

## **Academy of Saint Elizabeth - ImPACT Concussion Testing**

ImPACT (Immediate Post Concussion Assessment and Cognitive Testing) is a software tool used in many professional, collegiate, and high school sports programs across the country, to recognize and better manage concussion injuries.

ImPACT has been scientifically validated through over 15 years of university-based research. The ImPACT exam takes about 25 minutes and is non-invasive to complete. A baseline ImPACT exam will provide normative measurements of the brain's cognitive abilities such as memory, reaction time, processing speed, and concentration.

The results of the baseline ImPACT scores are collected and stored. If an athlete experiences a head injury or concussion during the season, she will be re-evaluated at school and the results will be compared to the preseason baseline data. Doing this allows the athletic trainers and physicians to determine the athlete's neurocognitive status, along with separate physical and neuromuscular exams, to determine when it is safe for the athlete to return to active sports. ImPACT is just one piece of determining whether the athlete can safely return to activity.

The baseline ImPACT exam is **NOT** a pass/fail exam. The baseline ImPACT exam will give us information on how your brain functions on a normal basis so comparisons can be made if a head injury is sustained as functionality of the brain may depreciate due to the head injury.

### **Who needs to take the ImPACT Test?**

***One baseline ImPACT exam is valid for two years*** (unless a concussion is sustained – then a new baseline exam will be needed).