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it is hard to find a medical condition that has as much media attention as concussion with growing interest in concussion care by the nfl nhl nba and many other sports organizations the military and by regular patients the number of concussion care providers has rapidly increased concussion care manual second edition is the perfect step by step concussion management guide for clinicians coaches and even parents of athletic children this pocket sized volume discusses how to manage a variety of complexities associated with concussions including proper diagnosis management strategies headaches anxiety and depression ptsd dizziness fatigue and changes to mood balance personality and sleep this book also covers the essential elements on how to set up and run a concussion clinic focusing on the administrative need to know a much needed list of references scales and resources are provided at the end of the book for further

investigation new to the second editionel fully revised based on the most up to date research in the field across disciplines evidence based this new edition summarizes what works and what doesn t from recent clinical trials and real world concussion care experience provides step by step guidance on how to provide appropriate active management when treating concussion

an increasing body of research suggests that the covid 19 pandemic has worsened global mental health and caused more cognitive impairments whereas the covid 19 pandemic is still ongoing in some regions it is expected to be ending for most regions in the very near future from a psychological psychiatric and public mental health perspective it is of vital importance to conduct effective and efficient interventions to promote cognitive and mental health for they not only are essential for us to cope with the ongoing pandemic but also necessary for us to rebuild a better world post the pandemic not to say that a healthy cognitive and mental health state is at the core of human wellbeing and deserves its own place from previous studies and everyday practices we already know that regular exercise appropriate sleep nutritious diet close social ties connection with nature mindfulness among others help improve cognition and boost mental health however the optimal regimen for each specific cognitive and mental health outcome for a specific population including both those of healthy and clinical is unclear and remain to be identified furthermore the underlying psychological physiological and neurobiological mechanisms through which each activity or intervention improves cognition and promotes mental health are to be clarified the aim of this research topic is to publish a wide range of studies that help address these unsolved issues and advance our understanding of what activities and interventions help improve cognition and promote mental health any topics relevant to cognitive functions academic or work performance affective wellbeing and mental health are welcome both studies of acute and chronic regular effects are welcome the subjects can be healthy human volunteers clinical patients or animals of different ages and sexes article types include but are not limited to original research brief research reports clinical trials reviews meta analyses hypothesis and theory articles for original research and brief research reports the design can be cross sectional longitudinal or interventional as long as they provide insights into cognitive and mental health promotion

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