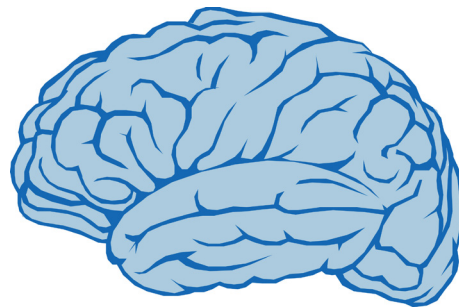


Welcome to The Hull-Ellis Concussion and Research Clinic

Information for patients and families

Read this brochure to learn more about:

- how to prepare for your visit
- what to expect
- how to reach us



A head start on recovery.



Patient Education



UHN

Toronto General
Toronto Western
Princess Margaret
Toronto Rehab
Michener Institute

You have been referred to us by the emergency room doctor from the Toronto General Hospital or the Toronto Western Hospital. As a patient, you will visit the clinic once a week and you may also take part in our research studies.

Please read the information in this brochure to help you prepare for your visits to our clinic.

If you prefer to speak in a language other than English, an interpreter is available free of charge. Please tell us ahead of time if you need an interpreter.

About our clinic

The Hull-Ellis Concussion and Research Clinic believes it's important to manage concussion recovery early. The research we do in the clinic helps us to provide our patients with the best possible care—within days of a concussion diagnosis. Our patients receive care and follow-up services from a team of doctors, a clinical coordinator and other health care providers, as needed, while they take part in a research study.

What health professionals will I be seeing?

- **a Doctor** (does the first health assessment and sees you every other clinic visit)
- **a Clinical Coordinator** (coordinates your care with other health care professionals and tells you about the research study)
- **Other health care professionals**, as needed

What should I bring with me?

- ✓ Ontario Health Card (OHIP)
- ✓ All the medications you are now taking
- ✓ Eyeglasses, hearing aid (if you use them)
- ✓ If possible, a family member or friend to support you or help you to remember information

What can I expect during my visit?

During your first visit to the clinic, we will do a health assessment to help us learn more about how your concussion has affected you. We will ask you questions about your concussion symptoms, how you are thinking and sleeping, your mood, balance and your senses.

My clinic schedule

My 1st visit	<ul style="list-style-type: none">• See the doctor and clinic coordinator• Introduction to research study• Appointment lasts 1 – 2 hours
Weeks 1 to 8	<ul style="list-style-type: none">• Visit with the clinic coordinator and/or doctor until I no longer have symptoms• Appointment lasts 1 – 2 hours
If my symptoms do not go away	<ul style="list-style-type: none">• May receive referrals to see other doctors in the community

To cancel an appointment: please call us at least 48 hours before your appointment so that we can reschedule for a later day during that same week.

What can The Hull-Ellis Concussion and Research Clinic do to help me?

We will monitor you once a week. If you are taking part in the research study, we will tell you more about the study and what's involved during each visit. We will also give you feedback on your progress and on the study at 12 weeks.



How do I get to The Hull-Ellis Concussion Clinic?

Come to:

Toronto Rehab – University Centre, Neuro Day Hospital and The Hull-Ellis Concussion Clinic
East Wing – 10th floor
550 University Avenue

Find us on the northwest corner of University Avenue and Elm Street, which is 1 block north of Dundas Street West.

About parking:

The hospital does not have its own parking lot. There are many lots nearby on Elm Street and on Murray Street. Parking is about \$20 a day in the lots located west of the hospital on Murray Street.

To get to Toronto Rehab by subway:

- Take the University Avenue subway line to St. Patrick station.
- Exit the station and travel 1 block north on University Avenue to Elm Street.

How can I contact the Clinic?

Call reception: 416 597 3422, ext. 3226

Clinic hours: Monday to Friday 8:00 am – 4:00 pm

Address: The Hull-Ellis Concussion and Research Clinic
Brain & Spinal Cord Rehab Program
Toronto Rehab – University Centre
University Health Network
550 University Avenue
East Wing – 10th floor
Toronto, Ontario M5G 2A2

For more information

Visit the Hull-Ellis Concussion and Research Clinic [website](#):

- https://www.uhn.ca/TorontoRehab/Clinics/Hull-Ellis_Concussion_Research

Follow us on Twitter @Hull_EllisCC

Read more about Toronto Rehab on our [website](#):

- www.uhn.ca/TorontoRehab



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