

# 第67回東伏見スポーツサイエンス研究会

日時 2021年1月7日(木) **9:00~10:30 am**

場所 オンライン開催 (Zoom)

演題

## Hot off the Press: The Diagnosis and Management of Concussion in the Emergency Department

演者

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■ **Abstract:** Pediatric concussion can present a diagnostic challenge to emergency medicine and primary care providers, especially at early time points after injury [1,2]. Indeed, as many as 60% of children who ultimately meet consensus criteria for a diagnosis of concussion may not receive such a diagnosis in the emergency department (ED) [3]. Objective measures such as neuroimaging or laboratory testing do not usually contribute to concussion diagnosis and management. Despite these challenges, an accurate and timely diagnosis of concussion in children is vital to initiate best practices, including risk reduction, guided rest, and symptom-based treatments. Clinicians treating children with concussion plays an important role in counseling in regard to the risk of reinjury within the vulnerable window during which reinjury could result in prolonged post concussive symptoms or, in rare instances, catastrophic brain swelling, often referred to as second impact syndrome [4]. In addition, anticipatory guidance is an important part of concussion management. Several studies have demonstrated that patients recover more rapidly when concussion education and such guidance are delivered [5,6]. In this talk, I will discuss the diagnosis and management of acute concussion in children, with an emphasis on practical diagnostic maneuvers, emerging technology such as blood biomarkers, risk stratification (i.e., which children need the closest follow up), and evidence-based education based on the latest research (rest, graded exercise, screen time).

■ **Biography:** Dr. Rebekah Mannix MD, MPH is an Associate Professor of Pediatrics and Emergency Medicine at Harvard Medical School and a Senior Associate at Boston Children's Hospital as well as co-Director of the Boston Children's Hospital Brain Injury Center. Dr. Mannix's research spans from preclinical basic science aimed at discovering new treatments for concussion to clinical emergency medicine. Dr. Mannix's research has been published in a wide range of journals including Nature, JAMA, NEJM, Science Advances, Annals of Neurology, and Annals of Emergency Medicine.

### ■ References:

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3. Boutsis K, Weerdenburg K, Koo E, et al. The diagnosis of concussion in a pediatric emergency department. J Pediatr. 2015;166:1214-1220.e1.
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6. Hunt AW, De Feo L, Macintyre J, et al. Development and feasibility of an evidence-informed self-management education program in pediatric concussion rehabilitation. BMC Health Serv Res. 2016;16:400.



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