



## Making a Referral for Concussion Clinic

You can now make a physician-to-physician referral for an OHIP-funded, virtual follow-up appointment after your patient has been discharged from hospital to home with a suspected head injury or a diagnosed concussion.

### Who is eligible?

- ☐ Suspected head injury or diagnosed concussion
- ☐ Not admitted to hospital
- ☐ Age 12 and Up

**What happens following discharge?** Your patient will receive a phone call from HealthNow within one business day to schedule a virtual follow-up appointment with a neurologist within a few days of discharge.

**What happens during the appointment?** The neurologist reviews the patient's symptoms and status to make recommendations for the most appropriate follow up plan. The program coordinators assist the patient in implementing next steps. You will receive a copy of the consult note outlining the results of the assessment.

**What do I need to do?** For eligible patients, **fill out the referral package**. It includes a referral to the program and discharge instructions for your patient.

*Thank you! Any questions, please contact Dr. Ian Preyra at [ipreyra@globalhealthpartners.ca](mailto:ipreyra@globalhealthpartners.ca)*



FAX TO: 416-572-3110

Or

Email To: [careteam@healthnow.health](mailto:careteam@healthnow.health)

## Referral to Concussion Physician

Reason for Referral: Patient requires concussion clinic follow-up.

### PATIENT INFORMATION:

FIRST NAME:	LAST NAME:	DOB:
STREET ADDRESS:	CITY:	POSTAL CODE:
CELL PHONE NUMBER:	ALT PHONE NUMBER:	EMAIL ADDRESS:
HEALTH CARD NUMBER & VERSION CODE:		

### INJURY:

<b>Mechanism of Injury:</b> <input type="checkbox"/> MVC <input type="checkbox"/> Slip & Fall <input type="checkbox"/> Assault <input type="checkbox"/> Sports <input type="checkbox"/> Other:	<b>Rehabilitation:</b> <input type="checkbox"/> Physiotherapy <input type="checkbox"/> Chiropractic <input type="checkbox"/> Chiropody (Foot Care) <input type="checkbox"/> Sports Injury Assessment <input type="checkbox"/> Post-Accident Assessment (specify) <input type="checkbox"/> Physiotherapy <input type="checkbox"/> Motor Vehicle Accident (MVA) <input type="checkbox"/> Work Accident (WSIB) <input type="checkbox"/> Other	<b>Description/Additional Information:</b>
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### REFERRING PHYSICIAN:

PHYSICIAN NAME:	BILLING NUMBER:
DATE:	SIGNATURE:

Please fax or email completed form with medical chart and/or any relevant investigations to  
Phone: 416-859-4400 Fax: 416-572-3110. Email: [careteam@healthnow.health](mailto:careteam@healthnow.health)  
Patient will be contacted post-discharge for appointment scheduling.

Thank you for your referral.

# TAPP - Post Acute Concussion Instructions

## FOR: SUSPECTED HEAD INJURY OR MILD TRAUMATIC BRAIN INJURY (CONCUSSION)

You were seen today for a suspected head injury or diagnosed with a mild traumatic brain injury (concussion). **You have been referred for concussion clinic follow-up. You will be contacted in the next couple of days to schedule a virtual follow-up appointment with a Physician to take place within a few days.** This appointment will be a “check-in” with you to assess how you are feeling and to determine the type of medical and rehabilitation follow-up that is recommended for your specific circumstance.

### Instructions for Going Home

Refer to this handout to help you identify changes in how you are feeling to assist in your recovery. Ensure to let a family member or friend know about your injury and review the types of symptoms that should be monitored or may require emergency assistance. They may notice symptoms before you do and can help seek assistance.

### **Watch for Danger Signs**

In **rare cases**, more emergent complications can develop after a mild traumatic brain injury (concussion). You or the individuals checking on you should **call 911 or take you to an emergency department right away** if you have:

- A headache that gets worse and does not go away even after taking acetaminophen
- Significant nausea or repeated vomiting
- Unusual behavior, increased confusion, restlessness, or agitation
- Drowsiness or inability to wake up
- Slurred speech, weakness, numbness, or decreased coordination
- Convulsions or seizures (shaking or twitching)
- Loss of consciousness (passing out)

***For the first few days after your injury, avoid strenuous physical and cognitive activities and minimize screen use.***

### Common Signs and Symptoms of mTBI (Concussion)

There are mild traumatic brain injury (concussion) signs and symptoms that are part of the normal healing process. Some may appear right away, while other symptoms may not appear for hours or days after injury. **Symptoms may affect how you feel, think, act, or sleep and can be different for each person.**

Physical	Thinking and Remembering	Emotional	Sleep
<ul style="list-style-type: none"> <li>• Headaches</li> <li>• Neck pain</li> <li>• Light &amp; noise sensitivity</li> <li>• Tired/Lack of energy</li> <li>• Nausea</li> <li>• Vision problems</li> <li>• Feeling dizzy or off-balance</li> </ul>	<ul style="list-style-type: none"> <li>• Difficulty concentrating or paying attention</li> <li>• Feeling slowed down</li> <li>• Feeling “foggy” or groggy</li> <li>• Problems with short or long term memory</li> <li>• Trouble thinking clearly</li> </ul>	<ul style="list-style-type: none"> <li>• Increased anxiety or nervousness</li> <li>• Increased irritability-easily angry</li> <li>• Feeling more emotional</li> <li>• Increased sadness</li> </ul>	<ul style="list-style-type: none"> <li>• Sleeping less than usual</li> <li>• Sleeping more than usual</li> <li>• (New) trouble falling asleep</li> </ul>

Most people will have one or more symptoms and symptoms may change during recovery. For example, you may have headaches and feel sick to your stomach right after the injury. A week or two after your injury you may notice other symptoms, like feeling more emotional than usual or having trouble sleeping. **Symptoms generally improve over time and most people will feel better within three to four weeks.** Keep track of your symptoms to share this information with the doctor at your Check-In Appointment.

### Preparing for My Check-In Appointment

You will be contacted by telephone (and email if you have provided an email address) within the next couple of days with an appointment date and time for your virtual Check-In Appointment with a doctor. If you have not been contacted with an appointment within 2 business days, **email [assistance@highmark.tech](mailto:assistance@highmark.tech)/ fax 1-833-333-1384**

Before your Check-In Appointment, to assist your physician in understanding how you are doing, you should complete a quick assessment on your smart device (phone or tablet) called EQ. It will ask you about your symptoms and guide you in completing six brain performance related activities that will provide valuable information to you and your health care team. It takes approximately 10 minutes to complete.

Scan the following QR code to be immediately linked to downloading the EQ mobile application from your app store. You can also type in “EQ Brain Performance” in your app store to find and install the application.



**All you need to do for now is download the app and wait to receive the invite code.**

You will be provided the invite code by phone when you are called to confirm your Check-In Appointment and by email (if provided). You will then use it to ‘Register’ on the app by entering the code. Further instructions and FAQs can be found at **[thinkahead.health](http://thinkahead.health)**



## Concussion Clinic FAQs

### Why did we start the concussion clinic?

Global Health Partners started our HealthNow Concussion Program for two reasons. Firstly, we recognized the need for timely, reliable post hospital concussion care; Secondly, after personally experiencing severe concussions and feeling at a loss for what steps to take after being released from hospital we recognized the need for a clear pathway to recovery. The clinic facilitates early and reliable follow-up with a neurologist after discharge from hospital or primary care assessment to follow up on patient status and make recommendations for a plan of care.

50% of patients still report symptoms from concussion one year post-injury. Early intervention can promote positive outcomes. The clinic provides a consistent outreach and medical connection post-discharge to coordinate appropriate intervention to support patients and optimize their recovery.

### What patients are eligible?

All patients over 12 years of age who have suspected head injuries, with or without symptoms who do not require admission to hospital can be referred for follow up.

### Do I have to change anything about my current practice?

Not at all. Physicians are encouraged to conduct the same assessment that you would normally perform on your patient. This may include imaging. The concussion clinic is designed to ensure that the patients that you discharge have consistent and specialized follow-up, without having to return to the ED or wait a long time for a referral.

### What happens after a referral is made?

It runs just like a fracture clinic or medicine rapid assessment clinic. After you fax the referral, the patient will be contacted by the clinic within 24 hours to schedule a virtual visit with a neurologist. At that time a detailed assessment will be performed. If there is a need for further follow up, this will be facilitated by the clinic and communicated to the patient. As well as to the family physician or other consultants.

### Where do I find the Referral Form?

The copies of the referral package are available in the ED, along with detailed head injury discharge instructions. The referral package has also been emailed to providers.

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## Where does follow up care occur for patients who need it?

Whenever possible, care will be provided by the same local providers that you use now. This could include local physiotherapy clinics, the patient's primary care physician, local TBI programs, etc.

For patients who require physiotherapy but who do not have coverage, the clinic will attempt to connect them with OHIP-funded physiotherapy clinics.

## Is there a cost to our hospital or to the patient?

There is no cost to the hospital or to the patient for the service. All follow up physician assessments are OHIP funded visits.

## Who developed the discharge instructions?

The discharge instructions are based on best practices for acute concussion management amalgamated from sources in the US and Canada including CDC, AANSCC, Massachusetts General ED, Mount Sinai Hospital ED, UHN ED, Parachute Canada and CASEM. The discharge instructions were reviewed and revised by the team at GHP.

## What are the qualifications of the physicians who are completing the Check-In Appointments?

The physicians completing the Check-In Appointments neurologists or physiatrists who have extensive training and experience in the assessment and management of concussions and head injuries.

## Who runs the concussion clinic?

Global Health Partners provides a range of health care services including digital health and clinical services for brain and mental health care. The founders' experience in emergency medicine and primary care led them to identify the need for a program that can facilitate a physician-to-physician follow-up referral at ED or clinic discharge for suspected head injury or diagnosed concussion, much like a referral to a fracture clinic after a musculoskeletal injury.

## What if I have more questions?

If you have any questions or suggestions on how to make the service better for our providers and our patients, please reach out to Dr. Ian Preyra at [ipreyra@globalhealthpartners.ca](mailto:ipreyra@globalhealthpartners.ca) or David Richards at [david@globalhealthpartners.ca](mailto:david@globalhealthpartners.ca)