# 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

## <u>Purpose</u>

#### 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> <li>Number of children</li> <li>Participant's age</li> <li>Gender identity</li> <li>Race/ethnicity</li> <li>Residence zip code</li> <li>Level of education</li> <li>Occupation</li> </ul>	<ul> <li>Child sport participation</li> <li>Sports types</li> <li>Number of sport-related concussions</li> <li>Total number of concussions</li> <li>Medical providers utilized</li> <li>Confidence rating on locating resources</li> <li>Delivery methods preferred</li> <li>Language preferred</li> </ul>

### 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).

Concussi	ons Rep	ported b	y Activi	ty	ı

### 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

Number