Recovering from my concussion: Interprofessional care for mTBIs
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Joint statement from AOA sports vision, vision rehab and TBI task force

- According to the CDC, 1 in every 225 Americans sustain a TBI each year. From infants to the elderly, athletes and non-athletes, these people are members of our patient base. Based on these numbers, roughly 2 of your patients may have symptoms of a concussion each month.

- A mild traumatic brain injury may occur from any bump, blow or jolt to the head or body.

- These patients often present with headaches, balance problems, or even just say “Hey doc, I’m not feeling so well”. They may have difficulty with reading and concentration that stem from undiagnosed accommodative disorders. A high percentage of these patients will also have problems sustaining convergence. Without your involvement, these conditions can go untreated. This unnecessary prolonged recovery can lead to increased time away from school or work.

- Unresolved symptoms of mTBI can cause mental and behavioral health issues.

- Doctors of optometry have the ability to detect, identify, treat and sometimes refer these individuals to the care that they need to improve their quality of life. As the AOA works to gain optometry interprofessional recognition of what we bring to the table, it’s our responsibility to provide the care that is necessary to help our patients.

- If you would like to learn more about ways to help this growing patient population, click the link below.

Disclosures

Alcon- consultant and faculty (PVA-Ft. Worth and AIA- John’s Creek)
FitLight- Consultant
Sports Vision Pros- Advisory Board and Faculty
AOA- Chair, Sports and Performance Vision

June 25, 2018
The symptoms I knew to ask...

- Headaches
- Nausea
- Light sensitivity
- Blurri Vision
- Dizziness
- Feeling like you’re in a fog
- Feeling you’re easily visually overwhelmed (Grocery store)

Although not my most prevalent symptom, for many it will be...
The symptoms I knew to ask...

- Headaches?
- Nausea?
- Light sensitivity?
- Sound sensitivity?
- Blurry Vision?
- Feeling you're in a fog?
- Difficulty with speech?
- Feeling you're easily visually overwhelmed?
- Difficulty sleeping?
- Mood shifts?

Visual Midline Shift Syndrome?
Egocentric localization Dysfunction?

1. Feel Unsteady
2. Loose their balance
3. Dizzy

___________________________actual center___my center________________
The symptoms I knew to ask...

- Headaches?
- Nausea?
- Light sensitivity?
- Sound sensitivity?
- Blurry Vision?
- Difficulty Sleeping?
- Mood Shifts?
- Feeling usually overwhelmed (Grocery Store)
- Dizziness?
- Difficulty with speech?
- Feeling like you’re in a fog?
- Difficulty Sleeping?
- Mood Shifts?
- Feeling usually overwhelmed (Grocery Store)
- Dizziness?
- Speech problems?

When driving my Buick Millennium Falcon

The symptoms I knew to ask...

When scrolling on a computer or phone...
The symptoms I knew to ask...

- Headaches?
- Nausea?
- Light sensitivity?
- Sound sensitivity?
- Blurry Vision?
- Dizziness?
- Feeling Visually overwhelmed?
- (Grocery Store)
- Difficulty Sleeping?
- Mood Shifts?
- Feeling like you're in a fog?
- Speech problems?
- "Fog"
  - Memory
  - Concentration
  - Ability to think quickly on my feet
  - Speech
  - Disorganized

Was this really only an mTBI?

- The **INTANGIBLES** impacted me the **MOST**

3 months later.... Still not ready for airtime

Baseline Righteye 2017
1 day out

2 days out

3 days out - came in late after taking the morning off

1 month out - wearing MF CLS

A few days later - bad day tech talking to me vs not

A “bad day at work” in August
The day I was a “doctor”

In September tried my old CLs

November improvements

3 days ago (over 7 months post injury)....

The Concussion Interprofessional Team

- Sports Med based internist (MD/DO)
- Psy.D
- Doctor of Physical Therapy
- Doctor of Optometry

Sports Medicine DO/MD
Neuropsychologist (Psy.D.)

- Impact testing
  - 25 min online
  - Attention span, working memory, sustained and selective attention, non-verbal processing and rx time

- Finding some "Headspace"

- Diet
  - Keto
  - Omegas

- Not always the AT is first point of contact...

Doctor of Physical Therapy

- Often brought into the picture if there is post concussion syndrome. He defined this as having one component maybe keeping them from getting better. They may be sent over at the 10-21 day mark.
- Performs Musculoskeletal and exertion tests. Will give parameters to gradually get them to where they were - to be re-conditioned.
- Soft Tissue and joint mobilization techniques - often for whiplash symptoms
- Billable through medical
- Typical to be seen for a month- 45 minute sessions
- No masters - must be doc of PT
- Member of BCA- Broward County Athletic Association.

Doctor of Physical Therapy

- **Majority will have an ocular complaint- may resolve themselves in a couple weeks.**
- He performs Ocular range of motions, VOMS, NPC, Cover test and will try to decipher vestibular vs ocular symptoms
- Convergence issues get push ups
- Halp pike tiki- vestibular bilateral - shifts in semi-circular canals
- HEP- home exercise program to go.
Slow but steady….

- Headaches?
- Nausea?
- Light sensitivity?
- Sound sensitivity?
- Blurry vision?
- Dizziness?
- Feeling like you’re in a fog?
- Feeling you’re easily visually overwhelmed?
- Difficulty with speech?
- Difficulty sleeping?
- Mood shifts?

Forever a patient, doctor advocate and student

- Opened my eyes to how important we are for these patients
- Resources:

Thank You!! AmandaNanasy@gmail.com