Toronto abi Network

Acquired Brain Injury Clinics

- Holland Bloorview Kids Rehabilitation Hospital: Concussion Clinic
- Sunnybrook Health Sciences TBI Clinic
- St. Michael's Head Injury Clinic and Psychiatry Clinic
- Community Head Injury Resource Services (CHIRS): Neuropsychology Clinic

Presenters:

- Nick Reed, Clinician Scientist and Occupational Therapist , Holland Bloorview Kids Rehabilitation Hospital – Concussion Clinic
- Elke McLellan, Clinic Coordinator and Occupational Therapist, Sunnybrook Health Sciences Centre
- Andrea Dermody, Social Worker, St. Michael's Hospital
- Shobha Orlando, Intake Coordinator, Community Head Injury Resource Services (CHIRS)

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CONCUSSION CENTRE

Holland Bloorview
Kids Rehabilitation Hospital

Concussion
Centre

Program Overview

- We focus our efforts on **6 key spokes including**: Clinical services, research, education & training, advocacy & awareness, commercialization and community partnerships

- We focus our services and resources on **youth between 5-18 years of age and their families from across Ontario**, both pre-injury and post-concussion.

- We also provide education, awareness, policy development and **support to other stakeholders** including sports organizations, teachers, coaches, trainers, and the medical community.

Our Clinical Services

1. Persistent symptoms clinic
2. 'Concussion & You' – Education and support sessions
3. Intervention Research
4. High Risk Early Care Clinic

Our Clinical Services

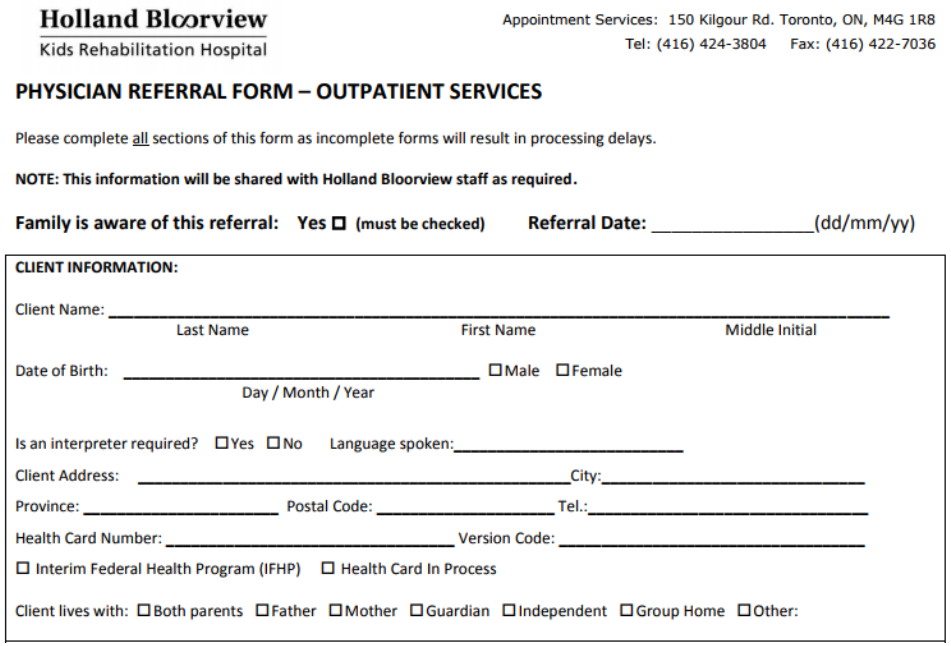
1. Persistent symptoms clinic

- Inclusion:
  - Youth with persistent concussion symptoms = > 4weeks
  - If child a child is unable to return to meaningful activities (school, sport etc.)
- Individualized services depending on child/family goal and priorities
- All services are covered by OHIP and may include:
  - Neurologist and/or Developmental Pediatrician *(12 new assessments/month across three physicians)*
  - Occupational Therapy *(0.5 FTE)*
  - Physiotherapy *(0.4 FTE)*
  - Social Work *(0.5 FTE)*
  - Neuropsychology *(6 appts/month)*

Our Clinical Services

1. Persistent symptoms clinic

- Requires a physician referral



Holland Bloorview
Kids Rehabilitation Hospital

Appointment Services: 150 Kilgour Rd. Toronto, ON, M4G 1R8
Tel: (416) 424-3804 Fax: (416) 422-7036

PHYSICIAN REFERRAL FORM – OUTPATIENT SERVICES

Please complete all sections of this form as incomplete forms will result in processing delays.

NOTE: This information will be shared with Holland Bloorview staff as required.

Family is aware of this referral: Yes ☐ (must be checked) **Referral Date:** _____(dd/mm/yy)

CLIENT INFORMATION:

Client Name: _____
Last Name First Name Middle Initial

Date of Birth: _____ ☐Male ☐Female
Day / Month / Year

Is an interpreter required? ☐Yes ☐No Language spoken:_____

Client Address: _____City:_____

Province: _____ Postal Code: _____ Tel.:_____

Health Card Number: _____ Version Code: _____

☐ Interim Federal Health Program (IFHP) ☐ Health Card In Process

Client lives with: ☐Both parents ☐Father ☐Mother ☐Guardian ☐Independent ☐Group Home ☐Other:

Wait time:
currently approx. 3 months

***Need other ways to provide kids/families with 'something meaningful immediately'**

Link to referral form:
http://hollandbloorview.ca/programsandservices/concussioncentre/concussionservices/clinicalservices

Our Clinical Services

2. ‘Concussion & You’ – Education and support sessions

- Help youth and families make a plan for recovery
- Energy conservation and return to life strategies
  - No cost
  - No wait
  - No referral needed
- Offered 6 times per week (day and evening) in person and live-webinar
- Opportunity to learn more about clinical services and research studies

Link to register: www.hollandbloorview.ca/concussionandyou

Our Clinical Services

3. Intervention research

A lot of research opportunities!

- Help contribute to our understanding of how to best help youth with concussion

- Intervention-based studies (can support clinical care)
  - Using low/moderate exercise as treatment
  - Youth 10 to 18 years with concussion and symptoms for > 2 weeks
  - 6 week intervention

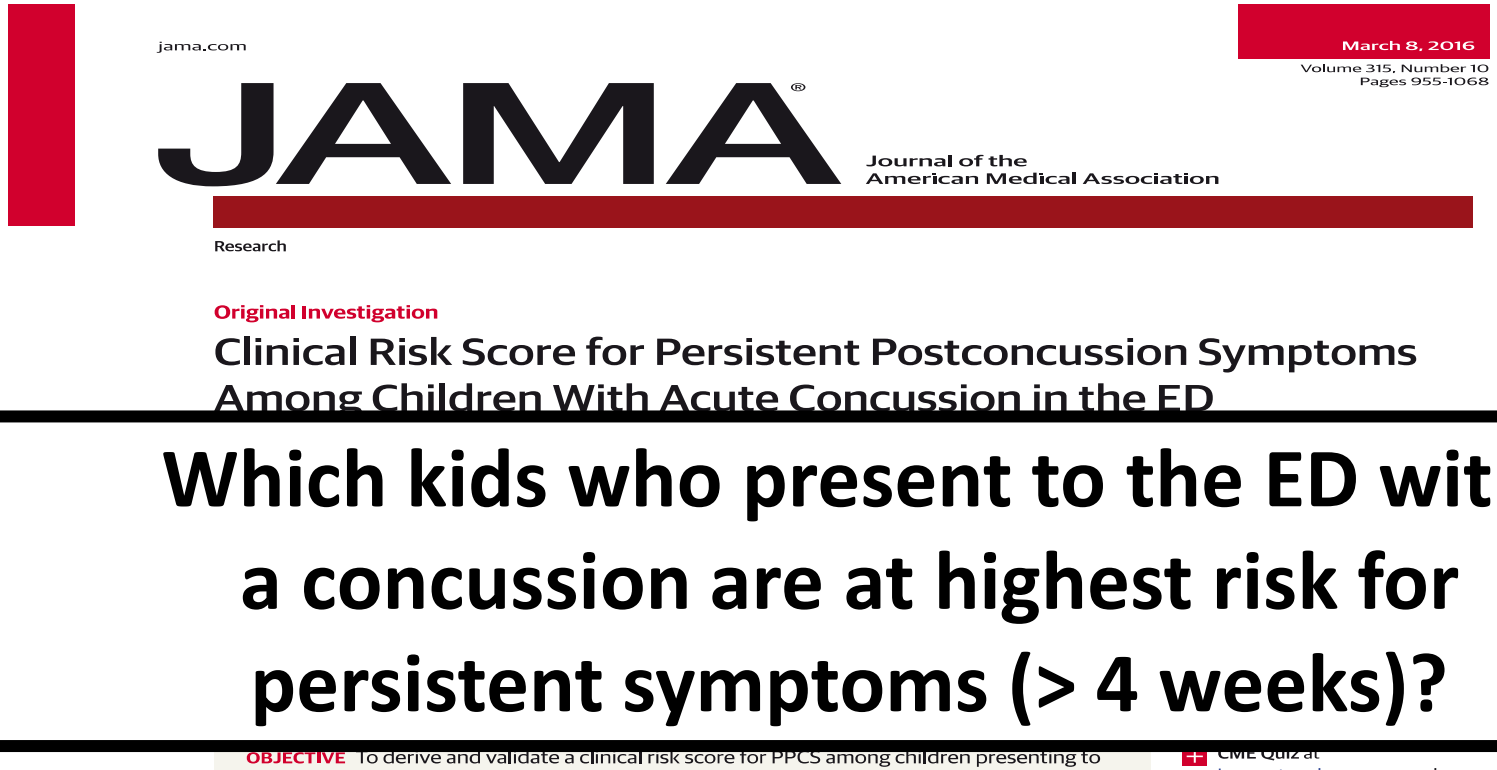
Link to Holland Bloorview Participate in Research Page : https://research.hollandbloorview.ca/ResearchProjectDetail?prid=5e3d3abf-71d7-4a2a-93c5-e2e225e2430b

Our Clinical Services

4. **High-risk early care clinic**
   - New collaboration between Sick Kids and Holland Bloorview
   - Provides access to medical and rehabilitation services at Holland Bloorview for kids who present at Sick Kids with **an acute concussion and are considered at 'high risk' for developing persistent post-concussion symptoms**
   - Referral stream uses clinical risk score developed by research conducted at CHEO (Dr. Roger Zemek)

Our Clinical Services

4. High-risk early care clinic



jama.com

JAMA® Journal of the American Medical Association

March 8, 2016
Volume 315, Number 10
Pages 955-1068

Research

Original Investigation

Clinical Risk Score for Persistent Postconcussion Symptoms Among Children With Acute Concussion in the ED

Which kids who present to the ED with a concussion are at highest risk for persistent symptoms (> 4 weeks)?

OBJECTIVE To derive and validate a clinical risk score for PPCS among children presenting to the emergency department.

DESIGN, SETTING, AND PARTICIPANTS Prospective, multicenter cohort study (Predicting and Preventing Postconcussive Problems in Pediatrics [5P]) enrolled young patients (aged 5-<18 years) who presented within 48 hours of an acute head injury at 1 of 9 pediatric emergency departments within the Pediatric Emergency Research Canada (PERC) network from August 2013 through September 2014 (derivation cohort) and from October 2014 through June 2015 (validation cohort). Participants completed follow-up 28 days after the injury.

CME Quiz at jamanetworkcme.com and CME Questions page 1050

Risk Factor	Categories	Points
Age Group	5 to 7 8 to 12 13 to 18	0 1 2
Sex	Male	0
Fatigue	No	0
Total		/12

3 or less points = LOW risk

4 to 8 points = INTERMEDIATE risk

9 or more points = HIGH risk

Can support more accurate consultation with patients/families!

PLAN: referral by Sick Kids ED to Holland Bloorview if 'HIGH risk' (to be seen quickly and no cost)

Zemek et al. (2016). JAMA, 315(10)

Our Clinical Services

1. Persistent symptoms clinic
2. ‘Concussion & You’ – Education and support sessions
3. Intervention Research
4. High Risk Early Care Clinic

Learning – Growing – Evolving

Help kids (and families) with concussion

do the things they need, want and love to do!

Thank you for all you do
&
Thank you all for listening!

Email: nreed@hollandbloorview.ca
Web: hollandbloorview.ca/concussion
Twitter: @KidsConcussion @DrNickReed

Toronto abi Network

THE MILD TO MODERATE TRAUMATIC BRAIN INJURY CLINIC

Sunnybrook
HEALTH SCIENCES CENTRE

Who Are We?

The clinic utilizes a multi-disciplinary, person-centred, evidence-based approach for the early assessment and management of individuals who have a suspected or diagnosed mild to moderate traumatic brain injury.

Team Members:

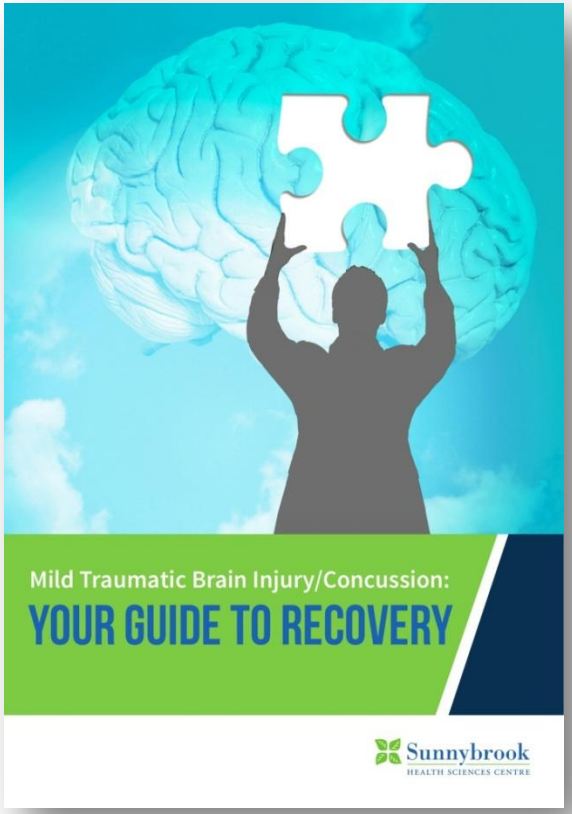
- Neuropsychiatrist
- Youth psychiatrist with an interest in TBI
- Physiatrist
- Clinic coordinator with clinical background in occupational therapy

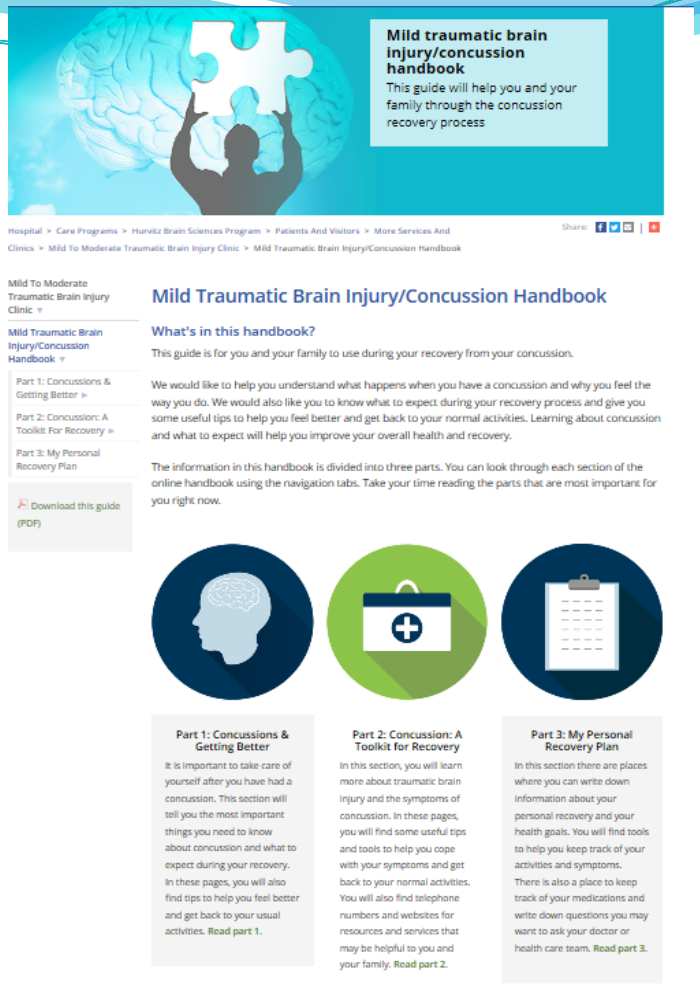
Access to other hospital clinics and services (e.g. neurology, neuro-imaging, otology, vestibular therapy, neuro-opthalmology, headache clinic, sleep clinic, Mindfulness clinic, other outpatient mental health services, etc).

Research

What We Do

- Assessment, diagnosis and management of TBI symptoms
- Early detection of risk factors that may prolong recovery
- Prioritize concerns and formulate a plan of treatment (e.g. pharmacological and non-pharmacological management, additional investigations, referrals to specialists and clinics, etc.)
- Referral to community supports and services (OHIP and third party-funded)
- Education about recovery, symptoms and return to activity
- Reintegration support for patients returning to work/school
- Shared care with the patient's primary care physician and rehabilitation team
- Follow up every 3 months, for up to one year





sunnybrook.ca/ConcussionHandbook

Sunnybrook
HEALTH SCIENCES CENTRE
when it matters MOST

Who to Refer

- Ages 14-65
- Mild to Moderate traumatic brain injury
- With identified risk factors for prolonged recovery and/or prolonged symptoms
- Within 3 months of injury
- Not admitted to inpatient brain injury rehabilitation
- With individual symptoms that cannot be served by single services (e.g. headache, pain, dizziness)

How To Refer

All community referrals (from external hospitals, physicians and agencies) must come through the Toronto ABI Network
Physician referral is required

ABI Community Profile Form must be completed and submitted to the Toronto ABI Network by fax. Include relevant brain injury medical, therapy and consult reports, pertinent imaging, emergency department and ambulance report (if available)

Catchment area: None

Current Wait Time for First Appointment: 2-4 months

Funding: Ministry of Health and Long–Term Care

Toronto abi Network

Sunnybrook
HEALTH SCIENCES CENTRE

How to Reach Us

Mild to Moderate Traumatic Brain Injury Clinic
Sunnybrook Health Sciences Centre
2075 Bayview Avenue
F-wing, Ground Floor, room 52
Toronto, ON M4N 3M5

Elke McLellan OT Reg. (Ont.)
Clinic Coordinator

Email: elke.mclellan@sunnybrook.ca
Phone: 416-480-4095
Fax: 416-480-4613

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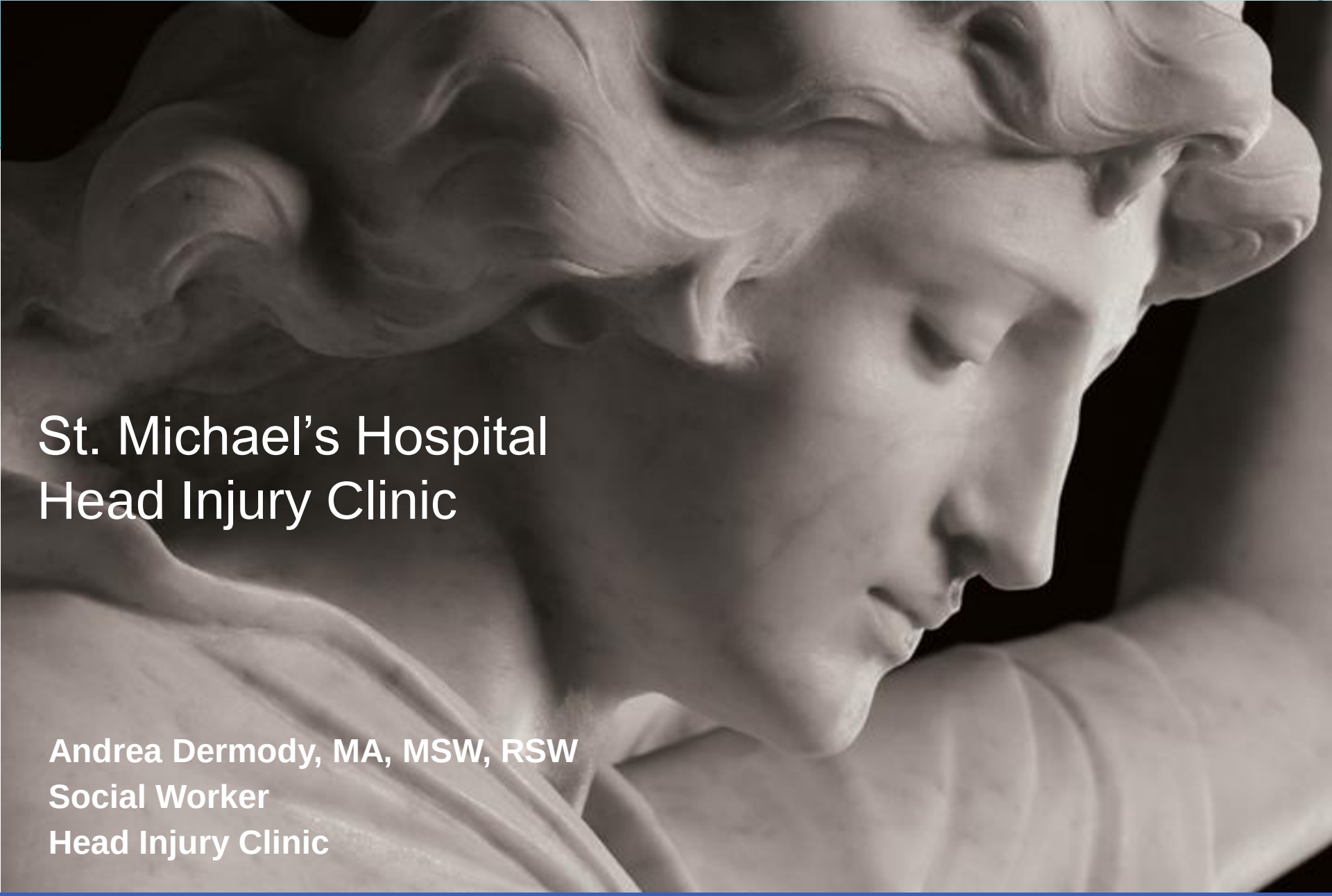
Toronto abi Network

HEAD INJURY CLINIC

St. Michael's

Inspired Care. Inspiring Science.



St. Michael's Hospital
Head Injury Clinic

Andrea Dermody, MA, MSW, RSW
Social Worker
Head Injury Clinic

Description of Program

Our goal is to work with patients to explore the management of physical, behavioural, cognitive, psychological and psychosocial symptoms following a traumatic brain (M-TBI) injury.

To provide diagnosis and consultation with a focus on treating patient's with TBI until they successfully reintegrate back into the community (e.g. school, work) and/or return to their premorbid activities.

The majority of the patient population we see are individuals with M-TBI/ concussion, however we also see patients with moderate and severe TBI.

Head Injury Clinic Program Overview

- The Head Injury Clinic (HIC) is open on and will see patient's on **Tuesdays** of each week, throughout the year, during this clinic they will be seen by a multidisciplinary team, which consists of:

  - Physiatrists
  - Neuro-otolaryngologist (ENT)
  - Neuro-psychiatrist
  - Case Manager
  - Speech Language Pathologist
  - Social Worker
  - Research Coordinators
  - Administrative Coordinator

- Dr. Bhalerao, the HIC psychiatrist, will also see patients on Mondays and Thursdays

Head Injury Clinic Program Overview

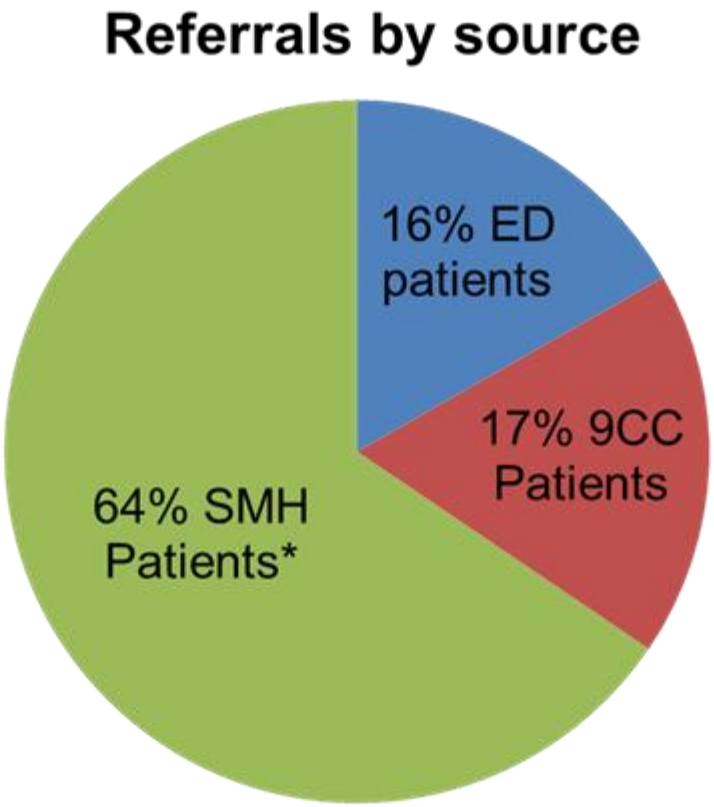
- HIC will also see individuals who present through the Emergency Department at St. Michael's Hospital in the Concussion Urgent Care Clinic (CUCC), which runs as a part of the Head Injury Clinic on Tuesdays.

- Patients for CUCC are referred by ED physician or triage nurse. The purpose of CUCC is to see ED patients, in particular those at risk of developing post concussive symptoms within 1-2 weeks of their concussion.

Admission Criteria and Eligibility

- Trauma & Neurosurgery inpatients
- SMH ED patients
- SMH family health team
- Other ambulatory clinics i.e. neurosurgery, orthopedic, plastics, trauma
- Concussion or brain injury that is traumatic in nature
- Post injury - 1 year or less
- Minimum age 18 years or older
- Individuals who receive inpatient or outpatient ABI rehab receive follow up from other hospital facilities are ineligible for HIC services in order to avoid duplication of services

Where do our patient's come from?



- 1732 patients visits from April 2016 to March 2017

Services Offered at the Head Injury Clinic

- Interdisciplinary team: four physiatrists, a neuro-otolaryngologist, a neuropsychiatrist, a case manager, a speech language pathologist, a social worker and research coordinators.

- Evidence-based approaches for early assessment, diagnosis and management of physical, cognitive, psychological and psychosocial/behavioral symptoms following mild to moderate traumatic brain injury. We also offer:
    - Assessment and treatment of Benign Positional Vertigo (BPV)
    - Dix–Hallpike Test (performed to diagnose BPV) and Particle repositioning Maneuver (to treatment)
    - Group therapies – Acceptance and Commitment Therapy, Mindfulness, Thrivership Support Group.
    - Individual Counselling***

- Resource and service navigation pertaining to TBI services in hospital and community settings, both insured and private.

Discharge Criteria

- Discharge is determined at discretion of the treating physician and HIC team.

Indicators of discharging a patient:

- When patient has reached maximum recovery
- Patient has treatment team in place
- Patient has returned to premorbid activity level.

THANK YOU

Questions? Comments?

Contact:

Andrea Dermody
Social Worker
dermodya@smh.ca

Toronto abi Network

CHIRS
NEUROPSYCHOLOGY
ABI CLINIC

Community Head Injury Resource Services of Toronto (CHIRS)

OVERVIEW OF NEUROPSYCHOLOGY ASSESSMENT CLINIC

The CHIRS Neuropsychology Assessment Clinic provides clinical services, education and training, and clinical research related to the assessment and treatment of individuals 18 years and older with complex mild to severe brain injuries.

- Specialized practice offering evaluation and intervention to individuals with complex co-occurring conditions such as serious mental illness and substance use.

- We provide practical reports designed to be easily interpreted by clients and families and readily translated into service and care plans.

- Our Clinic staff is made up of experienced in-house neuropsychologists, a coordinator, a clinical post doctoral fellow, and administrative support.

- The Clinic is led by Dr. Carolyn Lemsky, a board certified neuropsychologist who has over 25 years of experience in providing rehabilitation and assessment services in medical-legal, inpatient, and community-based settings serving people living with the effects of neurological disabilities. Dr. Lemsky has been the clinical director of CHIRS since 1998. She is also the director of the Substance Use and Brain Injury Bridging Project (SUBI).

ADMISSION CRITERIA

- Minimum 18 years or older
- Have a history of trauma sufficient to suspect complicated mild to severe brain injury
- Have had no neuropsychological testing in the past 2 years unless there have been notable changes in cognitive function, personality and/or activities of daily living
- Live within CHIRS geographic catchment area (Toronto or York Region)
- Minimum 1 year post injury

FEE STRUCTURE

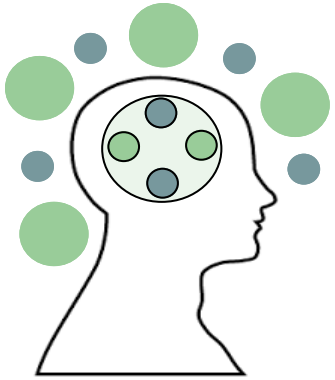
- Subsidized and Fee for Service
- Fee for Service clients who live outside of catchment area can access this service

WAIT TIMES

- Vary depending on availability

NEUROPSYCHOLOGY ASSESSMENTS ARE DESIGNED TO:

- Identify possible challenges with brain functioning
- Define cognitive strengths and weaknesses
- Clarify ABI diagnosis
- Guide rehabilitation, educational, vocational or other services and make recommendations to other health care providers and family members



Community Head Injury Resource Services of Toronto (CHIRS)

WHEN TO REFER

- **A change in cognitive abilities, personality, or behaviour**
- Difficulties with learning, remembering, and applying information
- Increase in disinhibition, impulsivity, or inappropriate behaviour

- **A change in the client's ability to independently carry out activities of daily living**
- For example: difficulties managing finances or daily activities

- **Concern about client safety, degree of supervision required, and/or ability to make important decisions**
- Examples include, vulnerability in the community, risk while cooking, capacity to make decisions, etc.

HOW TO REFER

- Subsidized clients without third party funding should refer via the Toronto ABI Network

  (A completed ABI Community profile and relevant brain injury medical and consult reports must be included and submitted to the Toronto ABI Network by fax)

- Fee-for-service clients with private or third party funding should refer directly to CHIRS

To request further information about our neuropsychological assessment services, please contact :
Maria Pacini, Clinic Coordinator at 416-240-8000, ext. 288
MariaP@chirs.com

Referral Process

- The ABI Community Profile referral form can be found on our website http://www.abinetwork.ca/uploads/File/ABI_Community_Profile_Master.pdf
- Referrals require an ABI diagnosis, medical and rehab documentation.
- The referral form is updated often, be sure to note if you are using the most recent version
- Seeking advice about an appropriate referral?
  - 1) Contact Referral Coordinator to discuss
  - 2) Review the following document online- http://www.abinetwork.ca/uploads/File/Program_Descriptions_Master.pdf

Toronto abi Network

Toronto abi Network

Contact Information

info@abinetwork.ca

416-597-3057

To receive updates on future events visit:
http://www.abinetwork.ca/subscribe