

## Three things a family physician can do about concussion (session #104)

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### List of links and tools:

Recent CFPC statements on concussion:

[http://www.cfpc.ca/Concussions\\_Position\\_Statement/](http://www.cfpc.ca/Concussions_Position_Statement/)  
<https://policybase.cma.ca/en/permalink/policy14023>

CFP article:

<https://www.cfp.ca/content/cfp/65/3/198.full.pdf>

Berlin consensus :

<https://bjsm.bmj.com/content/51/11/838>

SCAT 5:

<http://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097506SCAT5.full.pdf>

Canadian guidelines on concussion in sport:

<https://parachute.ca/en/professional-resource/concussion-collection/canadian-guideline-on-concussion-in-sport/>

INESSS information document:

[https://www.inesss.qc.ca/fileadmin/doc/INESSS/Rapports/Traumatologie/INESSS\\_pamphlet\\_Mild-traumatic-brain-injury.pdf](https://www.inesss.qc.ca/fileadmin/doc/INESSS/Rapports/Traumatologie/INESSS_pamphlet_Mild-traumatic-brain-injury.pdf)

How to manage your energy (AQMSE):

<https://aqmse.org/wp-content/uploads/2019/03/feuillecommotion-cerebralev1-en-1.pdf>

Sport specific return-to-sport protocols:

<https://parachute.ca/en/professional-resource/concussion-collection/concussion-protocol-resources-for-sport-organizations/>

Clearance letter from Canadian guidelines:

<https://parachute.ca/wp-content/uploads/2019/06/Medical-Clearance-Letter.pdf>

Clearance letter from AQMSE:

<https://aqmse.org/wp-content/uploads/2019/02/aqmseautorisation-medicale-eng.pdf>

ONF Guidelines:

<https://braininjuryguidelines.org/concussion>  
<https://braininjuryguidelines.org/pediatricconcussion>