



Instructions for ImPACT Testing

ImPACT (Immediate Post-concussion Assessment and Cognitive Testing) is a vital tool in the evaluation of an individual following a suspected head injury or concussion. Testing prior to injury gives the doctor an accurate baseline to which to compare brain function and reflexes in the event that you sustain a minor traumatic brain injury (MTBI).

The test takes about 20-30 minutes to complete and is not graded. You cannot fail. It is, however, important to pay attention and do your best to be both quick and accurate. Certain parts of the test evaluate your memory for shapes, words and letters as well as your speed of recall. On the sections where speed is tested, try to click on the correct response as accurately **and** as fast as you can.

A few things to check before you begin:

1. You need to know your approximate height and weight for the demographic part of the test.
2. You can only use the mouse for clicking. You may NOT use the touchpad.
3. Make sure that the power cord is plugged into the wall and the computer.
4. The test is intended to be challenging. You are not supposed to get everything correct. Do the best you can.
5. No eating or drinking during the test. (You need to concentrate.)
6. If you have any questions before or during the test, don't hesitate to ask.

Enjoy!

Drew Nash, M.D.