

# The Effects of Clinical Practice Guidelines for the College Student with Mild Traumatic Brain Injury on University Academic, Recreational and Legal Departments

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## Abstract

A clinical practice guideline for mild traumatic brain injury (mTBI) in a university health center standardized care of the entire student body in academic as well as recreational settings.

## Background

- **Mild traumatic brain injury (mTBI) or concussion can affect quality of life including academic and social goals of the college student**
- **Large university with 24 hour care and 20,000 patient visits/year**

## Objectives

- 1. Define the diagnosis and management of concussion (mTBI)**
- 2. Define management of the concussed patient**
- 3. Identify an assessment tool and patient education materials created by the DNP team**

## Methods

- **Customization of mTBI assessment tool and patient education materials**
- **Educational intervention for staff on use of tools**
- **Implementation of clinical practice guidelines established**

## Results

### Clinical practice guidelines:

- **Assessment tool for all head injuries**
- **Disposition : ER transfer or admission to health center and appointment with provider**
- **Patient Education:**
  - Brain rest /return to activities
  - Office of disability services immediate contact for academic accommodations
  - Follow up weekly with provider
  - Referrals ; persistent symptoms

## Results

- **Collaboration with Departments outside the student health center**
- **Office of disability services**
- **Academic departments**
- **Student life activities**
  - Extracurricular groups
  - Club and intramural sports programs
- **University Counsel finalizing concussion policy**

## Conclusions

**The standardization of care of the mTBI student can help guide the academic and social goals of the college student .**