

Complex Concussion Clinic

Queensland Paediatric Rehabilitation Service (QPRS)

What is Concussion?

A Concussion is a short term disturbance to normal brain functioning due to an external force impacting the head or body, and is often called a mild traumatic brain injury.

Concussions are often caused by sporting injuries, but can also be caused by falls, motor vehicle accidents and everyday activities. Twenty percent of children and youth sustain a concussion by the age of 16 years, with the majority of these children recovering within 4-6 weeks. Persistent Post Concussion Symptoms occur when symptoms last longer than the normal recovery period.

Persistent Post Concussion Symptoms

Persisting Post Concussion Symptoms can be many and varied and can include:

- headaches,
- dizziness,
- sleep disturbance ,
- fatigue,
- mood changes,
- speech, language and thinking problems,
- memory and concentration problems,
- balance issues and exercise intolerance.

The Complex Concussion Clinic

Children and adolescents who continue to experience persistent post concussive symptoms for longer than 4 weeks, or who have added complexities such as multiple concussions, may be referred to our Complex Concussion Clinic for support with their prolonged recovery.

Clinic appointments are available fortnightly on Thursday afternoons and are in high demand, however if you require an appointment with our specialist team, we will do our best to accommodate you as soon as possible.

Each multidisciplinary clinic appointment is individually planned according to your needs with the main goals to:

- support symptom management,
- support return to school,
- support return to sport and your usual everyday activities.



On Referral

Families referred to the QPRS Complex Concussion Clinic will usually receive a phone call within two weeks for initial assessment, education, and support by specially trained nursing staff.

Families will be given our contact details to enable them to call us Monday-Friday for ongoing support during the recovery period, and if required a clinic appointment will be arranged.

The Team

The Complex Concussion Clinic team are a highly specialised multidisciplinary team consisting of a:

- Medical Specialist,
- Neuropsychologist,
- Physiotherapist and
- Nurse

At the clinic appointment you will meet the health professionals specific to your needs, and with your permission we will communicate with your school and local therapists, or refer you to local therapists if you don't already have this support in place.

Appointment times

We know the early phase of recovery can be stressful as you are often experiencing many symptoms that are impacting your normal life, and it's during the early stages of recovery families often wish they could be seen earlier by our team to help get on track with a better management plan. Given clinic appointments are limited it's extremely beneficial to others if you let us know ASAP if you can't make your appointment or no longer need it so we can offer it to those struggling in the early phases of recovery.

Additionally, to provide you the best care possible, our team will put time into planning for your appointment so if you need to cancel or reschedule, please let us know ASAP so we can offer this time to others.

What to Bring

- Bring or wear sneakers for the physiotherapy assessment
- Bring details of your school and local therapists (if you have local therapy)

Contact us

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