

## ImpACT test for 4-H youth

Head injuries can lead to significant cognitive issues in the future and are often underdiagnosed. A person who has repeated head injuries that are diagnosed as a concussion has an even greater chance of permanent damage to their brain which can result in mood changes and loss of cognitive functions including speech and the ability to perform in school. Even wearing a helmet is not a guarantee against a concussion should a child fall off a horse for example. It is the actual “sloshin”g of the brain against the skull which causes a concussion. A helmet protects the skull but can’t protect the brain.

Attached is a flyer and instructions for how to give a youth member the impact test for head injuries. This is a baseline test which is done prior to a head injury. The test is stored in a national database and can be accessed using the youth's name and individual id number. Once a child takes the test, they print a certificate with their individual ID number on it. If a child then has a head injury and they need to test the cognitive function of the child, this test is used as a baseline to see if there has been a change.

If a child is in a school sport chances are they have already taken this test. But, some of our 4-H members are not affiliated with school sports. So we asked for an ID number that New Jersey 4-H members can use to test these children. We are recommending this test for all 4-H Horse Club members who have not had one in school in the past two years. In the future this may be a required test. The test is FREE, and the child's parent can access the information using the number assigned to the child when they take the test.

Please be sure to share this information with all of your 4-H Horse Club members and their parents.

The testing is recommended for ages 11 and up and should be repeated every 2 years. The tests are stored on the Atlantic Neuroscience server and when/if the parents need the test they can call the number on the instructions sheet and test results can be sent to them.

Testing is recommended in a media center in order for a moderator to be present to be sure the youth stay on task. But, children can take the test at home on their own computer, provided their parent monitors them. The test takes approximately 18 minutes and all elements have instructions built into the test.

You can have as many kids test as needed and there are no charges what so ever for the testing.

Distributed by Carol K Ward, County 4-H Agent to the 4-H Department on March 14, 2013.



# Concussion Center

*Specializing in Sports Related and other Concussive Injuries*

## Instructions for Baseline Testing off Site:

Customer Code: 9576859099

- ▲ Close all other programs before starting the test. If you have a **pop-up blocker installed**, you will need to turn it off temporarily.
- ▲ Go to <http://www.impacttestonline.com/atlanticneuroscienceconcussioncenter/>
- ▲ You will be linked directly to the test website. Click on the **Launch Baseline Test** button
  - ▲ Enter units of measure preferred for testing
- ▲ Choose **NJ 4H Youth** for the school/organization from the drop down menu on the Sports and Health History page and enter your birth date.
  - ▲ You will be directed to a series of questions that you will need to answer before taking the test. Please answer all questions as honestly as possible.
  - ▲ Follow the test questions carefully. Missing key instructions or not giving the test your full attention will affect your results
- ▲ Put in your best effort. This is a hard test. No one gets everything right, so don't get frustrated
  - ▲ If you become confused about the directions, keep trying to do your best.
- ▲ Notify the Concussion Center 908-598-7972 if you have any problems or are unable to complete the test.

It will take approximately 20-30 minutes to complete the test. Turn off music, TV, or other background noises while taking the test.

To ensure that home-based results are accurate, a parent/guardian must supervise any student-athlete under the age of 18 during the testing procedure

**If using laptop computer, must use external mouse.**

### **Troubleshooting Tips:**

- ▲ Flash reader program needs to be on your computer. If not, downloads are available at [www.adobe.com](http://www.adobe.com)
- ▲ Make sure your firewall allows downloads. And that the Internet Session Time Limit is set to at least 45 minutes.
- ▲ Your desktop or laptop must have an internet connection and an external mouse. Do not run a laptop from the battery.

T H E P A S S I O N T O L E A D