



Mark Cullen, MD ■ John Schwartz, MD

### Get Tested – ImPACT Concussion Testing

Dear Parents and Coaches,

Mid-Columbia Medical Center Sports Medicine Program has a vision to improve the standard of care for athletes suffering concussions. For this reason, Mid-Columbia Medical Center is providing the athletes in the Columbia Gorge Area access to the ImPACT Program (Immediate Post-concussion Assessment and Cognitive Testing), a new tool used in the management of head injuries.

The ImPACT Program (Immediate Post-Concussion Assessment and Cognitive Testing) is utilized by many professional, collegiate, and high school programs across the country to successfully diagnose and manage concussions. This test will provide valuable objective data which will assist our medical staff in evaluating and treating head injuries in our local athletes. Testing is recommended for athletes ages 11 and older.

ImPACT is a sophisticated 20 minute computerized exam that evaluates and documents multiple aspects of neurocognitive functioning, including verbal and visual memory, attention span, brain processing speed, reaction time, and post-concussive symptoms. This user-friendly system enables clinicians to track the injury from the field and through the recovery process. Prior to contact sport participation, it is recommended that athletes undergo a baseline evaluation. Should an athlete experience a concussion, he or she is retested and the post-concussion data is compared against the baseline (pre-injury) data. ImPACT test results will assist physicians to safely return our athletes back to competition when their symptoms have resolved and protect them from the serious consequences that can occur with returning to play too soon.

We are excited to implement this program in partnership with high schools and youth sports organizations in the Columbia Gorge Area. It provides the best available information for managing concussions in our student athletes. Proper management is the first step in preventing long term complications associated with concussions. Instructions to take the baseline test are attached in a separate document. If you have any questions, please feel free to contact us at our office or via e-mail to discuss this subject further or to arrange for follow up ImPACT testing in the event of a concussion.

Sincerely,

A handwritten signature in black ink, appearing to read "Mark Cullen".

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## ImPACT Baseline Instructions

You will need a desktop or laptop computer with a mouse. Laptops without a mouse do not provide accurate results. It is strongly encouraged to take the test in a quiet room where the test taker may be alone/ undisturbed. A high speed internet connection is recommended.

1. Please go to <https://www.impacttestonline.com/testing>
  - Enter the customer code EAE100BE24
  - Select your school or organization
  - Start by selecting the language you wish to take the test in
  - You will be asked to answer a number of demographic and baseline questions
  - A parent may help through the demographic section to ensure accuracy
  - Complete the remaining questions and answer the questions honestly.
2. The test is then self-explanatory. Carefully read the directions. Speed and accuracy are both an important component of the test results. After completion of the test, the results will be sent to the central database for all ImPACT tests to be available if needed in the unfortunate event of a future concussion. Nothing else is needed at this time.

For questions or problems with completing the test, please contact MCMC Sports Medicine Athletic trainers listed below:

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The Dalles Wahtonka HS  
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