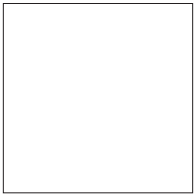


111 Michigan Avenue, NW
Washington, DC 20010

Children's National[™]



Children's National Health System

Comprehensive Headache and Concussion Program



Children's National[™]

In an effort to improve access and ease of referral,

Children's National is expanding its Comprehensive Headache and Concussion Programs with a centralized referral process, staffed by a program coordinator available from 8:30 am - 4:30 pm Monday through Friday.

Urgent appointments will be available at a Children's National Regional Outpatient Center or the main hospital.



HEADACHE PROGRAM

Marc DiSabella, DO
Director, Neurology

Marc DiFazio, MD
Neurology

Angela Fletcher, PsyD
Behavioral Medicine

William McClintock, MD
Neurology

SCORE PROGRAM

Gerard Gioia, PhD
Director, Neuropsychology

Raquel Langdon, MD
Director, Neurology

Christopher Vaughn, PsyD
Assistant Director, Neuropsychology

Jessica Keats
Program Coordinator, Headache and Concussion
headache@childrensnational.org

A team of trusted experts in neurology and neuropsychology will provide urgent evaluations of your patients with headaches and concussions.

HEADACHE 202-476-HEAD (4323)

■ **Patients with urgent needs for headache care should call 202-476-HEAD (4323) or email headache@childrensnational.org.** Symptoms for referral include:

- Headaches that are recurrent (more than four times per month) or are increasingly severe
 - Headaches that have been present for over four weeks and are not responding to intervention
 - Headaches resulting in missed school days
- Patients with headaches that are difficult to control will be referred by a Children's National provider to our **Interdisciplinary Intractable Headache Clinic**. This clinic utilizes lifestyle modification and healthy habits, abortive and preventive medications, complementary and alternative medicine, pain-focused cognitive behavioral therapy, biofeedback, nerve blocks, and infusions to provide additional treatment options for your patients.
- Emergency Department referral is recommended for patients with new onset of acute, severe headaches or new neurological deficits. For less severe or more intermittent headaches, please call the Neurology appointment line at **202-476-3611** to schedule an appointment with one of our Neurology care providers.

URGENT HEADACHE APPOINTMENTS are available within

72 HOURS.

CONCUSSION 202-476-SCOR (7267)

■ **Patients experiencing initial symptoms of a concussion should call 202-476-SCOR (7267) to make an urgent appointment.** Symptoms for referral after a head injury include:

- Headache or pressure in head
 - Nausea or vomiting
 - Dizziness or balance problems
 - Double or blurred vision
 - Sensitivity to light
 - Fatigue
 - Mental fogging
 - Difficulty concentrating
 - Memory problems
 - Feeling slowed down
 - Sadness or irritability
 - Sleep disruption
- **Emergency Department referral is recommended** for patients with signs of neurological deterioration including:
- Headaches that worsen
 - Looks very drowsy or can't be awakened
 - Can't recognize people or places
 - Neck pain
 - Seizures
 - Repeated vomiting
 - Increasing confusion or irritability
 - Unusual behavioral change
 - Focal neurologic signs
 - Slurred speech
 - Weakness or numbness in arms/legs
 - Change in state of consciousness

■ **Patients who need ongoing concussion management** will be referred to the Safe Concussion Outcome Recovery & Education (SCORE) Program. The SCORE program is a nationally recognized comprehensive concussion management program, providing individualized expert care for over a decade.

URGENT CONCUSSION APPOINTMENTS are available within

24-48 HOURS.