

reConnections

JOURNAL FOR WAKEMED REHAB

Stay vibrant
as you age!

Rehab services made
for older adults

// PLUS //

The New WakeMed
Concussion Program

Therapies to Breathe Easier

WakeMed 
Rehabilitation

Reconnections is published periodically for referring physicians and case managers as well as patients associated with WakeMed Rehabilitation.

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Raleigh, NC 27610

To Make a Referral to WakeMed Rehab

Inpatient: 919-350-7876
Outpatient: 919-350-7000

WakeMed Rehabilitation Locations

Inpatient Location

WakeMed Rehabilitation Hospital

3000 New Bern Avenue
Raleigh, NC 27610
919-350-7876

Outpatient Locations

Unless otherwise noted, please call 919-350-7000 for WakeMed Outpatient Rehab locations.

WakeMed Raleigh Campus

Outpatient Rehab Program
3000 New Bern Avenue
Raleigh, NC 27610

WakeMed Healthworks

3000 New Bern Avenue
Raleigh, NC 27610

WakeMed Clayton Medical Park

555 Medical Park Place
Clayton, NC 27520

WakeMed Wake Forest Road

Outpatient Rehab

3701 Wake Forest Road
Raleigh, NC 27609

WakeMed Physician Practices -

Physical Therapy at Cambridge Village

10000 Cambridge Village Loop
Apex, NC 27502
919-350-1508

WakeMed Physician Practices - Physical Therapy at North Hospital

10010 Falls of Neuse Road, Suite 09
Raleigh, NC 27614
919-350-1508

WakeMed Raleigh Medical Park

23 Sunnybrook Road, Suite 300
Raleigh, NC 27610

WakeMed Cary Hospital

1900 Kildaire Farm Road
Cary, NC 27518
*(Specializing in urinary incontinence,
pelvic pain & lymphedema)*

Medical Park of Cary

300 Ashville Avenue, Suite 220
Cary, NC 27518

WakeMed North Hospital

10000 Falls of Neuse Road
Raleigh, NC 27614

Cardiac Rehab

Available at our Medical Park of Cary and WakeMed Raleigh Campus outpatient rehab sites.

Home Health

WakeMed Home Health

2920 Highwoods Boulevard
Raleigh, NC 27604
919-350-7990

Wound Care

WakeMed Wound Care

3000 New Bern Avenue
Raleigh, NC 27610
919-350-4515

Supporting WakeMed Rehab

The WakeMed Foundation welcomes contributions to benefit the programs and services of WakeMed Rehab. Please call 919-350-7656 or visit www.wakemed.org for information.

Stay vibrant as you age!

Rehab services made for older adults

Just ask the millions of members of the Silent and Baby Boomer generations: Aging brings its share of challenges. Some of them include:

- Trouble walking
- Fear of falling/actual falling
- Urinary incontinence
- Changes in brain function
- Chronic disease

The challenges of aging can have a negative impact on quality of life. The right therapies can help minimize these challenges and help you feel stronger, more confident and able to do the things you love with the people you love.

You might be surprised to know that WakeMed Rehab offers several services and programs to help you make the most of your golden years.

Ready, Steady, Go! to Prevent Falling

WakeMed Rehab is standing up to prevent falls among the elderly in our community with Ready, Steady, Go! -- a special selection of talks, screenings and activities that community activity coordinators at senior centers and community retirement residences can tailor to the interests and needs of the older adults they serve.



Falling is very common among older adults. For those who feel unsteady on their feet or have already had a fall that resulted in injury, the fear of falling can develop. This fear can be almost as harmful as an actual fall. “People who are afraid they are going to fall often stop participating in activities and social events they enjoy,” says Elaine Rohlik, PhD, executive director, WakeMed Rehabilitation. “That isolation and inactivity can lead to an even greater risk of falling as well as depression and feeling a loss of independence.”

“Older adults can reduce the risk as well as the fear of falling, and Ready, Steady, Go! can help,” says Kris Wolfe, PT, a WakeMed physical therapist who specializes in working with older adults. WakeMed Rehab introduced the community to Ready, Steady, Go! with a showcase of its offerings in October. Ready, Steady, Go! incorporates the three elements of the American and British Geriatrics Societies’ Clinical Practice for falls prevention – screen, assess and intervene – and related tools and resources from the Centers for Disease Control & Prevention’s STEADI initiative. Components of Ready, Steady, Go! include:

- **STEADI Self-assessment**
- **STEADI Activities** – PT-led activities to assess a person’s fall risk
- **Falls Talk** – Presentation about why we fall and falls prevention information from WakeMed Corporate & Community Health
- **Neuropsychological Screenings** – Screening by a neuropsychologist to assess if a change in a person’s cognitive abilities may contribute to falls
- **Meds Review** – Medication review by a pharmacist to determine if a person’s medications may contribute to their unsteadiness





Activity coordinators at organizations that serve older adults can choose to offer a combination of the above Ready, Steady, Go! program components depending on audience needs, and other considerations.

Would you like WakeMed Rehab to host a Ready, Steady, Go! program at your organization? For information please send an email to Kris Wolfe at Kwolfe@wakemed.org or call her at 919-629-8150.

Exercise to Build Better Balance

Improving strength, flexibility and cardiovascular endurance is the best recipe for many people to prevent falls. WakeMed Rehab offers exercise programs and physical therapy to keep you safe and steady on your feet.

Otago Exercise

The highly effective Otago exercise program can decrease an elderly person's risk of falling by as much as 40 percent. Otago is an individually tailored muscle strengthening and balance retraining program implemented by a physical therapist with Otago training. Patients attend a minimum of seven visits over the course of a year (52 weeks), as well as participate in monthly phone calls, and daily independent home exercises. Otago is particularly effective for adults age 80+. Want to learn more about Otago? Call Kris Wolfe, PT, at 919-629-8150.

Tai Chi at Healthworks

WakeMed Healthworks Fitness Center offers tai chi – a low-impact form of exercise that can be practiced by people of all ages. Our passionate tai chi instructor takes class participants through slow, flowing movements that build strength and balance. To learn more, call WakeMed Healthworks at 919-350-8602.

Physical Therapy

Some older adults cannot participate in exercise programs but still want to regain the strength to move as much as possible. Concentrated physical therapy to prevent falls may be the answer for these individuals. WakeMed Outpatient Rehab has nine locations throughout Wake County and Clayton. Please call 919-350-7000 for more information.

Minding Your Mind

Aging impacts thinking skills. However, these changes should not negatively impact quality of life. Normal cognitive changes that occur with age include

- Occasional memory lapses while maintaining the ability to engage in typical life activities
- The ability to recall/recognize instances of forgetfulness
- Occasional difficulty finding words during conversation

Conversely, symptoms of abnormal cognitive decline can include

- Errors in simple tasks (paying bills, hygiene/dressing)
- Inability to recall/recognize instances of memory loss
- Getting lost in familiar locations
- Frequent difficulty finding words
- Repeating stories/phrases during the same conversation
- Poor judgment
- Trouble making decisions

While genetics impact cognitive aging, 50 percent of cognitive aging is determined by our daily lifestyle choices. WakeMed Neuropsychology can help you determine if this is normal cognitive aging or a change that may need to be medically managed.

Clinical neuropsychology is a sub-type of psychology that provides assessment of thinking skills, behaviors and emotions that can change due to a variety of factors. WakeMed's neuropsychological assessment services are available with a physician referral. Evaluation typically includes an interview with a patient and his/her family members and formal testing of thinking, including intellectual functioning, memory, language, visuospatial abilities, motor skills, complex thinking skills and attention. Such evaluations can determine if thinking skills fall within or below expectations for the patient's given age and help diagnose potential cause of cognitive decline.

If you think you or someone you know may benefit from a neuropsychological evaluation, a physician's order can be faxed to 919-350-7130. For more information, you are welcome to contact us directly at 919-350-7878.

Curbing Incontinence

Urinary and fecal incontinence can present themselves as we age. If leakage, urge and/or frequency put a damper on your activities, call 919-350-7000 for information about therapies to control your symptoms. Services are available at several WakeMed Outpatient Rehab locations throughout Wake County by physician referral.



WakeMed
Home Health

Ask for WakeMed Home Health!

Some patients need rehab and other services after they leave the hospital but before they are well enough to go to one of WakeMed Rehab's nine outpatient centers. Enter WakeMed Home Health!

You can continue the excellent physical therapy, occupational therapy and/or speech therapy you received in the hospital in the comfort of your home with WakeMed Home Health. In addition to rehab services, WakeMed Home Health also offers:

- Skilled nursing care
- Home health aide assistance
- Clinical social work
- IV medication administration
- Nutrition therapy for people who cannot eat or drink
- Care for chronic wounds
- TeleHealth technology

WakeMed Home Health team members serve patients in Wake County, Angier, Youngsville, Clayton and part of Johnston County.

There are many home health agencies out there, but only WakeMed Home Health has the backing of WakeMed Health & Hospitals. When it's time to choose a home health agency, ask for WakeMed Home Health. For more information or to determine if you qualify for home health services, call 919-350-7990.





WakeMed Rehab Reunion

A Celebration of Community

Graduates and current patients of the WakeMed Rehabilitation Stroke, Spinal Cord Injury, Amputee and Brain Injury programs enjoyed a day of visiting with peers and members of the WakeMed Rehab team as well as learning about the community resources that are available to them at the first-ever WakeMed Rehab Reunion. It was a fun and festive day! Thanks to the North Carolina Spinal Cord Injury Association, the Triangle Aphasia Project, the Brain Injury Association of NC, the Amputee Coalition, the National Multiple Sclerosis Society, Gateway Clubhouse, the National Stroke Association and WakeMed's amputee, spinal cord injury and stroke support groups for helping to create awareness about the wonderful ways they support individuals and their families.

New Robotic Walking Technology

The EksoGT benefits more patients

Thanks to a grant from the WakeMed Foundation, the WakeMed Rehab Hospital and WakeMed Outpatient Rehab at Raleigh Campus now offer robotic assisted gait training to a wider array of patients.

“Our upgraded model is called EksoGT,” explains Alisa Dunn, PT, manager, WakeMed Rehab Hospital Therapy Services. “It’s equipped with SmartAssist software that can be adjusted on the fly by the therapist to allow patients to do as much of the work as possible. This makes it VERY therapeutic for patients.” The new, adjustable technology also makes EksoGT beneficial for patients who have suffered a stroke or brain injury as well as patients with spinal cord injuries. The previous version primarily benefited patients with SCIs.

EksoGT helps people stand and walk with as much or as little assistance as needed. It helps people improve their gait, their gait speed and how far they can walk. For additional information about EksoGT and how it can benefit you or your patient, please contact Alisa Dunn at alidunn@wakemed.org or call 919-350-6344.

New Variable Assist Makes the Difference

“Every week, I see myself being able to do things I couldn’t do before.” These words are from John George, whose therapy includes working with WakeMed’s new EksoGT walking technology.

John felt a little twinge in his mid-back while running cables at work. That was a Friday in March 2018. Ten days later, John was having major spinal surgery for a herniated disk.

After his surgery, John had slight feeling in his feet but nowhere else below his waist. John transferred from the acute hospital where he had surgery to the WakeMed Rehabilitation Hospital, where he would spend six weeks in intensive therapy beginning his journey to regain as much mobility as possible.

A few weeks into rehab, John’s physical therapy included Ekso training to help him take steps and rebuild muscle memory. “It was nice to stand up; I hadn’t stood up for four weeks,” says John. Ekso technology worked well for John at that point in his recovery because his mobility was extremely limited. He required the full assistance of Ekso and his therapists to take a step.

As John’s mobility improved, his need for the full assistance that Ekso provided was no longer necessary. The second-generation Ekso – EksoGT with SmartAssist allows the physical therapist to tailor the amount of assistance provided to the patient. This ability allowed John’s therapist to provide support only where needed in the gait cycle. EksoGT can even be progressed to allow a “free mode” where the patient can safely practice all of the work of walking.

After a six-week stay in the WakeMed Rehabilitation Hospital, John went home. He continues his work with Ekso at WakeMed Outpatient Rehabilitation and he is literally marching forward to a successful recovery.



“EVERY WEEK, I SEE MYSELF BEING ABLE TO DO THINGS I COULDN’T DO BEFORE.”

Rehab to Breathe Easier

WakeMed Outpatient Rehabilitation introduces Pulmonary Rehab & Cardiopulmonary Therapy to help people with breathing problems or limited endurance for any reason regain the ability to do the things they enjoy.

Pulmonary rehab is available for patients with a qualifying chronic obstructive pulmonary disease (COPD) diagnosis. Cardiopulmonary therapy is available to patients with breathing and endurance problems for ANY medical reason, such as:

- Emphysema
- Sarcoidosis
- Heart and vascular issues
- Pulmonary fibrosis
- After surgery
- Lung cancer
- Stroke

“The program is for people who are committed to improving their breathing through exercise and actively applying the skills they learn during the group sessions,” says Naomi Bauer, PT, DPT, a WakeMed physical therapist who is a certified cardiovascular and pulmonary specialist. Naomi leads the program along with respiratory therapists and clinical aides. The group meets for three hours a day, five days a week for four weeks. Sessions include:

- Closely monitored exercise
- Breathing exercises & strategies
- Nutritional information
- Tips on saving your energy to do the things you want to do
- Educational sessions to help you understand and manage your health

“Even though we meet in a group, we design exercise plans to meet people’s individual abilities and goals,” explains Naomi. “We also offer individualized sessions for people who cannot participate in a group.”

Are You Ready to Try Pulmonary Rehab & Cardiopulmonary Therapy?

Please call 919-350-6386 with your questions about WakeMed Pulmonary Rehab & Cardiopulmonary Therapy. The program is available by physician referral. Physicians may call 919-350-8786 and fax referrals to 919-350-5597.



A Grandmother's Goal



Keeping up with grandchildren is no easy task, especially if you are short of breath all the time. Donna Dowd, age 73, knows this too well. “I couldn’t walk 30 feet without being out of breath,” recalls Donna. Donna’s breathlessness and inability to do the things she wanted to do led her to see a pulmonologist who diagnosed her with asthma and gave her a referral to WakeMed Rehab’s new Pulmonary Rehab & Cardiopulmonary Therapy Program at the WakeMed Raleigh Campus.

Naomi Bauer, PT, DPT, the leader of WakeMed Rehab’s Pulmonary Rehab & Cardiopulmonary Therapy Program, puts participants through their paces five times a week. “We walked, did upper and lower body exercises as well as chair yoga and floor exercises,” says Donna, who really appreciated the incredible strides the program helped her make to improve her stamina and strength.

“It took two people to help me get up from the floor the first time we did floor exercises,” says Donna. “By the third session, I was getting up by myself.” Donna also remembers that she had to stop about three times before completing a lap around the indoor WakeMed Health Park track. By the end of the program, she could get around the track without stopping.

Donna also learned tips to conserve her energy. “When I go to a big store, I don’t take the motorized cart anymore. I can use a walker with a seat, so I can sit down if I need to rest and then keep walking.”

These days, Donna and her husband Tom take their two active grandsons to Marbles Children’s Museum, the Science Museum, to plays, playgrounds and more. For Donna, the world is much more accessible, thanks to WakeMed Rehab’s Pulmonary Rehab & Cardiopulmonary Therapy Program.

ReGAIN

ReGAIN Your Arm Strength

People who have arm weakness after a stroke or brain injury know how regular therapy and exercise can improve their strength and range of motion. But what happens when therapy insurance benefits run out?

WakeMed ReGAIN is a personalized, goal-centered exercise program for you! The hour-long class meets Tuesdays at 1:30 pm and Thursdays at 3:30 pm at the WakeMed Raleigh Campus Health Park. Keep up the great work with ReGAIN! Call 919-350-8122 or send an email to nhicks@wakemed.org for more information.

Now! Inpatient Rehab for VAD Patients

The WakeMed Rehabilitation Hospital now serves patients who have ventricular assist devices (VADS) and require a stay in an inpatient rehabilitation facility after a surgery or injury. This is especially beneficial for Wake County residents. They can stay close to home for the specialized care they need to regain their strength and independence. This new level of care is part of the WakeMed Duke collaborative Heart Care Plus+.

Many people come to our area for the great weather. That wasn't the draw for Naomi Bauer, PT, DPT, a physical therapist with WakeMed Rehab. "I came to WakeMed for this job," says Naomi. The job she is referring to is her role as the lead therapist and coordinator of the WakeMed Pulmonary Rehab & Cardiopulmonary Therapy program at the WakeMed Raleigh Campus.



ReCONNECTIONS //

Naomi Bauer, PT, DPT

*Cardiovascular & Pulmonary
Certified Specialist*

While working on her doctorate degree in physical therapy at Northeastern University in Boston, Naomi did an internship at Massachusetts General Hospital in pulmonary rehabilitation and realized her passion. "I felt like I really understood the needs of patients with chronic lung dysfunction," she says. Naomi further advanced her pulmonary rehab skills by earning her cardiovascular and pulmonary specialist certification from the American Board of Physical Therapy Specialties.

Though the WakeMed Pulmonary Rehab & Cardiopulmonary Therapy Program is relatively new, Naomi is very enthusiastic about the program. "We work a lot on strength and endurance as well

as strategies to manage symptoms and health to improve quality of life," she explains.

And her patients are enthusiastic about their results. "Their endurance is better," says Naomi. "The program empowers them to realize they do have control over their health and life and they can keep going for a long period of time."

WakeMed Rehab is very fortunate to have Naomi Bauer on the team. Her passion and compassion for her vocation and her patients are heartfelt: "I can help people improve their health and the quality of their lives. The improvements they make through physical therapy are positive and measurable and that is very rewarding."



STRATEGIC DIRECTION

The WakeMed Rehabilitation team is focused on improving communication and coordination using technology available at our patients' fingertips in the Rehab Hospital as well as delivering greater access to diverse outpatient therapies.

In the Rehab Hospital, not only do we strive to keep our patients and families at the top of the WakeMed “Pyramid”, but we want to ensure they are central members of our team. Having engaged patients and families is one of the best ways to achieve outstanding patient outcomes. We are striving to incorporate technology as an adjunct to traditional communication and coordination strategies.

Each patient admitted to the Rehab Hospital is being offered an iPad to use for a variety of purposes. In addition to being able to quickly access e-mail, watch movies and play games on the tablet, patients and families can also review patient education materials, see most recent vital signs and lab results, view their rehab schedule and record notes for physicians or other team members.

Further, patients are invited to create a MyChart account while they are in the Rehab Hospital. This technology enhances the patient experience by linking their inpatient stay to their ongoing health care experience at WakeMed after discharge. Any materials, videos or even home exercise programs provided during the Rehab Hospital stay will be accessible to them after discharge through their MyChart account. Also, follow-up doctor appointments and outpatient therapy schedules can be easily viewed in MyChart.

Many additional creative ideas are being considered to make the iPads and MyChart even more useful to patients both while they are within WakeMed walls and after they go home.

Wake County continues to grow by more than 60 people a day. WakeMed Outpatient Rehabilitation is constantly working to improve access to high-quality outpatient rehab services to meet the needs of our growing community. We have refined our current services and introduced new services in our community and facilities. These include services for patients at risk for falls, individuals with breathing and endurance issues, vestibular problems, pediatric feeding problems, weight management and health risk factor reduction needs, total joint replacement pre-rehabilitation, and peripheral artery disease management. Our pelvic health therapies for urinary and fecal incontinence are now available for men, women and children. We partner with WakeMed’s breast surgeons to ensure that women receive the right therapy, wellness and fitness options pre- and post-procedure. We are adding and relocating practices and developing new business models for them to ensure they are accessible as well as a good value for patients.

WakeMed Rehabilitation is proud to serve patients in such a dynamic community and we are committed to responding to the ever-changing needs of our pediatric and adult patients with innovative solutions to meet their rehabilitative needs.

WakeMed Rehabilitation Inpatient & Outpatient Data

The entire WakeMed Rehab team thanks the providers, patients and families who support our efforts to provide high-quality care and service across our care continuum. The following data is derived from WakeMed Outpatient Rehabilitation admission and discharge information from October 1, 2016 through September 30, 2017, and WakeMed Rehabilitation Hospital data from January 1, 2017 through December 31, 2017.

Rehabilitation Hospital

Admission Diagnosis

Cerebrovascular Accident (Stroke)	29%
Orthopaedic	18%
Spinal Cord Injury	10%
Brain Injury	12%
Debility	6%
Multiple Trauma	7%
Amputee	6%

Our Patients with Stroke

Total Discharges	451
Average Age	67
Average Length of Stay	22 days

Our Patients with Orthopaedic Conditions

Total Discharges	272
Average Age	64
Average Length of Stay	13 days

Our Patients with Spinal Cord Injury

Total Discharges	147
Average Age	57
Average Length of Stay	22 days

Our Patients with Brain Injury

Total Discharges	187
Average Age	58
Average Length of Stay	16 days

Our Patients with Debility

Total Discharges	91
Average Age	66
Average Length of Stay	15 days

Our Patients with Multiple Trauma

Total Discharges	109
Average Age	49
Average Length of Stay	20 days

Our Patients with Amputations

Total Discharges	89
Average Age	62
Average Length of Stay	16 days

Pediatric Patients (ages 4-17)

Total Number	31
Average Age	14
Average Length of Stay	15 days

Outpatient Rehabilitation

Day Treatment

Total Day Treatment Discharges	159
Total Visits	9,061
Overall Patient Satisfaction	98%

Admission Diagnosis

Cerebrovascular Accident (Stroke)	49%
Brain Injury	38%
Spinal Cord Injury	9%
Other Neuro Conditions	4%
Debility	0%

Our Patients with Stroke

Total Discharges	73
Average Age	63
Average Length of Service	136 days

Our Patients with Spinal Cord Injury

Total Discharges	11
Average Age	39
Average Length of Service	213 days

Our Patients with Brain Injury

Total Discharges	52
Average Age	41
Average Length of Service	88 days

Pediatric Rehab Patients

(ages 4-17)	
Total Number	9
Average Age	15
Average Length of Service	158 days

For additional information about the WakeMed Day Treatment Program, please call 919-350-1711.

[support groups]



An opportunity to be a part of the WakeMed family

Support Groups

WakeMed Amputee Support Group

4 to 5 pm

Third Wednesday of each month

WakeMed Raleigh Campus

Rehabilitation Hospital

Health Park Classroom

3000 New Bern Avenue, Raleigh

For information, call 919-350-8903

Spinal Cord Injury or Disease (SCI/D) Support Group

First Wednesday of each month

12:30 to 1:45 pm

WakeMed Raleigh Campus

Conference Dining

3000 New Bern Avenue, Raleigh

For information, call 919-350-8137 or

e-mail kvasquez@wakemed.org

Triangle Brain Injury Support Group

Third Tuesday of each month

7 pm

A separate caregiver support group meets at the same time

WakeMed Raleigh Campus

Conference Dining

3000 New Bern Avenue, Raleigh

For information, call 1-800-377-1464

or 919-618-3003

Cary Brain Injury Support Group

First Monday of each month

6:30 to 8 pm

WakeMed Cary Hospital

Conference Center

1900 Kildaire Farm Road, Cary

For information, call 919-460-9094

Stroke Support Groups

Raleigh Stroke Support Group

Second Tuesday of each month

Noon to 1 pm

WakeMed Rehabilitation Hospital

Health Park Classroom

3000 New Bern Avenue, Raleigh

For information, call 919-350-4163

Cary Stroke Support Group

First Monday of each month

6:30 to 8 pm

WakeMed Cary Hospital

Conference Center

1900 Kildaire Farm Road, Cary

For information, call 919-460-9094

Clayton Stroke Support Group

Third Wednesday of each month

Noon to 1 pm

WakeMed Clayton Medical Park

555 Medical Park Place, Clayton

(off Highway 70 West between

Guy & Shotwell roads)

For information, call 919-350-4174



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To Make a Referral to WakeMed Rehab

Inpatient: 919-350-7876
Outpatient: 919-350-7000

NEW! The WakeMed Concussion Program

WakeMed is proud to announce the launch of the WakeMed Concussion Program! Designed to evaluate, manage, and treat concussions in patients of all ages, our “one-stop shop” allows patients to be referred directly from any of WakeMed’s seven Emergency Departments for follow-up care. We also welcome patients at any stage of their recovery.

Staffed by our fellowship-trained neuropsychologist and experienced medical professionals, the WakeMed Concussion Program offers comprehensive care and helps patients develop individualized, targeted treatment approaches for recovery.

Recovering from concussion can be tricky, but there are many recent medical and scientific advances in concussion testing, evaluation and treatment. The days of sitting in a dark room and just passively waiting for symptoms to improve are long gone! WakeMed Concussion Program providers incorporate these advances into the care of their patients to help them safely return to work, school, sports and other activities.

Want to learn more? Patients, parents and physicians are welcome to call 919-350-7331.



Does My Child Have a Concussion?

It’s smart to be prepared in case of injury and baseline concussion testing helps you do just that. The providers with the WakeMed Concussion Program will soon offer ImPACT® computerized baseline testing to measure your child’s reaction time, memory capacity, speed of mental processing and brain function pre-injury. Then, when an injury occurs, the provider can compare pre- and post-concussion scores to assess the level of concussion as well as how well your child is recovering. For more information about ImPACT baseline concussion testing, call 919-350-7331.