

Appendix 2 (to be included as additional online material)

Description of the themes developed in each module of the MOOC in concussion:

Introduction

- Definition of concussion
- Neuropathology of concussion and chronic traumatic encephalopathy
- The spectrum of traumatic brain injuries
- A harmonized understanding of concussion and mild traumatic brain injury
- The notion of protocol
- Presentation of the reflective process to develop a protocol

Step 1: prevention

- Modifiable risk factors of concussion
- Sports and practices at risk for concussion
- Examples of evidence-based prevention interventions
- Protective equipment: myths and reality

Step 2: Detection

- Signs and symptoms of a possible concussion
- Detection technology: myths and reality
- Initial steps: Presume, remove, maintain and monitor

Step 3: Initial management

- Typical evolution of a concussion
- Initial rest and gradual return to cognitive and physical activity
- Timely access to health care for a concussion

Step 4: Access to care

- Concussion with persistent symptoms
- Conditions associated with persistent symptoms
- Considerations for making a return-to-play recommendation
- Multidisciplinary concussion care and individualized treatment plan

Step 5: Adaptation, dissemination and revision of a protocol

- Staying up to date with the evolution of knowledge about concussion
- Determinants, resources and stakeholders of the revision process
- Strategies and opportunities to disseminate and increase awareness about a protocol