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Concussions: Who's the Tough Guy?

Austin Buck

Worcester Polytechnic Institute

Matt Cannata

Worcester Polytechnic Institute

Meredith Forcier

Worcester Polytechnic Institute

Matt Jankowski

Worcester Polytechnic Institute

Richard Mohabir

Worcester Polytechnic Institute

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Concussions: Who's the Tough Guy?

Austin Buck (BME), Matt Cannata (BME), Meredith Forcier (BME),
Matt Jankowski (BME) & Richard Mohabir (ME)

Advisors: Professor Jill Rulfs (Biology) & Professor Helen Vassallo (Management)

Problem Statement

The dangers of concussions and the long term side effects they present are evident, yet high school athletes ignore or play down the symptoms of a concussion which can lead to serious concern in the future.

Introduction

- Concussion: "bodily injury especially of the brain resulting from a sudden sharp jar"₁
- 1.6-3.8 million concussions occur annually in the US₁₄
- Young athletes have a higher risk for concussions and prolonged recovery time₁₂
- Testing and legislation exists for concussion protocol in all fifty U.S. states_{10,4}

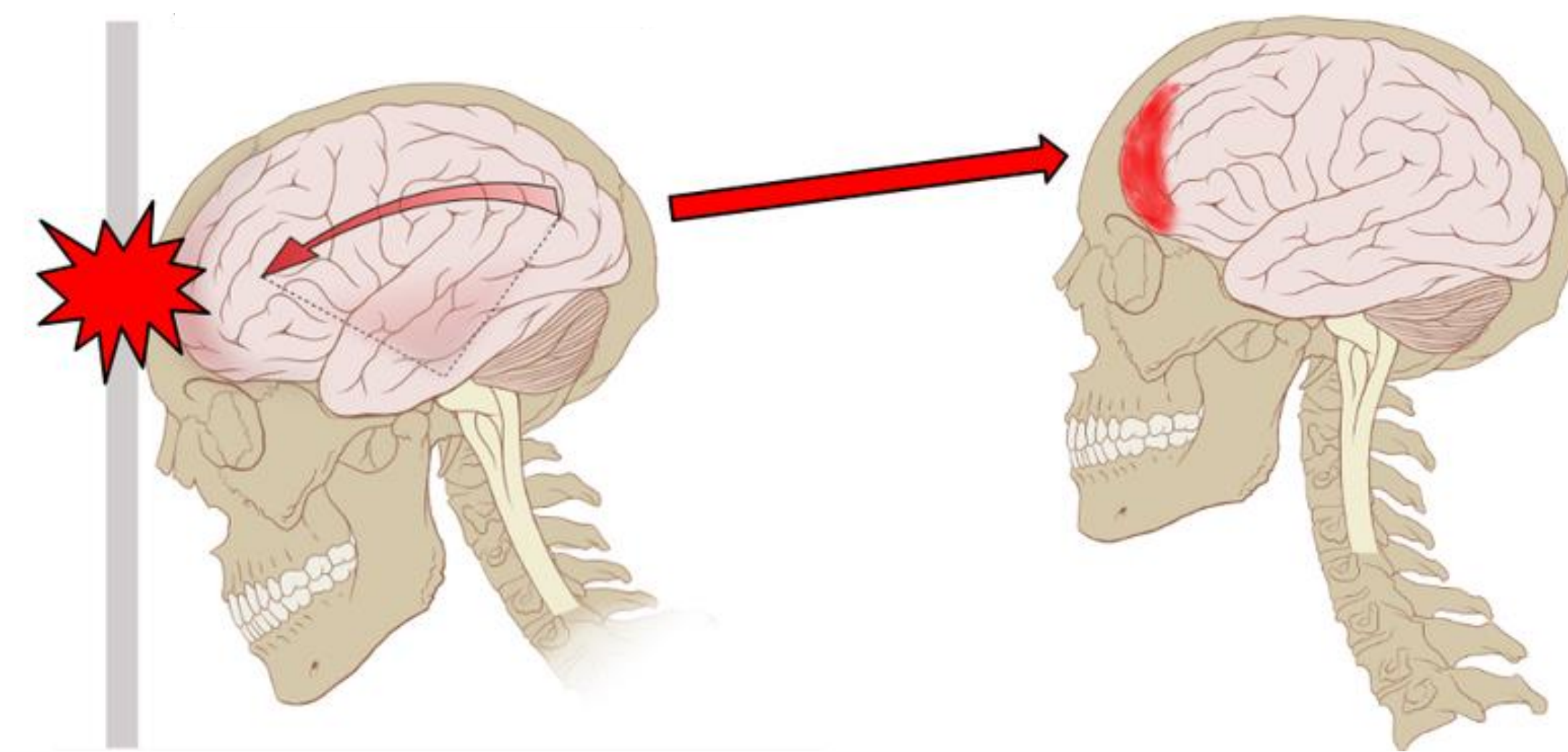


Figure 1₃

Survey Results

- About 45% of high school athletes have been diagnosed with at least one concussion₁₃
- Some experienced up to four concussions₁₃
- 46% of athletes played through a concussion or concussion symptoms (Figure 2)

Played Through a Concussion or Concussion Symptoms

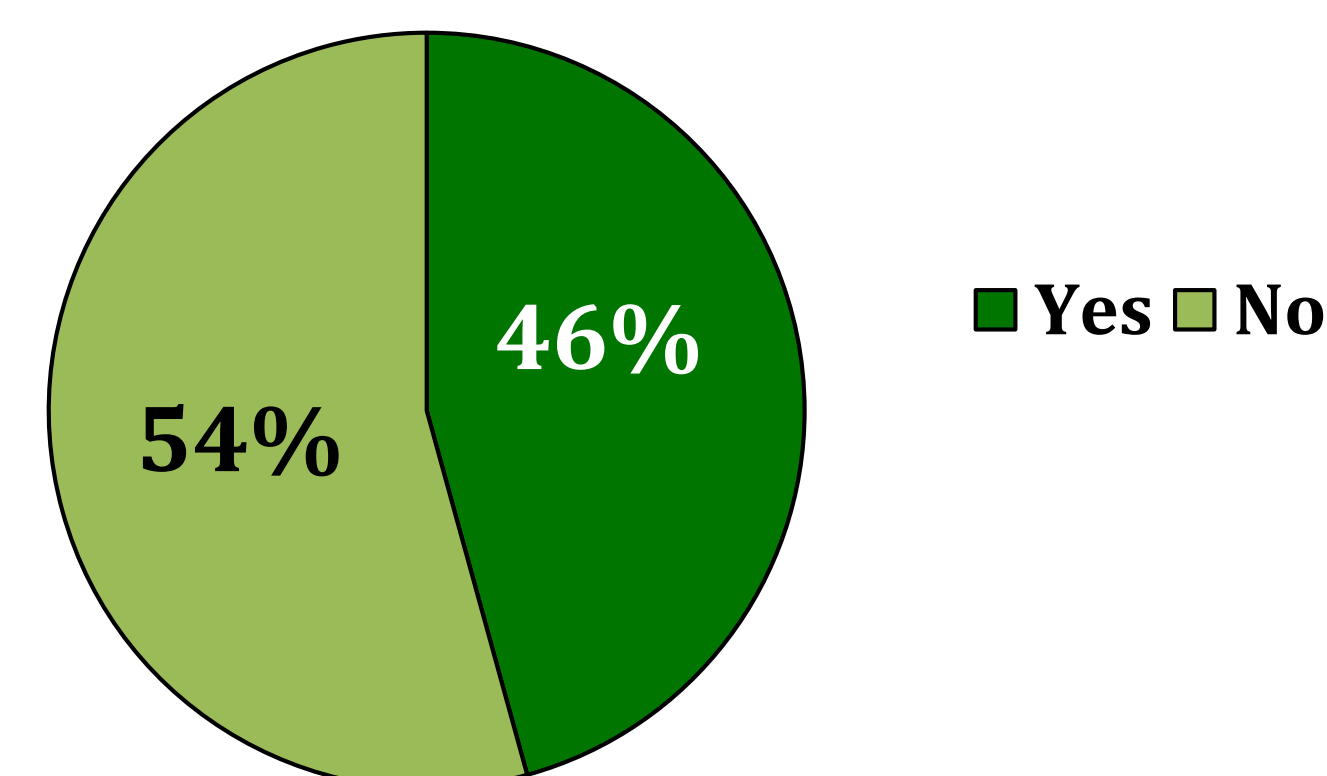
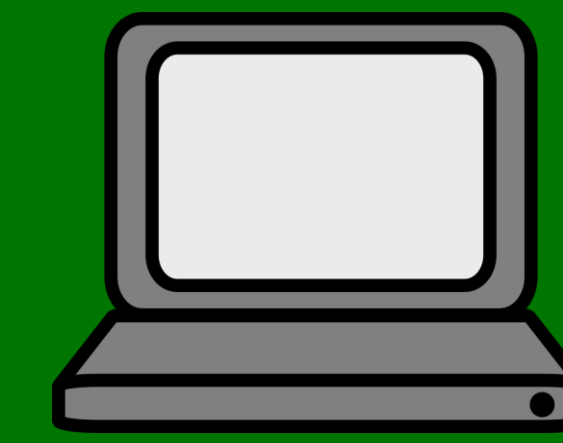


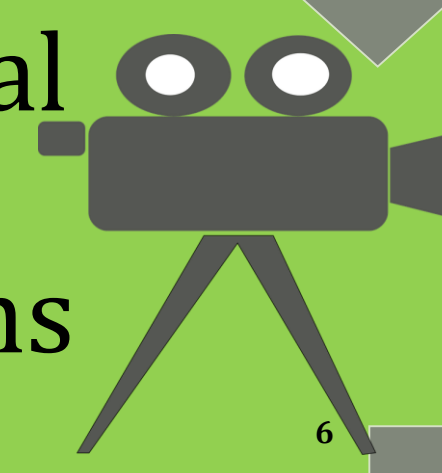
Figure 2₁₃

Approach

Survey to WPI Students to Prove Stigma Exists



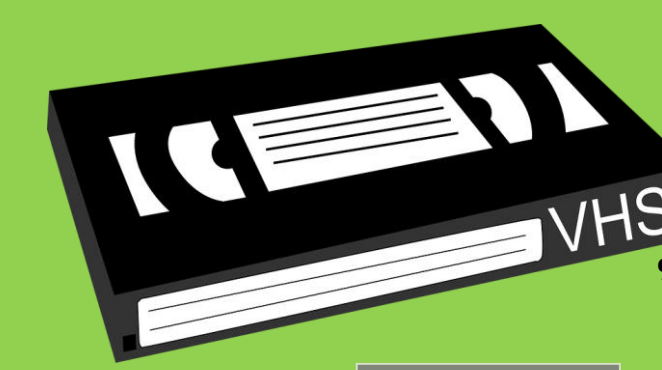
Create Educational Media: Video About Concussions



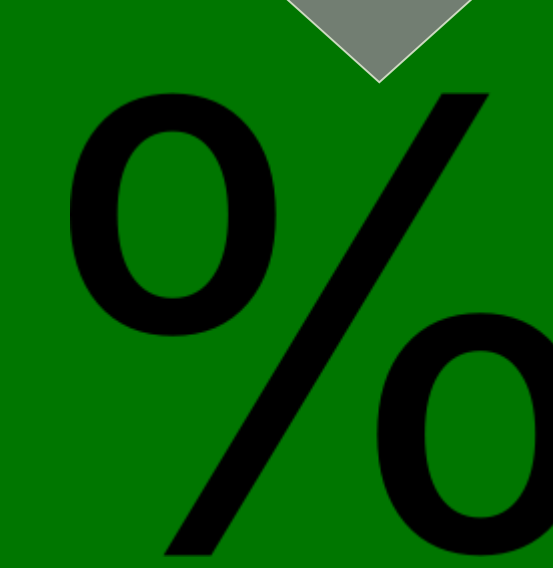
Pre-Assessment for High School Athletes During Preseason



Distribute Videos to Massachusetts High Schools



Post-Assessment for High School Athletes When Season Ends



Results

- Compare pre and post-assessments to analyze effectiveness
- Increase awareness of concussion symptoms and side effects
- Expect 60% decrease of athletes playing through concussions
 - Compared to outcomes of similar education strategies used for sex education₁₁



Figure 3

Looking Ahead

- Expand the brand!
- Reach out to other communities
- Partner with local hospitals for support and credibility
- Properly informed athletes = safer sports and brighter futures!

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