

Conférence en anglais

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Moving Upstream towards Prevention



Injuries in youth sport and recreation are predictable and preventable. In Canada, it is estimated that 35% of youth (ages 11-18) sustain a sport-related injury requiring medical attention each year. Lower extremity injuries account for >60% and concussions 20% of this burden in youth. Reduction of injuries in youth sport and recreation and secondary prevention of longer term consequences of injury improves quality of life and promotes active living, including participation in sport. Research evaluating injury prevention strategies to reduce the burden of injury in youth sport including healthcare cost savings will be presented. Evidence informing practice and policy will include original research findings and highlights from the International Olympic Committee Consensus on Youth Athlete Development and Berlin Consensus on Concussion in Sport.

Research informing best practice and policy in the prevention of youth sport and recreational injuries and their consequences are based on a comprehensive approach to determine sport and recreational concussion burden in youth (injury surveillance); identification of risk factors for injury; and development, implementation, and evaluation of sustainable injury prevention strategies. The multifactorial and recursive nature of injury risk must be considered when evaluating injury prevention strategies in youth sport and recreation through case-control, cohort, and pragmatic trial study designs. Interdisciplinary collaborations, community partnerships, and a strong focus on integrated knowledge translation and training environment will continue to yield significant public health impact in the reduction of injuries in youth sport and recreation. A significant paradigm shift from the current approach of managing health, away from treatment and towards concussion prevention, is critical to improving the health and quality of life of youth. Research in injury prevention in youth sport and recreation is relevant to youth, parents, coaches, clinicians, sport organizations, educators, and policy makers across health care, education and public health priorities.

JEUDI LE 31 MAI 2018 à 15H

Auditorium de l'IRD PQ, au 525 boul. Wilfrid-Hamel
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