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Traumatic Brain Injury Awareness: Educational Techniques

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Oral Presentation O6.2

TRAUMATIC BRAIN INJURY AWARENESS: EDUCATIONAL TECHNIQUES

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The awareness of mild traumatic brain injury as a health concern has increased across a wide array of settings due to a plethora of research and clinical findings that indicate the serious threat concussions pose, particularly to young athletes. The need to provide risk reduction and health promotion education to athletes and parents necessitates an innovative approach. This study explores the effectiveness of an educational intervention based on information from the Centers for Disease Control and Prevention to promote awareness regarding the pathophysiology, symptoms, consequences, and prevention of sports-related mild traumatic brain injury. An interactive program was administered to student athletes, parents, coaches, and athletic trainers at three Bloomington-Normal high schools. Knowledge of the participants was evaluated prior to and following the intervention with a questionnaire to determine changes in comprehension and provide direction to design future programs that promote traumatic brain injury awareness.