

Making a Referral for Concussion Clinic

You can now make a physician-to-physician referral for an OHIP-funded, virtual follow-up appointment after your patient has been discharged from hospital to home with a suspected head injury or a diagnosed concussion.

Who is eligible?

Suspected head injury or diagnosed concussion

Not admitted to hospital

Age 12 and Up

What happens following discharge? Your patient will receive a phone call within one business day to schedule a virtual follow-up appointment with a physician within a few days of discharge.

What happens during the appointment? The physician reviews the patient's symptoms and status to make recommendations for the most appropriate follow up. The program coordinators assist the patient in implementing next steps.

What do I need to do? For eligible patients, **print the /fill out the order set**. It includes a referral to the program and discharge instructions for your patient.

Thank you! Any questions, please contact Dr. Preyra at ipreyra@josephbranthospital.ca

Concussion Clinic: Referral to Physician

Reason for Referral: Patient requires concussion clinic follow-up.

PATIENT INFORMATION:

*FIRST NAME:	*LAST NAME:	*DOB:
STREET ADDRESS:	CITY:	POSTAL CODE:
*PRIMARY PHONE NUMBER:	ALT PHONE NUMBER:	*EMAIL ADDRESS:
*HEALTH CARD NUMBER:		*VERSION CODE:

INJURY:

<p>Mechanism of Injury:</p> <ul style="list-style-type: none"> <input type="checkbox"/> MVC <input type="checkbox"/> Slip & Fall <input type="checkbox"/> Assault <input type="checkbox"/> Sports <input type="checkbox"/> Other: 	<p>Description/Additional Information:</p>
--	--

REFERRING PHYSICIAN:

*PHYSICIAN NAME:	*BILLING NUMBER:
HOSPITAL SITE/PRACTICE NAME & ADDRESS:	FAX: (FOR CONSULT NOTES)
*DATE:	*SIGNATURE:

Please fax completed form with medical chart and/or any relevant investigations to
1-833-333-1384
 Patient will be contacted post-discharge for appointment scheduling.
 Thank you for your referral.

Emergency Department Discharge Instructions

FOR: SUSPECTED HEAD INJURY OR MILD TRAUMATIC BRAIN INJURY (CONCUSSION)

You were seen today for a suspected head injury or diagnosed with a mild traumatic brain injury (concussion). **You have been referred for concussion clinic follow-up. You will be contacted in the next couple of days to schedule a virtual follow-up appointment with a Physician to take place within a few days of your discharge.** This appointment will be a “check-in” with you to assess how you are feeling and to determine the type of medical and rehabilitation follow-up that is recommended for your specific circumstance.

Instructions for Going Home

Refer to this handout to help you identify changes in how you are feeling to assist in your recovery. Ensure to let a family member or friend know about your injury and review the types of symptoms that should be monitored or may require emergency assistance. They may notice symptoms before you do and can help seek assistance.

Watch for Danger Signs

In **rare cases**, more emergent complications can develop after a mild traumatic brain injury (concussion). You or the individuals checking on you should **call 911 or take you to an emergency department right away** if you have:

- A headache that gets worse and does not go away even after taking acetaminophen
- Significant nausea or repeated vomiting
- Unusual behavior, increased confusion, restlessness, or agitation
- Drowsiness or inability to wake up
- Slurred speech, weakness, numbness, or decreased coordination
- Convulsions or seizures (shaking or twitching)
- Loss of consciousness (passing out)

For the first few days after your injury, avoid strenuous physical and cognitive activities and minimize screen use.

Common Signs and Symptoms of mTBI (Concussion)

There are mild traumatic brain injury (concussion) signs and symptoms that are part of the normal healing process. Some may appear right away, while other symptoms may not appear for hours or days after injury. **Symptoms may affect how you feel, think, act, or sleep and can be different for each person.**

Physical	Thinking and Remembering	Emotional	Sleep
<ul style="list-style-type: none"> • Headaches • Neck pain • Light & noise sensitivity • Tired/Lack of energy • Nausea • Vision problems • Feeling dizzy or off-balance 	<ul style="list-style-type: none"> • Difficulty concentrating or paying attention • Feeling slowed down • Feeling “foggy” or groggy • Problems with short or long term memory • Trouble thinking clearly 	<ul style="list-style-type: none"> • Increased anxiety or nervousness • Increased irritability-easily angry • Feeling more emotional • Increased sadness 	<ul style="list-style-type: none"> • Sleeping less than usual • Sleeping more than usual • (New) trouble falling asleep

Most people will have one or more symptoms and symptoms may change during recovery. For example, you may have headaches and feel sick to your stomach right after the injury. A week or two after your injury you may notice other symptoms, like feeling more emotional than usual or having trouble sleeping. **Symptoms generally improve over time and most people will feel better within three to four weeks.** Keep track of your symptoms to share this information with the doctor at your Check-In Appointment.

Preparing for My Check-In Appointment

You will be contacted by telephone (and email if you have provided an email address) within the next couple of days with an appointment date and time for your virtual Check-In Appointment with a doctor. If you have not been contacted with an appointment within 2 business days of your discharge, please call: 1-833-945-3704.

Before your Check-In Appointment, to assist your physician in understanding how you are doing, you should complete a quick assessment on your smart device (phone or tablet) called EQ. It will ask you about your symptoms and guide you in completing six brain performance related activities that will provide valuable information to you and your health care team. It takes approximately 10 minutes to complete.

Scan the following QR code to be immediately linked to downloading the EQ mobile application from your app store. You can also type in “EQ Brain Performance” in your app store to find and install the application.



All you need to do for now is download the app and wait to receive the invite code.

You will be provided the invite code by phone when you are called to confirm your Check-In Appointment and by email (if provided). You will then use it to ‘Register’ on the app by entering the code. Further instructions and FAQs can be found at thinkahead.health