

Telehealth concussion treatment for rural and regional Australians

What are we offering?

We are trialling approaches to treating persisting symptoms after concussion, free of charge in the study: Interdisciplinary Rehabilitation for Concussion Recovery via Telehealth (i-RECOVeR-TH). Persisting symptoms after concussion can include fatigue, sleep issues, feeling forgetful, and feeling anxious or stressed. In this study, telehealth refers to a video call.

You will be randomly allocated to receive either:

- A telehealth assessment with a neuropsychologist and physiotherapist, followed by an 8-week treatment program with a neuropsychologist, physiotherapist, and doctor; OR
- A telehealth assessment with a neuropsychologist and physiotherapist, being sent information about how to manage concussion, and tracking your symptoms with a questionnaire for 8 weeks. After a four month period you will receive the same treatment program as the first group.

You are eligible to participate if you:

- Live in rural, regional, or remote areas in Australia, and
- Have had a concussion within the past 2 years, and
- Have had persisting post-concussion symptoms for at least 2 weeks, and
- Are aged between 16-70 years, and
- Do not have an acute psychiatric condition, significant neurological history, or regularly use recreational substances

If you are interested, please contact us:

- By email, at spp-irecover@monash.edu
- By phone, on (03) 9426 8923

More information can be found in the QR code

