

Increasing awareness and promoting proper management of sports related concussions.



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Thank you for your interest in Indiana Sports Concussion Network (ISCN) and the ImpACT concussion management program. ImpACT is a computer based test that evaluates how one's brain is functioning in areas like memory, reaction time, and processing speed. Indiana Sports Concussion Network is a group of physicians, psychologists, athletic trainers, athletic directors, and school personnel who are dedicated to increasing awareness about concussion and preventing the possibility for Second Impact Syndrome and other permanent brain injuries. We are very excited about this opportunity for Indiana's athletes.

ISCN has a few opportunities for you and your child. For high school athletes, ISCN is able to provide free baseline testing through the high schools. Each school wanting to participate must register with ISCN at no cost. If you have high school athletes, please encourage their school's athletic director or athletic trainer to get more information on this program.

If your child is not in high school, or your child's high school is not participating in this program, we offer another opportunity to create an individual's baseline test. For individuals ages 10 and up, parents can log on to our website and purchase a baseline test for \$5.00 per test through our secure PayPal account. Your child can take this test at home via computer and internet. These baseline tests are stored in a database online, accessible only by ISCN staff and the ImpACT Applications Inc. staff, if necessary.

If you later suspect that an athlete has sustained a concussion, the athlete should be seen by an ImpACT trained physician to take a post-injury test and receive a thorough evaluation. The results of the post-injury test are compared to the baseline results to determine the extent of the injury and the healing that has occurred. The physician will determine when the athlete's brain has completely healed and when it is safe for the athlete to return to play. The physician visits and post-injury tests are typically covered by most insurance companies, just like any other physician office visit. You can find an ImpACT trained physician participating in ISCN near you by visiting our website, [www.IndianaSportsConcussionNetwork.com](http://www.IndianaSportsConcussionNetwork.com), and clicking on "ISCN Clinicians" or visiting [www.impacttest.com](http://www.impacttest.com) and clicking on "Doctor Locator".

There are a few requirements that you must be able to provide before purchasing a baseline test.

1. Do you have a computer capable of accessing the internet? (*Dial-up is acceptable.*)
2. Does your computer have an external mouse? (*A laptop touchpad cannot be used during the test!*)
3. Do you have a quiet, well-lit room where your child can take the test without distraction for 30 minutes?
4. Will you be available to help your child provide some initial information prior to starting the test?

If you answered "yes" to all the above questions, you are ready to purchase your child's ImpACT test!

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### **Instructions for purchasing individual baseline ImPACT tests:**

To purchase a baseline test for \$5.00,

- log on to [www.IndianaSportsConcussionNetwork.com](http://www.IndianaSportsConcussionNetwork.com)
- click on “**ImPACT baseline log-in**” on the right side of the page.
- Under log-in, click on “**this link**” to be redirected to the log-in page.
- At the new site, click “**ImPACT Test Login**” on the left side of the page.
- Toward the bottom of the new page, find the PayPal “**Buy Now**” button.
- Click the button to be redirected to the PayPal site. Enter your information on the PayPal site(credit card required) or login to your existing PayPal account. Once your transaction is complete, you’ll be directed to the ImPACT test portal.
- Click “**Launch Baseline Test**”.
- The next screen will prompt you for a password: **415381E987**

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The next screens are collecting information used to categorize and store the baseline test in the online database. Your child’s information is not available on the internet and is only accessed by ISCN staff if your child suffers a concussion and a post-injury test is conducted in the physician’s office.

Assist your child with filling in the correct information regarding school (choose “other” if correct school not listed), height, weight, school year, sport, previous concussions, etc. Let your child fill in the “Current Symptoms and Conditions” pages. Remind your child to focus on things they are feeling at that moment. If your child is experiencing a symptom, tell him/her to click the number that best describes how intense/severe the symptom is; 1 is the most mild, while 6 is the most severe. After your child has completed the symptoms questions, you’ll be instructed to click “Next” to begin the test.

At this point, instruct your child to read the directions twice very carefully for each section. During the test, the instruction pages are not timed or scored. All other parts of the test are calculated by the computer including: time to answer questions, mouse movements, correct and incorrect answers, delay between submitting answers, etc.

The test is difficult and your child will miss some questions. Encourage him/her not to get upset or fret over an incorrect answer; just move on to the next question. Also remind your child that he/she should not try to do poorly on purpose in hopes of creating a low baseline test. The computer can detect such activity and will mark the test as “invalid”; an invalid test is not much good to your child if he/she becomes injured.

Email us at [concussion@methodistsports.com](mailto:concussion@methodistsports.com) if you have any questions before or after the test. We can generally reply to your inquiry within one business day. If you later suspect your child has suffered a concussion, please have your child evaluated by a clinician trained in concussion management. *\*NOTE\* Do not have your child retake the baseline test online!* A different version of the ImPACT test must be administered after an injury. Visit our website for more information.