



SEPTEMBER 2010

**RE: Referring patients for the management of concussions.  
Agreement between MCH Trauma and GMAA.**

Dear Mr. McEwen,

This letter is to confirm the agreement between MCH Trauma and the GMAA that GMAA athletes who have sustained a concussion will be evaluated in our clinic prior to their return to play. If the schools have an athlete that has sustained a concussion and has been evaluated by a doctor, the coach or parent can contact us immediately at 514-412-4400 ext: 22983 for a consultation to the clinic. The athlete will be contacted within 24-48 hours and will be followed up by our team. We will be in regular contact with the athletes and their parents about their evolution until they are fully recovered.

The Montreal Children's Hospital (MCH) is a provincially designated paediatric and adolescent trauma centre and a neurotrauma centre of expertise. Trauma at the MCH is made up of 5 different programs, including a specialized Neurotrauma Program and a Mild Traumatic Brain Injury (MTBI) and Return to Sports Program.

Our Neurotrauma Program has been well established for many years and has been providing coordinated, interprofessional care for children and teens that have sustained an MTBI, also known as a concussion. In an effort to maintain high standards of evidence-based care for all children and teens who sustain a concussion presenting to the MCH or consulting their paediatrician, the MCH *MTBI and Return to Sports Program* has recently developed an interprofessional clinic. The *MTBI and Return to Sports Clinic* provides children who have sustained a concussion with a step-wise program to ensure that the return to sports and school is positive and safe.

When the athlete has been symptom free for a week, he/she will be tested at the clinic within a week for a safe return to play. The athlete will undergo a baseline neurological evaluation and a physical and cognitive exertion test. If the athlete is successful in completing the evaluation without any difficulties he/she is instructed on the specific gradual return to sports guidelines. The athlete will be given a letter stating he/she is ready for a gradual return to play.

Please feel free to contact us for a referral of one of your athletes or if you have any questions or comments at 514-412-4400 ext.22983. We remind you that timely intervention encourages better outcomes.

To learn more about concussions, consult the MCH Concussion KiT featured on the home page of our website: [www.thechildren.com/trauma](http://www.thechildren.com/trauma)

## Traumatologie

### Trauma

- Programme de traumatologie  
*Trauma Program*
- Programme de neurotraumatologie  
*Neurotrauma Program*
- Programme des grands brûlés  
*Burn Program*
- Programme de prévention des blessures  
*Injury Prevention Program*
- Programme de TCCL et de retour aux sports  
*MTBI and Return to Sports Program*

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