

September 13, 2016

Dear Great Falls Lacrosse and Field Hockey,

My name is Dr. Melissa Womble, Director of Concussion for the Inova Sports Medicine Program. We look forward to working with you to offer concussion baseline testing services, education regarding concussion, and post-injury concussion care this year!

Concussion baseline testing is recommended for all athletes engaged in sporting activities. Although your child may not experience a concussion, it is important to prepare and obtain a baseline to establish athlete-specific data which allows physicians to better manage concussion. To further explain, each child is different in terms of their cognitive and vestibular/ocular-motor functioning prior to injury, so it makes it easier following concussion if we have athlete-specific data to compare to. Generally, it is recommended that a concussion baseline be established prior to the season.

Inova Sports Medicine provides baseline testing for athletes age 5 and above. Athletes can complete a Neurocognitive Baseline Test ([www.impacttest.com](http://www.impacttest.com) – measures aspects of cognitive functioning in athletes) for \$30, a Vestibular/Ocular-Motor Baseline Assessment (Vestibular/Ocular-Motor Screening Assessment – measures aspects of vestibular and ocular motor functioning in athletes) for \$15, or both Neurocognitive AND Vestibular/Ocular-Motor Baselines for \$40. Both tools provide valuable information that can be used in post-injury concussion management.

Baseline testing for VYS will be offered on Saturday September 24<sup>th</sup> from 9:00am- 2:30pm in Falls Church at our Epic Training Center location (8111 Gatehouse Road, Falls Church VA, 22042). Additionally, we host daytime and afternoon testing at our Prosperity Location (8501 Arlington Blvd, Suite 200, Fairfax, VA 22031). More information, including other testing dates/times, can be found on our website: [www.inova.org/concussioneducation](http://www.inova.org/concussioneducation).

There are a few frequent questions asked by parents about baseline testing, as listed below:

- **How long will the testing take?** We advertise the testing to be 1 hour, but in reality it is closer to 45 minutes. We start promptly at the scheduled time of the test.
- **What is involved in the Neurocognitive Baseline Test session?** The Neurocognitive Baseline Test includes administration of a computerized neurocognitive test called ImPACT. Taking ImPACT is similar to playing a computer or video game and does not require any preparation. We also offer a Q&A session for parents and athletes during the scheduled baseline test.
- **What is involved in the Vestibular/Ocular-Motor Baseline Assessment?** We utilize the VOMS (Vestibular/Ocular Motor Screening) assessment, which is a functional vision screening assessment evaluating both subjective and objective measurements. The vestibular and ocular motor systems are commonly affected following injury and therefore it is again important to obtain pre-season athlete-specific data to compare to if a concussion were to occur. It is important to note that this is not a standard vision exam. The screening takes approximately 5 minutes to complete. Upon completion, the parents will be provided a copy of all findings.

- **Will I be given the results that I can then give the doctor/ER if needed?** Upon completion of the Neurocognitive Baseline Testing, you will receive an ImPACT Passport ID# that can be used by any ImPACT trained provider to retrieve the baseline test results. ImPACT is not a sideline assessment tool and will not be needed in the Emergency Room setting as it is most appropriate to be used in the clinic setting a few days after injury.
- **How often does an ImPACT Baseline Test need to be repeated?** We recommend that athletes receive a new baseline yearly, until the age of 14, then every other year following.
- **Is there any physical testing?** There is no physical testing.
- **Should a parent stay with the athlete during the testing or can they be dropped off?** Parents are not required to be present for baseline testing, though it can be helpful for parents to have the opportunity to speak with our concussion team during the brief Q&A session.

With the frequency of concussions in youth sports, we strongly recommend that you elect to have your child proactively engage in baseline testing. If you have any specific questions about baseline testing, please call our concussion hotline: (703)970-6427. Again, we really appreciate the opportunity to work with your league this year.

Best Wishes for a Great Season,



Melissa N. Womble, PhD  
Neuropsychologist  
Director of Concussion