

# James Carson's Workshop Resources...

- **The Activism Vs Advocacy Differences You Never Knew:**  
<https://viableoutreach.com/activism-vs-advocacy-which-one-is-viewed-as-more-effective/#advocacy-meaning>
- **Ally, Advocate and Activist: understanding who we are in the world demanding change:**  
<https://www.linkedin.com/pulse/ally-advocate-activist-understanding-who-we-world-honorio-ragazzo>
- **Key Components of Effective Advocacy:**  
<http://peersforprogress.org/resource-guide/key-components-of-effective-advocacy/#:~:text=Evidence%20has%20shown%20that%20effective,changes%20to%20peer%20support%20programs>
- **WHO-5 Well-being Index:**  
<https://ogg.osu.edu/media/documents/MB%20Stream/who5.pdf>

# James Carson's Workshop Resources...

Can Fam Physician. 1986 Jul; 32: 1491–1496.

Eye Protection Tom Pashby

<https://pubmed.ncbi.nlm.nih.gov/21267100/>

Can Med Assoc J

1975 Oct 4;113(7):663-6, 674.

Eye injuries in Canadian hockey

T J Pashby, R C Pashby, L D Chisholm, J S Crawford

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2327435/>

ABSTRACTS PRESENTED AT THE RENDEZ-VOUS 2004 SPORT  
MEDICINE SYMPOSIUM, VANCOUVER, CANADA, MARCH 15–17, 2004

Carson, J. D.; Tator, C. H.; Provvidenza, C. F.; Tegner, Y.; LaPrade, R. F.; Biasca, N.;  
Mueller, F. O.; Mölsä, J.; Cushman, R. A.. (17) PREVENTION OF SPINAL INJURIES IN  
ICE HOCKEY PLAYERS: AN INTERNATIONAL PERSPECTIVE. *Clinical Journal of  
Sport Medicine* 14(6):p 380, November 2004.

Biasca N, Wirth S, Tegner Y The avoidability of head and neck injuries in ice hockey:  
an historical review *British Journal of Sports Medicine* 2002;36:410-427.

Tator, C. H., Provvidenza, C. F., Lapczak, L., Carson, J., & Raymond, D. (2004). Spinal  
injuries in Canadian ice hockey: Documentation of injuries sustained from 1943-1999.  
*Canadian Journal of Neurological Sciences / Journal Canadien Des Sciences  
Neurologiques*, 31(4), 460–466. <https://doi.org/10.1017/s0317167100003632>

- **Concussions: understanding the invisible injury:**  
<https://www.cfp.ca/content/68/3>
- **READY TO BECOME A CONCUSSION CHAMPION?**  
<https://schoolfirstconcussion.ca/>
- **With new resource, doctors are trying to improve support for kids returning to school after a concussion:**  
<https://www.cbc.ca/listen/live-radio/1-14-day-6/clip/15901657-with-resource-doctors-trying-improve-support-kids-returning>

- Key Components of Effective Advocacy:  
<http://peersforprogress.org/resource-guide/key-components-of-effective-advocacy/#:~:text=Evidence%20has%20shown%20that%20effective,changes%20to%20peer%20support%20programs.>

- Advocacy Search Results:  
<https://ctb.ku.edu/en/search/node/advocacy>
- Getting an Advocacy Campaign Off the Ground:  
<https://ctb.ku.edu/en/table-of-contents/advocacy/advocacy-principles/overview/main>
- Advocating for Change:  
<https://ctb.ku.edu/en/advocating-change>

- Section 19. Using Social Media for Digital Advocacy  
<https://ctb.ku.edu/en/table-of-contents/advocacy/direct-action/electronic-advocacy/main>

### **Four Skills Needed to use Social Media to Drive Social Change:**

- Focus – hatch a goal that will make an impact
  - Grab Attention – stick out in an overcrowded, over-messaged, noisy world
  - Engage – make people connect with your goal
  - Take Action – empower others, enable them, and cultivate a movement
- From The Dragonfly Effect, by Jennifer Aaker and Andy Smith

- **The Dragonfly Effect:**

[https://www.blinkist.com/en/books/the-dragonfly-effect-en?utm\\_source=gsn&utm\\_medium=paid&utm\\_campaign=15796817485&utm\\_content=140403234188&utm\\_term=601254351055\\_c\\_dsa-1578856205989\\_CjwKCAiA-8SdBhBGEiwAWdgtcKqSDVyNG2QbLg6pJxlsjoEAhD1hrYmcivNydleqWIIWzUKBhNAoDhoCikMQAvD\\_BwE&gclid=CjwKCAiA-8SdBhBGEiwAWdgtcKqSDVyNG2QbLg6pJxlsjoEAhD1hrYmcivNydleqWIIWzUKBhNAoDhoCikMQAvD\\_BwE](https://www.blinkist.com/en/books/the-dragonfly-effect-en?utm_source=gsn&utm_medium=paid&utm_campaign=15796817485&utm_content=140403234188&utm_term=601254351055_c_dsa-1578856205989_CjwKCAiA-8SdBhBGEiwAWdgtcKqSDVyNG2QbLg6pJxlsjoEAhD1hrYmcivNydleqWIIWzUKBhNAoDhoCikMQAvD_BwE&gclid=CjwKCAiA-8SdBhBGEiwAWdgtcKqSDVyNG2QbLg6pJxlsjoEAhD1hrYmcivNydleqWIIWzUKBhNAoDhoCikMQAvD_BwE)



- 5 Tips for Measuring Your Advocacy Success:

[https://www.asaecenter.org/resources/articles/an\\_plus/2016/july/5-tips-for-measuring-your-advocacy-success](https://www.asaecenter.org/resources/articles/an_plus/2016/july/5-tips-for-measuring-your-advocacy-success)

- 4 steps to effective advocacy:  
<https://www.bcadoption.com/resources/articles/4-steps-effective-advocacy>
- ADVOCACY STEP 6: SELECTING METHODS OF ADVOCACY:  
<https://www.ncbi.nlm.nih.gov/books/NBK195431/>
- Advocacy Impact Evaluation:  
[https://www.researchgate.net/publication/26501324\\_Advocacy\\_Impact\\_Evaluation/link/54f4678f0cf299c8d9e74717/download](https://www.researchgate.net/publication/26501324_Advocacy_Impact_Evaluation/link/54f4678f0cf299c8d9e74717/download)

- **Advocacy and the Sports Medicine Professional: Lessons From the Tobacco Wars**
- **Presented by Andrew Pipe, 1949-; produced by Healthy Learning and American College of Sports Medicine (Monterey, CA: Healthy Learning, 2013), 48 mins**  
[https://search.alexanderstreet.com/preview/work/bibliographic\\_entity%7Cvideo\\_work%7C3394289](https://search.alexanderstreet.com/preview/work/bibliographic_entity%7Cvideo_work%7C3394289)
- **Check out the transcript:**  
<https://ottawacitizen.com/news/local-news/dr-pipe-passes-the-torch>

## Premature return to play and return to learn after a sport-related concussion

### Physician's chart review

James D. Carson, David W. Lawrence, Sari A. Kraft, Alisha Garel, Catherine L. Snow, Ananda Chatterjee, Paula Libfeld, Heather M. MacKenzie, Jane S. Thornton, Rahim Moineddin and Pierre Frémont

Canadian Family Physician June 2014, 60 (6) e310-e315;

<https://www.cfp.ca/content/60/6/e310.short>



<https://bjsm.bmj.com/content/57/4/187>

Calling for improved equity, diversity and inclusion in sport and exercise medicine – it starts with us

<http://orcid.org/0000-0002-3519-7101>

Jane S Thornton, Lee Schofield, Victor Lun

# Podcasts

- **Peep the Process: A Sport and Exercise Medicine Podcast for Canadian Student Athletes**  
<https://peeptheprocess.buzzsprout.com/>
- **MSK Matters: A sport and exercise medicine podcast for Canadian medical residents and senior medical students**  
<https://mskmatters.buzzsprout.com/>
  - James Carson led Season 1 - twelve episodes and then handed it to Dr. Ali Rendely (University of Toronto Physical Medicine and Rehabilitation) for Seasons 2 & 3

- **CASEM Podcast:**

<https://casem-acmse.org/resources/resource-directory/>

- **The Clinical Journal of Sport Medicine Podcast: A regular discussion of highlighted content in the Clinical Journal of Sport Medicine and hot topics in the world of clinical sports medicine (James MacDonald)**

<https://journals.lww.com/cjsportsmed/pages/podcastepisodes.aspx?podcastid=1>

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## Family physicians can champion sport-related concussion management

### It's about time

James D. Carson, Alexandra Rendely, **Constance M. Lebrun**, Julia Warden and Andrew Arcand

Canadian Family Physician June 2014, 60 (6) 505-507;

<https://www.cfp.ca/content/60/6/505.short>



POSITION STATEMENT

# Canadian Academy of Sport and Exercise Medicine Position Statement Neuromuscular Training Programs Can Decrease Anterior Cruciate Ligament Injuries in Youth Soccer Players

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*Clinical Journal of Sport Medicine* 24(3):p 263-267, May 2014. | DOI: 10.1097/JSM.0000000000000068

[Metrics](#)

Clinical Journal of Sport Medicine 24(3):p 263-267, May 2014. |  
DOI: 10.1097/JSM.0000000000000068

## Are Canadian clinicians providing consistent sport-related concussion management advice?

James D. Carson, Alexandra Rendely, Alisha Garel, Christopher Meaney, Jacqueline Stoller, Jatin Kaicker, Leigh Hayden, Rahim Moineddin and Pierre Frémont

Canadian Family Physician June 2016, 62 (6) 494-500;

<https://www.cfp.ca/content/62/6/494.short>