

# CANADIAN CONCUSSION PRIORITY SETTING PARTNERSHIP

## TOP 10 CONCUSSION RESEARCH PRIORITIES

1

### PREDICTION OF RECOVERY

What factors or tests best predict a prolonged recovery from concussion (known as post-concussion syndrome), and how can this information be used to develop a tailored strategy to manage the symptoms and support recovery?

2

### RETURN TO COGNITIVE ACTIVITIES

After a concussion, what is the best timing and approach to return to cognitive activities in educational settings (e.g., school or university) and work settings to give the best outcome?

3

### EARLY REFERRAL

What is the effectiveness of early referral and treatment by a concussion specialist team (e.g., with combined medical assessment, physical therapies, mental health support and other rehabilitation services) on concussion outcomes and length of recovery?

4

### RETURN TO PHYSICAL ACTIVITIES

After a concussion, what is the best approach for a return to physical activity, exercise, and sports (i.e., timing, type, and intensity of activity) to give the best outcome?

5

### HEADACHES

What is the most effective way to manage headache associated with concussion, and should people with a prior diagnosis of migraine be treated differently to get the best outcomes?

6

### DIFFERENTIATING SYMPTOMS

What is the most effective way of differentiating prolonged concussion symptoms (known as post-concussion syndrome) from symptoms that are similar but unrelated to the concussion?

7

### CHANGES IN THE BRAIN

What structural and /or functional (e.g. molecular, biochemical) changes occur in the brain with a concussion? How does the intensity and direction of forces involved in the head trauma cause the brain injury, and does location of the brain injury impact symptoms and severity?

8

### LONG-TERM EFFECTS

What are the long-term effects of single or multiple concussions, and how do these effects impact day-to-day life?

9

### SLEEP

What is the correlation between concussion severity and disturbed sleep patterns? What tools, aids, medications, or other interventions are most effective in managing these sleep disturbances?

10

### HEALTHCARE TRAINING

How can the training of front-line physicians and other healthcare providers to recognize, diagnose and manage concussion be improved and kept up to date?