

Management of Youth Sport-Related Concussions: A Survey of Parents

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Background

- An estimated 1.1 to 1.9 million sport and recreation-related concussions are reported among youth (age <18 years) in the United States annually.
- Concussion education programs are available across the United States, educating both parents and coaches on the signs and symptoms of concussions.
- Coaches receive annual concussion courses, but there are no requirements for the athlete or their families to undergo training.
- Young athletes in rural areas tend to have lower rates of reported concussions and decreased understanding of

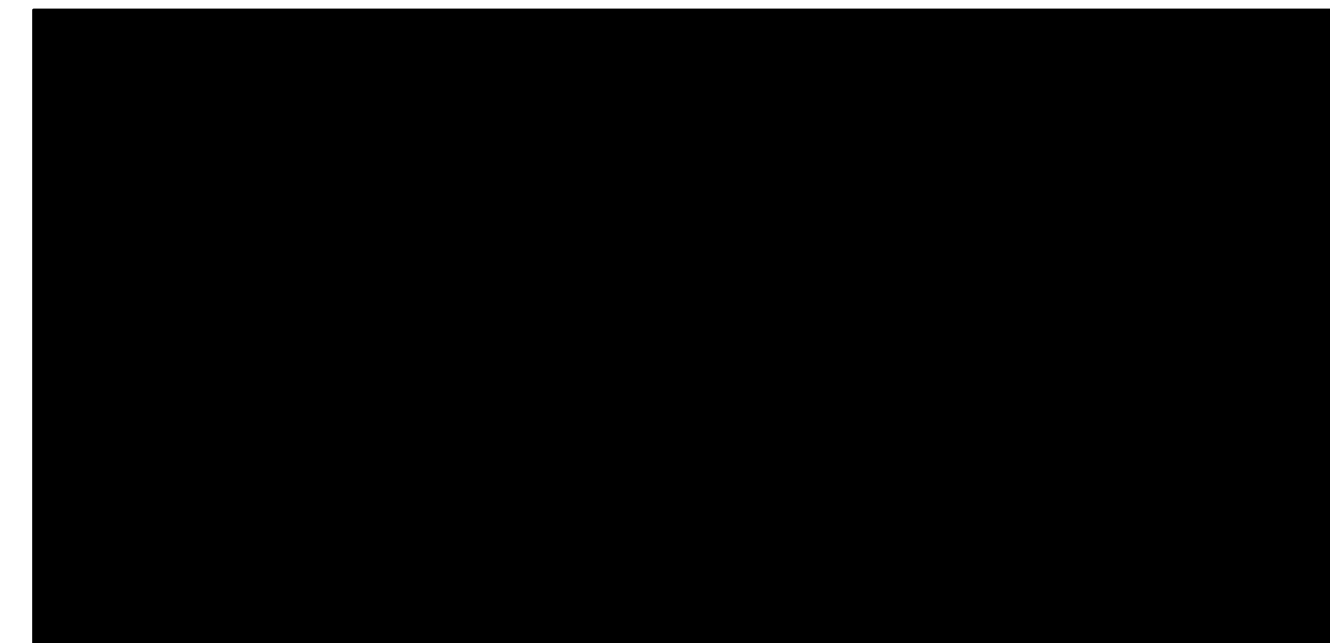
Purpose

This study aims to:

Determine parents' understanding of youth sport-related concussions in Linn and Benton counties of Oregon, which are mostly rural areas.

Demographics	Concussion Knowledge and Resources
<ul style="list-style-type: none"> • Number of children • Participant's age • Gender identity • Race/ethnicity • Residence zip code • Level of education • Occupation 	<ul style="list-style-type: none"> • Child sport participation • Sports types • Number of sport-related concussions • Total number of concussions • Medical providers utilized • Confidence rating on locating resources • Delivery methods preferred • Language preferred

Methods



Inclusion Criteria	Exclusion Criteria

Results

- There was a total of 28 responses; 7 responses were removed due to incomplete submissions, leaving 21 responses for data analysis.
- 7/21 responses were from parents who reported having at least one child who sustained a sport-related concussion.
- The average confidence of the parents' ability to find concussion resources was 6.86/10 (where 10 is the most confident).



Conclusions

- Data analysis revealed parents have a moderate level of confidence to find resources for their children about sport-related concussions; however, the need to create additional resources for rural regions is inconclusive.
- Due to the limited responses, more research is needed.

Future Directions

1. Survey adolescent athletes about their knowledge on sport-related concussions.
2. Identification of the methods used by primary care physicians in a rural setting to evaluate and treat youth athletes post-concussion.
3. Determination of the need for resources specific to the rural setting for concussion care in this population.

References