



**BRAIN INJURY
ASSOCIATION
OF NEW HAMPSHIRE**

N. NEW BUSINESS
21

109 North State Street | Suite 2 | Concord, NH 03301
Help line: (800) 773-8400
Tel: (603) 225-8400
Fax: (603) 228-6749
www.bianh.org

THE VOICE OF BRAIN INJURY

January 28, 2013

I am writing to let you know that you will be hearing from Lori Sandefur, a member of the staff of the Brain Injury Association of NH, about an important survey involving the parents of the 10 pilot schools we have been working with on concussion education for the past 4 years (www.bianh.org).

With so much about the problem of concussions in high school sports in the news, it is an ideal time to survey parents about their knowledge levels on this issue and the likely behaviors they will give us to insure their children do what is necessary to prevent concussions as they engage in sports and other activities. This information will help us to target our educational initiatives.

The firm Jackson Jackson & Wagner has worked with our Board to develop a very brief email survey that we would like to send out to parents in partnership with our 10 pilot schools. We are hoping to get as many of the surveys out in January as possible. Once we have the survey results, we can share them with all the schools that participated. Jackson Jackson & Wagner has agreed to help us develop a communication plan for tackling this important issue, based on what we learn from the surveys.

Please be on the lookout for a call from Lori Sandefur to discuss the specifics of how we can work together on this research project.

Respectfully,

Art Maerlender, Ph.D.
BIANH Board Member
Chair, NH Advisory Council on Sports Concussions
Director of Pediatric Neuropsychological Services
Geisel School of Medicine, Dartmouth Hitchcock

Tim Mayes
NH Advisory Council on Sports Concussions
Superintendent, SAU #25, Bedford, NH

The Brain Injury Association of New Hampshire (the BIANH) is working with 10 New Hampshire high schools on a pilot program to find out what parents know about concussions. This will help make our new concussion prevention efforts more useful for you. Concussions are a major issue in high school sports and can result in permanent brain injury.

If you are the parent of a high school athlete, we hope you will take 10 minutes to provide your important opinions. This will help us understand what information you need on the topic of concussions and the best way to deliver it. To fill out the survey online, click on this link (PROVIDE HERE). If you prefer to complete this survey on paper, please print and return it by mail to: Stacey Smith, JJ&W, 51 Central Road, Rye, NH 03870.

Everyone who returns a survey will be entered into a drawing for a prize. Up to 50 respondents will be eligible for a free bicycle helmet.

Please complete the survey by (date) so your information can be included in our 2013 planning. Thank you in advance!

-
1. Are you aware of whether or not your school has a concussion protocol?
 Yes
 No

 2. In the past 4 years, have you learned anything new about concussions?
 Yes
 No (skip to Q3)
 Don't Remember

 3. If yes, please indicate the type of learning experience you have had (check all that apply):
 Received information about concussions at high school Sports Information Night
 Attended presentation by speaker who has suffered concussions from sports
 Read materials offered by doctor's office on the topic
 Reviewed information about concussions on school website
 Took an online training course about ways to prevent concussions
 Read news articles on the topic of concussions in sports
 Heard news updates on the television or radio
 Had a personal experience with a concussion (self, family, friends)
 Other _____

 4. If the BIANH wanted to conduct a concussion education campaign to help parents understand the best ways to prevent concussions, what would be the two most effective ways to get that information to you? (Please check two.)
 Present information about concussions at a high school Sports Information Night

- Sponsor a presentation by subject matter experts on the topic of concussions
- Distribute concussion education materials via doctor's offices
- Email information on concussion prevention
- Develop an online training course about ways to prevent concussions
- Post information on the school website
- Host discussion sessions on the topic of concussion prevention
- Host training sessions on the topic of concussion prevention
- Other _____

5. What information would be most valuable to you in a concussion training session? (Please check all that apply).

- Statistics (percentages) on the prevalence of concussions
- What to do after experiencing a concussion
- What to watch out for if your student is concussed
- Information about baseline testing (testing before a concussion occurs)
- Concussion prevention tips
- Recommendations on safest athletic equipment (e.g. helmets, face masks etc.)
- Personal stories/experiences
- Strategies/techniques for educating the student athlete about the seriousness of concussions
- Other _____

6. Please respond to the following statements by checking "mandatory" or "optional".

5a.

I believe that a concussion training session for the parents of student athletes should be
 mandatory optional

5b.

I believe that a concussion training session for student athletes should be
 mandatory optional

6a. Which of the following would prevent you from participating in these types of concussion prevention activities? (Check all that apply)

- Lack of time (to attend a training session)
- Lack of computer experience (taking online training sessions)
- Feel like I already know enough about concussions based on personal experience
- Other _____

6b. Have you ever experienced: (Check those that apply)

Pressure from my student athlete to let them return to athletic activity prior to the healthcare provider/trainer's recommended recovery time

Pressure from student's coach to let the student return to athletic activity prior to the healthcare provider/trainer's recommended recovery time

Pressure from teammates to let the student return to athletic activity prior to the healthcare provider/trainer's recommended recovery time

6c. Has your student athlete ever experienced: (Check those that apply)

Pressure from student's coach to let the him/her return to athletic activity prior to the healthcare provider/trainer's recommended recovery time

Pressure from teammates to return to athletic activity prior to the healthcare provider/trainer's recommended recovery time

7. Please respond to the following by checking "yes", "no" or "don't know/recall".

a. I have talked to my student athlete about the best ways to prevent concussions/multiple concussions yes no don't know/recall

b. I have taken my student athlete to the doctor when they have complained about concussion-related symptoms resulting from an incident on the athletic field, at least once yes no don't know

c. I have talked my student athlete out of participating in a sport for safety reasons yes no don't know/recall

d. I would attend a group discussion session (to research parent questions/knowledge levels) on the topic of concussion education yes no don't know

e. I would attend an optional concussion training session (to inform parents about concussions and how to handle them) if it were available at no cost yes no don't know

f. My student would attend an optional concussion training session if it were available at no-cost yes no don't know

g. I would take an optional online concussion training session if it were available at no-cost yes no

h. My student would take an optional online concussion training session if it were available at no-cost yes no don't know

8. Are you aware of the new legislation (LSR 0303) that encourages schools to set up a concussion program? Yes No

9. How many of your children have participated in high school sports?

- None
- 1
- 2
- 3 or more

10. How many of your children have sustained a medically-diagnosed concussion as a result of participation in high school sports?

- None
- 1
- 2
- 3 or more

11. Please check all that apply:

- I have served as a coach/assistant coach or referee of a sports team
- I have taken training classes to prepare me for my role as coach/assistant coach or referee of a sports team
- I am a parent volunteer for the Boosters or similar sports-related clubs

12. Please check which school your student attends: (PROVIDE LIST OF PARTICIPATING SCHOOLS HERE)

13. Anything else you would like to add on the topic of concussions in high school sports?

Thank you for your time! Please return this survey to _____ by _____.