



Institut de recherche
sur le cerveau

Brain and Mind
Research Institute

CONNECT.EXCITE.HEAL.



August Edition

Guiding Concussion Care with Research

As the fall is fast approaching, hockey season is right around the corner! For day one of the August edition, we are sharing concussion prevention recommendations for hockey put forth by uOBMRI member Dr. Kristian Goulet.

In their recent publication, Dr. Goulet and co-author Dr. Suzanne Beno discuss the age at which body contact in hockey should start and lay out recommendations for health care providers and policy makers.

The article also outlines important information for the diagnosis, assessment, treatment, and prevention of pediatric concussion. Read the article [here](#).

Preventing Concussion:

Recommendations for body contact in hockey

Schools and sports organizations are encouraged to establish, update, and enforce policies with the aim to:

- Prevent, identify, and manage concussion.
- Prevent bodychecking in all recreational hockey leagues and play.
- Prevent bodychecking in competitive hockey leagues before players are 15 years of age.

DR. KRISTIAN GOULET

*Medical Director, CHEO Concussion Clinic;
Pediatrician, Community Pediatrics, CHEO; Assistant
Professor, Faculty of Medicine, University of Ottawa; uOBMRI*



The TRANSCENDENT Study

Dr. Roger Zemek's uOBMRI-funded team receives Ontario Brain Institute funding to pursue innovative project.

*Transforming Research by **Assessing Neuroinformatics** across the **Spectrum of Concussion** by **Embedding iNterdisciplinary Data-collection** to **Enable Novel Treatments***

TRANSCENDENT will:

- **Build** a world-leading registry of interdisciplinary concussion data.
- **Explore** novel diagnostic, prognostic, and therapeutic tools to address concussions.
- **Incorporate** discoveries into living concussion guidelines.
- **Educate** the general public about concussion prevention and intervention.

For day 2 of the August edition, we are delighted to announce that Dr. Roger Zemek's team has been awarded over 5 million dollars from the Ontario Brain Institute to pursue a project that will change the future of concussion research.

The uOBMRI has been proud to support Dr. Zemek's team and their research, and we are cheering them on as they continue to push the boundaries of concussion research. Stay tuned for tomorrow's post for another exciting announcement!

We are thrilled to share that the newest revision of the Living Guideline for Concussion website is now available! This effort was supported by the uOBMRI and led by Dr. Shawn Marshall.

New Living Guidelines for Recovery from a Concussion

“With the exponential increase in research on concussion diagnosis and management, the transition of this Guideline from being updated every 5 years to being updated every 6 months in the form of a Living Guideline is important. This will provide trustworthy, up-to-date information to primary care providers as well as their patients.”



- Dr. Shawn Marshall,
*Physiatrist & Division Head of Physical
Medicine and Rehabilitation at the University of
Ottawa and The Ottawa Hospital*

These living guidelines are designed to be used by health care workers and the public to aid in the diagnosis, assessment, and management of symptoms following a concussion. [Visit the website here.](#)