

At Home Instructions

AT-HOME CONCUSSION ImPACT BASELINE TESTING EXPLANATION AND INSTRUCTIONS

As part of the concussion evaluation, St. Luke's University Health Network uses a computerized assessment measure called ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) to aid in the clinical decision-making process. ImPACT is a computerized neuropsychological assessment of memory, attention, reaction time, processing speed, and post-concussion symptoms. ImPACT provides specific, objective information regarding the injury. ImPACT is only one tool in the multidisciplinary approach to the concussion evaluation. To properly assess post-injury ImPACT results, a baseline ImPACT test must be on file. These tests are regarded as privileged medical information and results are not shared with anyone besides the medical staff, unless requested by your child's treating physician.

AT HOME BASELINE TESTING

The test takes approximately 30-40 minutes to complete. If your school/organization is performing at home ImPACT testing, please read the instructions carefully, as the validity of the ImPACT test depends on them. If you have any questions or need further instruction, please reach out to your athletic trainer.

REMINDERS

When taking the ImPACT baseline test, the environment should be similar to how the athlete would take a post-injury test, should a concussion be suspected or need to be ruled out. To help create this standardization, please follow these instructions:

1. The test should be taken in a quiet, distraction-free environment. This means no earbuds, no cellphone use, etc... during the test.
2. The test should be taken on a computer. If taken on a laptop, do not use the trackpad, instead, PLEASE USE THE MOUSE.
3. Be sure to have a secure internet/WIFI connection.
4. If applicable, the test should be completed before any strenuous exercise or at least 3 hours after strenuous exercise.

If your code will not work, enable pop-ups on your browser. If your test freezes for more than one minute, try refreshing your page. If this does not work, you will have to restart the test. If you do not have a strong WIFI connection, consider using an Ethernet cable or taking the test on a desktop if possible. If a baseline test is deemed invalid, the athletic trainer will have the athlete retake the test.

Part of the test relies on seeing colors. If your child has a color vision deficiency or color blindness and you think it will alter the results of the test, please email the athletic trainers, as we use an alternate baseline concussion test.

STARTING THE ImPACT TEST

1. Open your browser, enter the website:
www.impacttestonline.com/testing
2. Warren Tech Access Code. **AZYV8QSNXT**
3. Click **VALIDATE**
4. Click the box **SELECT AN ORGANIZATION** and scroll down until you see the name of your school/organization.
5. Click **LAUNCH BASELINE TEST**
6. The test has now started.
 1. When you get to the slide that asks if you would like to skip or enter demographic, click ENTER DEMOGRAPHICS.
 2. Give your best answer for CURRENT POSITION/EVENT/CLASS (ie. point guard in basketball, swimming event(s), flyer/base in cheer, wrestling weight class).

WHEN YOU HAVE FINISHED THE TEST

1. You will see a screen with your information on it and a spot on the bottom to enter your email.
2. Enter an email you have access to. That email will get a copy of the athlete's passport ID.
3. The screen will not change, simply close the browser.