

Development of a standardized pathway of care for patients after concussion in Ontario

Judith Gargaro, Matheus J Wiest; Olinda D. Habib Perez; Mark T. Bayley

Background and Objective

Overall concussion care is inconsistent and suboptimal across Ontario. Quantifying the size and impact of this problem is difficult due to non-standardized care pathways and the complex interplay between public and insurance/private funded care.

We aimed to develop an evidence-based standardized neurotrauma care pathway for all Ontarians living with concussion independent of mechanism of injury.

Findings

28 working group meetings were held from Nov 2021 to Mar 2022. Building block discussions centered on:

Acute: appropriate assessment and diagnosis, initial management and transition planning

Rehab: appropriate symptom management, access to specialized rehab when needed and ongoing follow-up by primary care

Community: follow-up, mechanisms for re-access and holistic support for patients and families

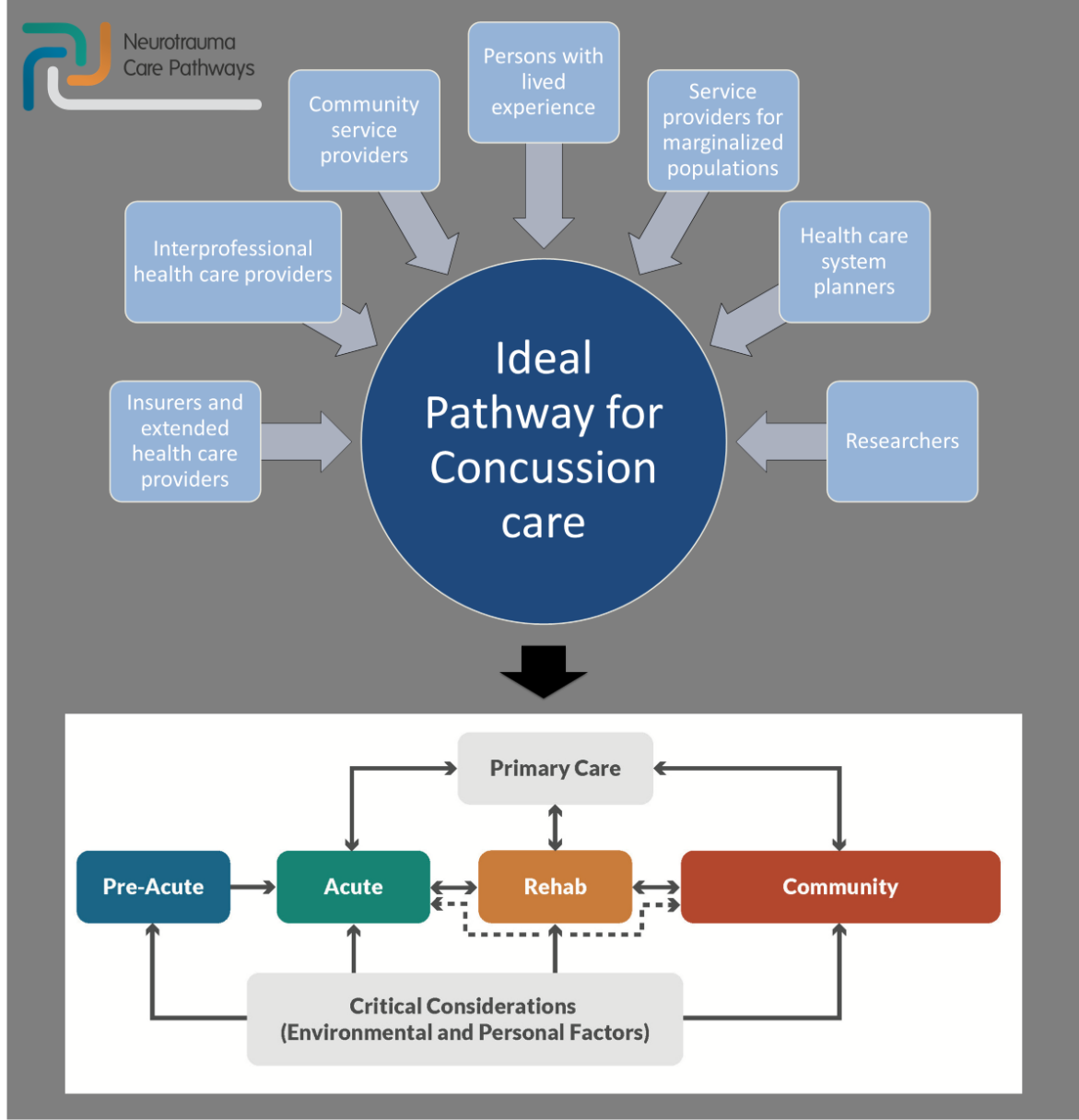
Critical Considerations: social determinants of health, marginalized populations, mental health issues, and availability of caregiver support

Focus Groups and interviews were conducted with persons with lived experience of concussion.


The Ideal Care Pathway diagram (right) and related building blocks will be converted into an interactive website.

Conclusions

We successfully brought together a diverse group of stakeholders who developed an Ideal Care Pathway. Next, the group will prioritize implementation strategies focusing on regional realities and funding sources.



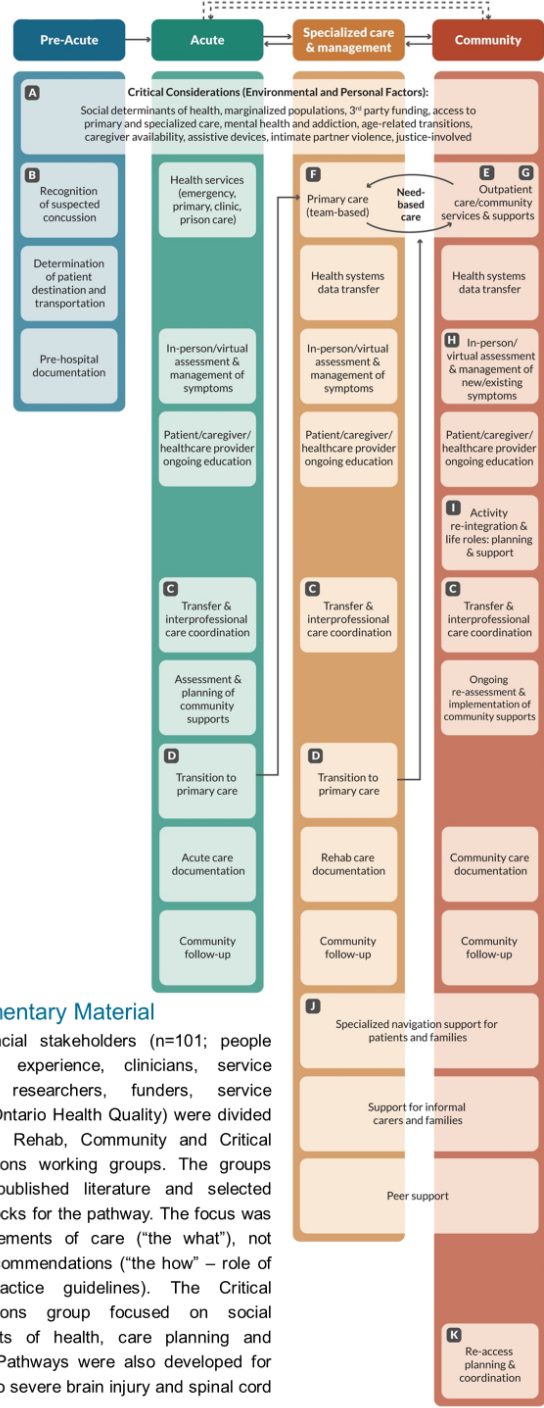
 judith.gargaro@uhn.ca

 @NeurotraumaPath

 **UHN** Toronto
Rehabilitation
Institute
The KITE Research Institute

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Supplementary Material

Key provincial stakeholders (n=101; people with lived experience, clinicians, service providers, researchers, funders, service planners, Ontario Health Quality) were divided into Acute, Rehab, Community and Critical Considerations working groups. The groups reviewed published literature and selected building blocks for the pathway. The focus was on key elements of care ("the what"), not specific recommendations ("the how" – role of clinical practice guidelines). The Critical Considerations group focused on social determinants of health, care planning and provision. Pathways were also developed for moderate to severe brain injury and spinal cord injury.