

Senate Athletics Committee Meeting
March 19th, 2010

Members:	Present	
	X	Timothy Averch
	X	David Brienza
	X	Toby Chapman
		Jean Ann Croft
	X	Lou Fabian, Chair
	X	Donna Nativio
	X	Jamie Pardini
	X	Patrick Smolinski
	X	Dennis Swanson

Staff Association
Member: Carol Hodgkiss

Pro-Tem Members:

	X	Dan Bartholomae
	X	Tony Eichelberger
	X	Nat Hershey
	X	Jay Irrgang, Vice Chair
	X	Don Martin
	X	Kevin McLaughlin
	X	Ken Metz
	X	Leonard Plotnicov
		Donna Sanft

Chancellor's Liaison
Appointments: Susan Albrecht
Robert Pack
Steve Pederson

Senate Liaison
Appointments: Michael Pinsky
Lisa Bernardo
Lori Molinaro

Student Members:

	X	Rosey Natale
		Carol Haines
		Emily Thatch

Dr. Mark Lovell, professor of orthopedic surgery and founding director of the UPMC Sports Medicine Concussion Program, and Zac Saunders and Rob Blanc of the athletic department were also in attendance.

Chair Lou Fabian called the meeting to order at 1:30 PM and introduced Dr. Jamie Pardini, Dr. Mark Lovell, and Mr. Rob Blanc. Fabian explained to the group that Pardini and Lovell will present on concussions.

Concussions:

Dr. Jamie Pardini, clinical professor of orthopedic surgery and neuropsychologist with the UPMC Sports Medicine Concussion Program, started her presentation by defining concussions and explaining the common features associated with concussions. Pardini shared with the group relevant concussion research literature and discussed neurometabolic changes and how brain metabolism is related to the recovery process. Pardini also noted the symptom evaluations which included somatic symptoms, emotional symptoms, cognitive symptoms, and sleep disturbances. Pardini then explained the second impact syndrome and provided the group with a brief history on concussion management, guidelines, and scales.

Pardini addressed the history and development of neuropsychological testing, and then pointed out the NFL/NHL mandates for baseline testing. Next, Pardini discussed the IMPACT program at UPMC. Finally, Pardini noted on-field and post-injury concussion management, and the UPMC return to play protocol.

Pardini then introduced Dr. Mark Lovell, professor of orthopedic surgery and founding director of the UPMC Sports Medicine Concussion Program.

Lovell first explained the individual management of the athlete and explained that everyone may respond differently to concussions. Lovell discussed the evolution of concussion management and pointed out why the definitions for concussions keep changing. Lovell noted the clinical syndrome when recognizing concussions. He also explained the importance of involving the athlete in the concussion management process.

Lovell then discussed treatment philosophy and explained the UPMC Concussion Program. Gender, age, and repetitive effects were all mentioned as risk factors for a poor recovery. Lovell noted that younger age has been associated with prolonged recovery. Additionally, initial studies have suggested that females may be at a greater risk compared to males.

Lovell then addressed some of the current controversies associated with concussions. Lovell discussed the following points: relationship of trauma to long-term risk dementia, exact role of genetics and other factors, exact standards for return to play, and is there a need for different standards for kids and adults? Finally, Lovell noted that the NCAA has followed the NFL standards with respect to concussions, and standards will become more conservative.

Lovell, Pardini, and Blanc took questions from the group.

In response to questions, Rob Blanc, head athletic trainer and director of athletic performance at the University of Pittsburgh, noted that concussion information has been presented to Pitt coaches by the Pitt athletic trainers.

Fabian thanked Lovell, Pardini, and Blanc for attending today's meeting and providing valuable insight regarding concussions.

Fabian requested the approval of the February 19, 2010 meeting minutes. The minutes were unanimously approved.

Fabian adjourned the meeting at 2:40 PM.