

RWJBarnabas Health New Jersey State Concussion Summit



Sponsored by The Matthew J. Morahan III Health Assessment Center for Athletes

March 11, 2024 • 8:30 a.m. to 1:30 p.m.

Monmouth University

400 Cedar Avenue | West Long Branch, NJ 07764

Offering 4.5 CEUs to Athletic Trainers

PROGRAM SCHEDULE

8:00 a.m. Check In and Arrival

8:30 a.m. Introduction and Welcome

Josh Bershad, MD, Chief Medical Officer, Rutgers Athletics;
Executive Vice President, Physician Services, RWJBarnabas Health;
Clinical Assistant Professor, Rutgers RWJMS

**8:40 a.m. Update on International Guidelines on Sport-related Concussion:
Amsterdam 2022**

John J. Leddy, MD

9:20 a.m. Applying Amsterdam in Clinical Practice

Jason Krystofiak, MD, CAQSM

**9:50 a.m. Societal Concerns and Mental Health Effects Following
Brain Injury in Athletes**

Peter Economou, PhD, ABPP

10:20 a.m. Panel Discussion Facilitated by Diana Toto, MS

10:50 a.m. Lunch

11:10 a.m. Updates In Innovation

Diana Toto, MS

11:30 a.m. Assessing Concussion with a Novel EEG Technology

Ryan C.N. D'Arcy, PIEng

11:50 a.m. Advancements in Nutrition Care and Concussion

Renee Korczak, PhD, RDN, CCSD, LD

12:10 p.m. Brain Injury Legislative Panel Discussion

Open Forum Led By Tom Grady, MPA, DTM

12:40 p.m. Interactive Demonstration

CORE TOPICS WILL INCLUDE:

- International Consensus Updates
- Mental Health Effects of Brain Injury
- Concussion Nutrition
- Concussion Innovation and Technology Advancements
- Brain Injury Legislation
- Prescriptive Based Recovery
- Hands On Workshop and Demonstration

LEARNING OBJECTIVES

1. Interpret of technological advances for objective measures of pathophysiology for concussion and application through hands on learning.
2. Knowledge of innovative treatment options for practical application related to concussion management of athletes.
3. Evaluation based approaches and application in acute concussion medicine as it relates to athletic brain injury recovery, nutrition, and performance.
4. Summarize approaches for acute concussion evaluation and intervention through identification of causal relationships as it relates to mental health risk and long term societal effects.



To register, please scan the QR Code or visit rwjbh.org/events (and search by event name).



Matthew J. Morahan, III
Health Assessment Center for Athletes
RWJBarnabas Health



Brain Injury Alliance
NEW JERSEY

**RWJBarnabas
HEALTH**



SEAVIEW
ORTHOPAEDICS

rwjbh.org/morahan

RWJBarnabas Health is the official health care provider of



The Monmouth Medical Center is accredited by the Medical Society of New Jersey to provide continuing medical education for physicians.

AMA Credit Designation Statement: The Monmouth Medical Center designates this live activity for a maximum of 4.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

SYMPOSIUM PRESENTERS



Featuring Keynote Speaker: John J. Leddy, MD

International Consensus Expert Panelist | Developer of the Buffalo Concussion Treadmill Test

Dr. Leddy is a Professor of Clinical Orthopaedics and Rehabilitation Sciences at the University at Buffalo Jacobs School of Medicine and Biomedical Sciences, a Fellow of the American College of Sports Medicine, the American Medical Society for Sports Medicine, and of the American College of Physicians. He is the Director of Outcomes Research for UBMD Orthopaedics and Sports Medicine. He is a Division 1 team physician and Medical Director of the University at Buffalo Concussion Research and Management Center. He is a Member of the Expert Panels for the Fifth and Sixth International Consensus Conferences on Concussion in Sport. In conjunction with Dr. Barry Willer, he developed the Buffalo Concussion Treadmill Test.



Jason Krystofiak, MD, CAQSM

Dr. Krystofiak is a Primary Care Sports Medicine physician who joined RWJBarnabas Health and has been working with Rutgers Athletics since 2018. Dr. Krystofiak is the section Chief of Sports Medicine at Cooperman Barnabas Medical Center. He is also the Medical Director of Sports Medicine and Medical Director of the Matthew J. Morahan III Health Assessment Center for Athletes at RWJBarnabas Health. He currently serves as one of the Team Physicians for Rutgers Athletics including the Team Physician for Rutgers Football. Dr. Krystofiak is also a Clinical Assistant Professor of Family Medicine and Community Health at Rutgers-Robert Wood Johnson Medical School (RWJMS), involved in the education of medical students, residents, and fellows. Dr. Krystofiak is a published author on NCAA research and has been interviewed by several media outlets on concussion management. He previously served as the Medical Director for Sky Blue FC in 2019. Dr. Krystofiak graduated magna cum laude from Rutgers University. He then attended Ross University School of Medicine where he graduated with honors. Dr. Krystofiak completed his residency in Family Medicine at Rutgers-RWJMS, where he served as chief resident and received the Gold Humanism and Excellence in Teaching Award. He completed his fellowship in Sports Medicine at the same institution.



Diana Toto, MS

Diana, Administrative Director of Sports and Rehabilitation Medicine, has overseen the Matthew J. Morahan III Health Assessment Center for Athletes at RWJBarnabas Health (RWJBH) since 2011. She obtained her bachelor's degree in Kinesiology at Penn State University and her master's degree in Clinical Exercise Science from East Stroudsburg University. Prior to working with RWJBH, Diana worked as an exercise physiologist with athletes and other special populations for seven years in the healthcare industry. Diana has presented hundreds of talks on youth safety, concussion, cardiac screening, injury prevention, and sports injury management across New Jersey. In 2015, Diana was interviewed on Channel 3 WJLP New Jersey/New York on cardiac issues in youth athletes. Today, Under Diana's leadership, the Morahan Center currently manages over 25 schools across the state for varying services and continues to raise awareness on youth safety, screenings, injury prevention, and injury management. Diana is also an active member of the Brain Injury Alliance Committee for the State of New Jersey, and is a published author on acute concussion research and NCAA cardiac research for RWJBH. Diana was also lead author on an accepted abstract for publication with the International Conference on Concussion and Sport, the largest concussion conference in the world.



Pete Economou, PhD, ABPP

Dr. Pete is trained in counseling psychology, board certified in Cognitive and Behavioral Therapy (CBT), a certified mental performance consultant (CMPC), and licensed to practice psychology (NJ, NY, PSYPACY). Dr. Pete has worked with high performers at the collegiate and professional levels and is the author of "Mindfulness Workbook for Beginners" and "Meditation Journal for Anxiety." Dr. Pete is also a dharma holder/teacher of Zen Buddhism studying at the Morning Star Zendo with Robert Kennedy, Roshi, faculty at Rutgers University, and Director of Behavioral Health and Wellness - Sport Psychology.



Ryan C.N. D'Arcy, PIEng

Dr. D'Arcy is a neuroscientist and neurotechnology entrepreneur. He is the co-founder, President, and Chief Scientific Officer of HealthTech Connex. He also holds professorship appointments at Simon Fraser University and the University of British Columbia, where he serves as a BC Leadership Chair in neuroimaging and neurotechnology. Dr. D'Arcy has led the development of numerous innovations to improve brain health, including the Health and Technology District in Surrey, British Columbia. He has published more than 300 academic works, attracted more than \$100 Million in competitive research and innovation funding, and been recognized through numerous awards and distinctions. Dr. D'Arcy is a 3X TEDx speaker, who speaks frequently on brain health innovations around the world.



Renee Korczak, PhD, RDN, CSSD, LD

Dr. Korczak is an advanced practice registered dietitian nutritionist and a board-certified sports dietitian. She harnesses her expertise in gut health and her work with recreational and competitive athletes to understand the complex intricacies of gastrointestinal disorders and their relationship to diet and supplementation. Dr. Korczak is a published author, recognized speaker/media personality and has worked with professional athletic teams in the past including the Minnesota United Football Club. She continues to teach her online sports nutrition course through the University of Minnesota and has been a successful mentor to many undergraduate and graduate students.



Thomas Grady, MPA, DTM

Tom is a seasoned and accomplished advocacy and public affairs professional who has served as Director, Advocacy and Public Affairs, Brain Injury Alliance of New Jersey since 2002. He directs, manages, and supports lobbying efforts for multiple state and federal issues in support of people with traumatic or acquired brain injury and champions and publicizes brain injury prevention.

Provider ID P10032. The Matthew J. Morahan III Health Assessment Center for Athletes is recognized by the Board of Certification, Inc. to offer continuing education for Certified Athletic Trainers.

Disclosure Statement: Neither physicians, moderators or planners have any relevant financial interest or relationship with any manufacture(s) of any commercial product(s) discussed in the educational presentation.

A commercial interest is any entity producing, marketing, re-selling, or distributing healthcare goods or services consumed by, or used on, patients.