

An Assessment of the information needs of young persons with a sport-related concussion and their Family/Whānau: A Focus Group Study

Principal Investigator: Osman Ahmed

Osman graduated from the University of Nottingham in 2002 with a Bsc (Hons) Physiotherapy. He continued his education at the University of Otago, graduating in 2006 with a Post Graduate Diploma in Sports Physiotherapy. He has worked with a variety of elite sports teams in the UK, with a particular focus on disabled sport.

His PhD title is: “The development and effectiveness of an early educational intervention programme for players with a concussive brain injury and their significant others on the management of the injury”.

Study Details

A brain concussion is a frequent consequence of participation in certain sports and places considerable stress on Teenagers and their parents. It is an injury which often goes unreported to medical practitioners and both Teenagers and their parents are often poorly equipped to manage its consequences, whether it is in the home, school or sporting environment. This project will seek the opinion of Teenagers and their families as to what information would be useful for them following a sports concussion to assist them in dealing with the consequences of a concussion. This information will drive the development of a family based post-concussion education programme.

Ethical approval details

Ethical approval has been granted for this study from the University of Otago Human Ethics Committee (Ref: 09/106) and Māori Consultation has also been completed.

Subject requirements

Exclusion criteria:

Teenager cohort:

- Manifestations of symptoms due to drugs, alcohol or medications
- Concussive symptoms caused by other sources (e.g. MVA)
- Other significant neurological impairment or mental health issue that would affect the ability to participate in Focus Groups
- Unable to communicate effectively in English (verbally or in writing)

Parent cohort:

- Unable to communicate effectively in English (verbally or in writing)

Contact details

[Clinical Research Email](#)

Ph:(03) 479 4979