopted by one of our schools divisions which, to the knowledge of one Manitoba School Health Coordinator (Edu) is the only Manitoba school district to adopt such a policy:

Pembina Trails School Division: Policy JLC – Student Health Services and Requirements

<http://www.pembinatrails.ca/Policy_pdf/Policy%20documents/2014/JLC%20Student%20Health%20Services%20and%20Requirements.pdf>

Pembina Trails School Division – Head Injury Policy JLC Protocol <http://www.pembinatrails.ca/lindenmeadows/Head%20Injury%20Policy%20JLC%20Protocol.pdf>

Pembina Trails School Division: Regulation JLC-R – Student Health Services and Requirements, Return to Learn / Return to Play

<http://www.pembinatrails.ca/Policy_pdf/Policy%20documents/2014/JLC-R%20Student%20Health%20Services%20and%20Requirements.pdf>

Pembina Trails School Division – Advisory Notice of Head Injury (JLC-E-1)

<http://www.pembinatrails.ca/lindenmeadows/Advisory%20Notice%20of%20Head%20Injury%20JLC-E-1.pdf>

**Ontario**

Ontario is the first jurisdiction in Canada to require schools to have a concussion policy. In March 2014, the Ontario Ministry of Education released the School Board Policies on Concussion (PPM 158). This memorandum applies to publicly-funded elementary and secondary schools in Ontario, including day programs operated by school boards for full-day kindergarten. All publicly funded schools and school authorities were expected to have established a concussion policy no later than January 30, 2015. The policy is expected to contain the following components: development of awareness, prevention, identification, management procedures for a diagnosed concussion and training.

In addition, the Ontario Curriculum, Grades 1-8, Health and Physical Education 2015 and the Ontario Curriculum, Grades 9 to 12, Health and Physical Education 2015, outlines personal safety and injury prevention as key components of the curriculum. These components are intended to not only reduce students’ injuries but also to equip them to recognize, assess, and manage potentially dangerous situations. Topics covered through the injury prevention components of the curriculum makes specific reference to concussion prevention, identification and management.

To support implementation, the Ministry of Education has:

* Developed a YouTube video for parents and children, with Dr. Mike Evans providing advice on concussions and return to learn plans after a concussion.
* Developed supporting resources for parents, teachers, principals
* Made Ophea’s Physical Education Safety Guidelines available across the province free of charge.

In addition, resources have been gathered from external sources in order to provide information to Ontarians about various aspects of concussions, including information on:

Prevention;

Identification; and

Management and treatment.

These resources can be accessed at the following link:

[www.ontario.ca/concussions](http://www.ontario.ca/concussions)

**Québec**

Québec’s Ministry of Education, Higher Education and Research (French acronym – MEESR) is responsible for ensuring that the safety and integrity of individuals are protected during sports activities. The actions taken by the Ministry to fulfill this responsibility are aimed at the population in general, but more particularly at people participating in sports and in active recreational pursuits, those working in sports and recreation, as well as sports organizations.

In light of new medical knowledge concerning the impacts of these injuries for health, the Québec government has stepped up its efforts to prevent and manage concussions in sports. Among other things, the MEESR has set up a task force on concussion, known by its French acronym GTCC (Groupe de travail sur les commotions cérébrales), to consider this issue. The GTCC presented its final report to the Minister in 2015.

This action plan sets out the measures that the Québec government intends to take, in collaboration with the MEESR, the Ministère de la Santé et des Services sociaux (MSSS) and stakeholders from the education and sports communities.

The measures contained in the action plan apply to roughly 30 sports for which a risk of concussion has been documented or identified. Since the degree of risk varies according to the type of activity and the level of performance, these measures can be adjusted to suit each situation and sport. The sports where the degree of risk is considered highest will be addressed as priorities.

**New Brunswick**

NB uses the same protocols as OPHEA (0ntario Physical and Health Education Association), i.e. NB has purchased copyrights to OPHEA’s *Physical Education Safety Guidelines* and has rewritten them to better reflect its own needs and realities.

These guidelines have "Return to Learn” and “Return to Play" protocols for concussions. They follow the same steps for concussion management as those identified by Parachute Canada.

*Parachute Canada’s Concussion Toolkit:*

<http://www.parachutecanada.org/active-and-safe>

<http://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/Health-PhysicalEducation/SafetyGuidelinesSecondaryCurricular.pdf>

<http://www2.gnb.ca/content/dam/gnb/Departments/ed/pdf/K12/curric/Health-PhysicalEducation/SafetyGuidelinesSecondaryInterschoolAthletics.pdf>

**Prince Edward Island**

PEI’s Department of Education and Early Childhood Development *Physical Education - Safety Guidelines (K-12)* reference concussions and concussion management on pages 4 and 9, as well as in Appendices D1 (224-227) and D2 (228-229):

<http://www.gov.pe.ca/photos/original/eecd_phyeduguid.pdf>

**Nova Scotia**

Nova Scotia is currently developing “Physical Education Safety Guidelines Grades Primary–12”. These Guidelines are for physical activity and sport-related concussion, including common signs and symptoms, initial response, common questions, second-impact syndrome, and concussion management.

**Newfoundland and Labrador**

Currently there are no formal established P/T protocols / procedures as it relates to concussion management in NL. However, some provincial sport organizations already comply with protocols / procedures that their respective national organizations (e.g. Hockey Canada) have in place.

NL is in the process of completing an inventory of its 40 recognized provincial sport organizations to see which of these organizations currently have concussion protocols in place, and what the source of the protocol is.

**Yukon**

At this time, Yukon does not have any policy or protocols specifically related to concussion management.

**Northwest Territories**

In March, 2015, the NWT Department of Health and Social Services brought together educators, coaches (hockey and soccer), medical professionals, and parents to learn from experts on best practices for concussion recognition and management. One outcome was an agreement to work together on ways to prevent mixed messages on returning to learn and play following a concussion.

A NWT Working Group dedicated to concussion prevention, recognition, and management is currently in the early stages of establishing partnerships and connections.

**Nunavut**

To date, Nunavut has not initiated a specific concussion management protocol or awareness/education campaign. However, it deals with the issue within in its programming as part of “return to play” processes in competitions using established protocols (e.g. policy followed during the Arctic Winter Games, which was adapted from the Canada Games program policy).