To Parents of Salem HS Athletes

From Sean Cox ATC, Head Athletic Trainer

Salem HS has been asked to be one of five NH high schools to participate in a trial program of Impact™ testing. Impact testing is a commercially available computer based concussion assessment. Previously, we followed a multifaceted, well delineated and agreed upon head injury protocol using best practices in sports medicine based on the “Consensus Statement on Concussion in Sport 3rd International Conference on Concussion in Sport Held in Zurich November, 2008”. The Impact trial program hopes to gather some data on concussions to NH high school athletes as well as expose schools to the Impact assessment. This program is being run by the NH Brain Injury Association in conjunction with Dr. Arthur Maerlender, who is a neuropsychologist at Dartmouth Medical School.

A major part of the Impact assessment is a baseline test where athletes use the internet to access the Impact assessment. The process includes background and demographic information. Data such as the number of previous concussions, presence of attention or learning problems, medications, and sport participation are asked. Once this initial data has been completed, there will be no need to re-enter the demographic information if and when follow-up testing takes place.

The last part of the assessment is a six part battery that measures both short and long term memory, visual memory, reaction time and impulsivity. While the test takes between 40-45 minutes, individuals vary and some may finish quite quickly. The baseline test is valid for 2 years. More information about the Impact assessment can be found at http://www.impacttest.com/ or by calling either Mr. Cox or Mr. Conway at 893-7069 ext. 138. Impact testing results are not part of a student athlete’s academic record.

If an athlete suffers a suspected head injury, in addition to our established protocol, we will also have them retake the Impact test and use Dr. Maerlender’s data analysis and expertise to help us determine injury severity and safest course of action. Impact testing will be another tool we use to evaluate and monitor concussed athletes and safely return them to play.

Sean P Cox ATC
Head Athletic Trainer
Salem High School
44 Geremonty Dr.
Salem, NH 03079
Ph. 603-893-7069 ext. 138
Email - scox@sau57.org