

Canterbury

District Health Board

Te Poari Hauora o Waitaha

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RE Official information request CDHB 9945

We refer to your email dated 14 September 2018 requesting the following information from the Canterbury DHB under the Official Information Act regarding the 'Recovering from a Concussion Information Booklet' published by the Burwood Concussion Clinic and dated January 2018. You specifically requested information about the following section:

"MEASURING CONCUSSION SEVERITY Loss of Consciousness - one way to tell if a brain injury is serious is the amount of time the person is unconscious afterwards. If you weren't knocked out at all, or if you were unconscious for less than half an hour, then the injury was most likely in the mild range. This means that although you may have some symptoms, there was probably little injury to the brain and complete recovery is expected. Most people who have a brain injury fall into this category."

Specifically you asked:

1. Where was this information obtained?

The 'Recovering from a Concussion' information booklet used by the Canterbury DHB Concussion Service is regularly updated to keep content current and in line with the international scientific evidence based on recovery from concussion. The information referred to in the section above was derived from recently published international, peer reviewed systematic reviews, expert opinion and both international and national guidelines on concussion diagnosis and management. There is an overwhelmingly large and consistent evidence base that supports the information included in this section.

2. Who researched and professed its findings?

Content in the 'Recovering from Concussion' booklet was reviewed by the concussion service team prior to publication, in consultation with consumers of concussion services (e.g. general practitioners, ACC and people who live with disabilities).

3. Is this considered in line with International guidelines and awareness?

Information contained in the 'Recovering from Concussion' booklet is in line with best practice and current international and national guidelines on the diagnosis and management of concussion. These guidelines are available in the public domain.

I trust that this satisfies your interest in this matter.

Please note that this response, or an edited version of this response, may be published on the Canterbury DHB website after your receipt of this response.

Yours sincerely

A handwritten signature in black ink, appearing to read 'G. Hamilton', written in a cursive style.

Greg Hamilton
Acting Executive Director
Planning, Funding & Decision Support