



Eric J. Freitag, Psy.D.
Program Director
Credentialed ImPACT Consultant™

East Bay: (925) 988-0569
Marin: (415) 453-2974
www.sportconcussion.com

Informed Consent for Testing/Treatment

Dear Parents and Athletes,

Welcome to the Sport Concussion Program. So that you may be fully informed about the services you are receiving, please take the time to read the enclosed information about this program. If you should have additional questions, I would like to direct you to our website at www.sportconcussion.com. If you should have further questions about your participation in the program, please contact Dr. Freitag at sportconcussion@gmail.com or (415) 453-2974.

This program will be administrated by the Mt. Diablo Memory Center and Dr. Eric Freitag. However, clinical care will be provided at the Marin Neuropsychology Center in San Rafael, CA. Dr. Freitag is a neuropsychologist and a Credentialed ImPACT Consultant™.

The Baseline Testing and Post Concussion Screenings involve tasks that measure brain-behavior relationships. This is neither intelligence nor achievement testing. This testing is not diagnostic. No invasive procedures are performed. The scores from the testing will be kept on file. There will be no formal, narrative cognitive report generated for baseline testing unless one is requested for other purposes, at an additional charge. These test results will be kept confidential and will be released only with your written consent. We are not aware of any risks associated with participating in baseline testing or post concussion screening.

Any baseline testing or post concussion screening performed is not a full cognitive or neuropsychological test battery. **You understand that a brief screening may not be as reliable nor as accurate as a full test battery in detecting neuropsychological or brain dysfunction or learning/memory disorders.** If you prefer a full neuropsychological battery, you should discuss this with the program director. Full neuropsychological evaluation is available at an additional charge or through a referral. You understand that the results of this baseline for youth athletes may not be valid for an extended period of time because of maturation and brain development and should be updated every year.

The major purpose of baseline testing is to help establish an idea of the athlete's present functioning so that if at a later date the athlete sustains a concussion, he/she can be retested to assist in medical decision-making, such as readiness to return to play, need for treatment, and the possibility of brain injury. You understand that in cases of concussion or head injury, testing beyond the basic repetition of the baseline testing may be recommended or needed to determine full extent of brain injury. If it is determined that the athlete requires a full neuropsychological evaluation and/or treatment at that time, we can assist you in making those arrangements. Additional services (e.g. comprehensive neuropsychological evaluation, cognitive rehabilitation) beyond that of baseline and post-injury concussion testing (ImPACT) will be an additional service not covered by your enrollment into this program. Your health insurance may cover additional services.

The fee for baseline testing is \$50 per school year. This amount shall be paid to the Mt. Diablo Memory Center. Post injury testing will be administered as outlined in the document "Sport Concussion Injury Management." Since baseline testing should be performed on healthy athletes, please advise the onsite clinician if you have sustained a head injury within the last two months, are sick or ill (e.g. flu), or taking medications which may affect your cognitive functioning (e.g. cold medicine).

You understand that if you sustain a concussion, you should immediately tell your coach, athletic trainer and physician. Your coach and/or school may condition your return to participation on the approval of your physician, athletic trainer, and Sport Concussion Program clinician. Their decision may be made, in part, based on the results of performance and involvement in the Sport Concussion Program. **You agree to give Dr. Freitag and/or the Sport Concussion Program permission to discuss your medical condition with the professionals involved in the your care, such as the athletic director, coaches, trainers, EMTs, doctors, nurses, etc..**

We would like you to be aware of your right to confidentiality and our commitment to safeguard that right. The patient-clinician relationship is a confidential and privileged one, and is thus protected by law and ethical code. However, there may be limits to confidentiality depending on your particular circumstance. For example, personal injury, worker's compensation, and other legal/court situations may override confidentiality. In cases in which there is a clear risk of harm to self or others or of suspected child abuse, confidentiality is limited by law. Also, we as health care professionals in this practice work as a team and may consult with one another in an effort to enhance your treatment. Please be aware that we also reserve the right to discuss your case with another expert health professional, who may not be part of practice, if we believe that such a consultation would benefit your care.

If you have been referred for neuropsychological or psychological testing, the neuropsychologist will assess the extent and type of testing that will be most useful in answering the diagnostic question. This may be done before or at the time of the first appointment, or as testing unfolds, depending on the nature of the case.

Regarding billing for post injury care, payment in full is due at the time the service is rendered unless other arrangements have been made. Information regarding fees is outlined in the "Explanation of Services" document. We reserve the right to charge an interest charge of 1 ½% per month (18% per annual percentage rate) on accounts that are greater than 30 days overdue. There is also a returned check fee. Please note that in cases in which the account has been neglected by the patient and there has been no show of good faith by the patient despite our repeated attempts toward resolution, we reserve the right to turn the account over to a collection agency. In hardship circumstances, we are available to discuss payment arrangements.

There may be times when you may receive a mailing from our office, such as an appointment confirmation, notice, bill, report, or other communication. Our mailing envelopes display our practice's name and address. If this is of concern to you, please inform our office staff in writing immediately and we will make other arrangements for mailing.

Our clinicians are available by telephone at times other than your scheduled appointment, if there is a matter that cannot wait until the next appointment. For any telephone calls which last fifteen minutes or longer, we reserve the right to charge you a fee proportionate to our regular examination rate. If you have an emergency, and you call after regular business hours or cannot reach your clinician, please call emergency services at 911 or go to your local hospital emergency room immediately.

We reserve the right to charge you for any missed appointments, or appointments that are canceled with less than 24 hours notice. In the case of a bona fide emergency, the charge will be waived. We are not responsible for your insurance or health care coverage. We strongly encourage you to clarify the extent of any coverage with your carrier. Please be advised that what your insurance provider/representative says over the phone to either you or to our office staff may not always be correct or clear. As a courtesy to our patients, we will bill your insurance carrier for you and reimbursement for services will be made directly to you. Ultimately, you are responsible for payment of the services rendered to you.

PLEASE KEEP THE INFORMATION ABOVE AND SIGN AND DATE THE FORM BELOW ACKNOWLEDGING RECEIPT. PLEASE TURN IN THE SIGNATURE FORM TO DR. ERIC FREITAG AT THE TIME OF BASELINE TESTING.

After you have read the Informed Consent for Treatment form, please sign your name and the date below indicating that you have understood and accepted what you have read. If there is a custody/guardian or other legal arrangement which requires the signature of more than one party for a Minor to receive services, you agree to take full responsibility to immediately secure the signatures of all necessary parties below before testing or treatment.

Signature of Patient if age 14 or over

PRINT PATIENT NAME ABOVE

School

Signature of Parent or Sole Legal Guardian if Patient is under 18 years of age

Date

Signature of Other Parent if joint custody of Minor

Date

Printed Parent Name

Address

Phone

Email



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EXPLANATION OF SERVICES AND FEES

Dear Parents and Athletes,

Below is some important information so that you may have a better understanding of how we charge for our services and how reimbursement will work. It is our goal to make this process as easy for you as possible so that we may focus on the recovery and healing of your athlete.

The cost of baseline testing for group organized testing is \$30. Sign up for this testing is on a first come, first served basis. If needed we may be able to arrange for an additional baseline testing day. Baseline testing is also available on an appointment basis at the Marin Neuropsychology Center or the Mt. Diablo Memory Center for \$50. This fee covers the administration of a baseline test and the storing of the patient's data. Baseline testing is not covered by health insurance. For youth athletes, it is recommended that a baseline test is performed once per year.

Billing for the assessment of sports related concussion (e.g. post injury assessment) typically falls under neuropsychological services. As a courtesy to our patients, we will bill your insurance company and they will send reimbursement directly to you. If you do not receive any payment or notice from your insurance company within 6-8 weeks, please contact your insurance company to ensure that they received the necessary paperwork.

As insurance reimbursement rates for this type of service vary greatly, payment will be due at the time of service at the rate of \$175 per hour. Typically the first meeting after an injury will last between 60-90 minutes. The doctor will explain to you at that time his findings and recommendations on how to proceed. Depending on the severity of the injury, follow up testing and consultations may be necessary, although some appointments may be just for testing and last 30-60 minutes.

We accept credit card (Visa, Master Card, American Express) and personal check made to the Mt. Diablo Memory Center. The program is administered by the Mt. Diablo Memory Center, but clinical services will be provided at the Marin Neuropsychology Center at 2154 Fourth Street, San Rafael CA 94901.

In the cases of financial need, we are able to arrange for alternate payment arrangements or reduced fees. Please discuss this issue with Dr. Freitag prior to making an appointment. Please do not hesitate to contact our office if you should have further questions.



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SPORT CONCUSSION INJURY MANAGEMENT

Step 1: Baseline Testing

Baseline testing measures an athlete's pre-injury cognitive functioning through a simple and quick computerized testing system called ImPACT™. The testing takes only 30 minutes to complete. While it is best to take the baseline test before an athlete starts their season, it can still be done at any point during the season. However, it is important to tell the test administrator if the athlete has had any sort of head injury or illness (e.g. flu) which might affect cognitive functioning.

Step 2: Post-Injury Care (What to do if an athlete sustains a concussion)

If an athlete sustains a concussion, contact your physician or emergency personal (for serious injuries) as soon as possible. If you visit your physician, inform the doctor that the athlete has received baseline cognitive testing and that you would like to receive post-injury testing to aid in monitoring recovery. We will typically want to see an athlete for post-injury testing 2-3 days after the injury. Please sign a release with your physician that will allow them to communicate medical information with our clinic.

Step 3: Contact the Sport Concussion Program/ Dr. Freitag for post injury care and testing

For the first session, the athlete and parents will first meet with the doctor to discuss the injury, any symptoms that the child may be experiencing, and what can be expected during recovery. The athlete will take the ImPACT test and post-injury results will be compared with the child's baseline scores. The first meeting will take approximately 1 hour.

Depending on the severity of the injury, the athlete will need to come back to take follow up testing to continue to monitor recovery. Typically, after the initial visit, follow-ups will occur every 5-10 days until post-injury testing scores are equivalent to their baseline scores.

Step 4: Return to Play*

Once an athlete's post-injury scores match their baseline scores and they are symptom free at rest and exertion, we will make the recommendation to the athlete's physician for a graduated return to play. Your physician may want to provide further medical clearance before supporting a return to play.

***Protracted Recovery Guidelines:** After a mild concussion, most athletes will return to baseline function within 7-10 days, although some may take 3-4 weeks to recover. Athletes that have not returned to baseline function or continue to be symptomatic after 1 month may have a condition called post-concussion syndrome. At this point, Dr. Freitag will discuss with you the possible need for a more thorough neuropsychological evaluation as well as a referral to a neurologist to provide more specific brain injury care.



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What Athletes Need to Know About Concussion

Concussion is the most common form of head injury for athletes and is associated with any number of symptoms, such as disorientation, confusion, amnesia, visual disturbance, headache, dizziness, and sometimes loss of consciousness (LOC), as well as other symptoms. It is not necessary to lose consciousness to sustain a concussion, nor to actually hit one's head. A very mild concussion can last less than 15 minutes. It is important for athletes to report concussions because the cumulative effects of repeated concussion can result in permanent intellectual and cognitive changes. We also know that youth appear to be more vulnerable to the effects of concussion.

It is now known that REST is the best treatment after a concussion and helps the brain heal faster. If the athlete is still symptomatic, forcing him or her to exert either physically or mentally will likely lengthen the recovery period. And no athlete should return to play if concussion symptoms re-surface with exertion.

Management of concussion in youth is very important to prevent a rare but often fatal brain injury called **Second Impact Syndrome**. This Syndrome may occur when an athlete suffers a mild concussion and then within a short period of time (usually within one week) receives a second blow to the head. Rapid brain swelling can occur as the brain has not yet healed from the first hit. Increased intracranial pressure, if uncontrolled, can lead to death or severe neurological damage.

When concussion symptoms persist, especially after repeated or successive concussions, a condition called **Post Concussion Syndrome (PCS)** is identified. PCS occurs when any of a variety of symptoms, such as headache, attention/concentration difficulties, problems with memory, slow mental processing, fatigue, and emotionality or irritability is experienced for weeks or months after recovery would have been expected. In such cases, individuals with PCS are usually referred to a neuropsychologist for a comprehensive evaluation to assess for any cognitive deficits and significant emotional difficulties. Recommendations may be made to address the symptoms, such as cognitive rehabilitation to improve memory and compensatory strategies, or biofeedback to treat persistent headaches. Additional medical, neurological, or psychiatric consultations may also be made if warranted.

We know that cognitive/neuropsychological testing is more sensitive in identifying concussion than neurological, radiological, or medical examination. ImPACT, a premier, user-friendly computer based tool was designed to assist in the proper diagnosis and treatment of concussion. The ImPACT program evaluates and documents multiple aspects of neurocognitive functioning including memory, brain processing speed, reaction time, and post-concussive symptoms. This program can be used to manage concussions through pre-season baseline (pre-injury) and post-injury testing to monitor recovery and serve as a tool in making data driven return to play decisions. The tool is also available for injured athletes who do not have baseline testing. In those cases, athletes are evaluated post-injury using standardized norms to document the severity of the injury and monitor recovery.

If you have further questions or would like to enroll in the program, please contact our office at the number above.