**Background**

Every year in the United States alone there are 2.5 million traumatic brain injuries. Approximately 75-95% of these are “mild” in nature. While disposition may be easier with acute intracranial hemorrhage or epidural hematoma, milder injuries such as concussion are more frequent and require more nuanced education. Patients have a wide range of expectations and questions surrounding time to recovery and possibilities to return to athletic play. Emergency medicine providers are often being the first to interact with those after traumatic head injuries. It is important for these providers be well versed in educating patients in outcomes and expectations regarding mild head injury.

**Purpose and Goals**

This module seeks to provide a simple foundation to educate residents and faculty on the basics of minor traumatic brain injuries and to stimulate questions and discussion. It is designed to educate on the basics of injury pattern, pathophysiology and latest research on goals and outcomes of those experiencing post-concussive symptoms. The end of the presentation allows participants answer questions and critically think about obstacles they might not have previously considered.

**Educational Objectives**

By the end of the lecture and case study, the learner will be able to:

* Understand the basics regarding epidemiology, pathophysiology and clinical features of head injury
* Be able to diagnose, treat, and counsel patients, family members, and coaches about minor head injury
* Create framework to answer questions regarding return to play and normal activity

**Resource Files**

Minor Traumatic Brain Injury ppt. -PowerPoint outlining the basics of minor traumatic brain injury and information on the latest data which can be helpful in educating patients and families. The first half of the slides are lecture based covering brain injury with the the last slide allowing active discussion out loud or in small group. There are notes in the comments of each slide for instructors to hit on high yield points and answer questions posted on the slides themselves.

**Pre Reading:**

Haydel M. Management of mild traumatic brain injury in the emergency department. Emerg Med Pract. 2012 Sep;14(9):1-24. Epub 2012 Jul 20. PMID: 23101569.

https://pubmed.ncbi.nlm.nih.gov/23101569/

https://www.ebmedicine.net/media\_library/files/Emergency%20Medicine%20Practice%20MTBI%20article%20with%20CME.pdf

**Description of Module**

Brief overview of the basics of traumatic brain injury and expectant management of concussed patient. The slides seek to educate on the medical pathophysiology of concussion and offer tips and tricks to counsel patients on expectations and guidelines to help them safely return to work or school.

**Conclusions**

Minor traumatic brain injury and concussion are frequent reasons for patients to present to the emergency department. Nonetheless, despite it being common, the information educate patients on expected symptoms and proper timelines to return to work or play are often misunderstood and constantly evolving. This modules seeks to distill the current recommendations regarding concussion and offer residents a foundation to educate patients and families.