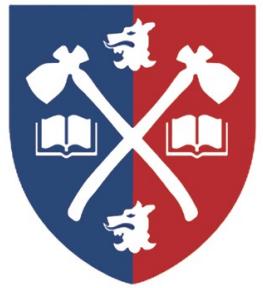


Sarah Charnock

HONOURS RESEARCH

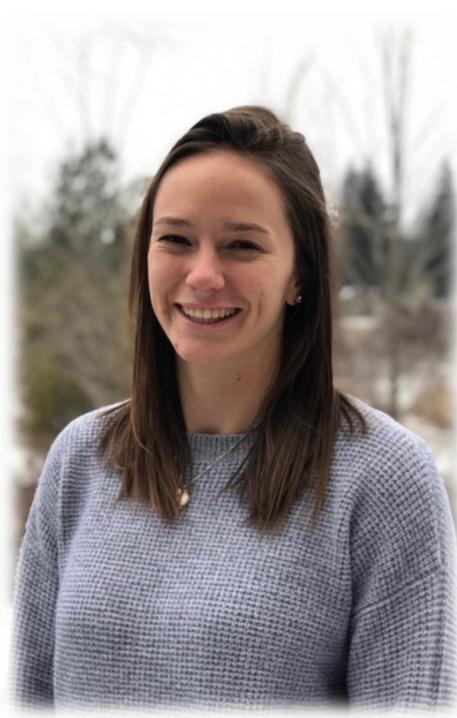


Research Focus:

Sarah's honours research focuses on uncovering barriers to effective (sports related) concussion management in Nova Scotia. A significant number of concussions occur in sport at every level and awareness has begun to increase. That being said many are still unsure what the appropriate steps are they should be taking while recovering from a concussion. The issues seem to range from a lack of training for health care providers to various pressures faced by athletes that cause underreporting. This study will further explore what barriers athletes perceive in NS as well as the issues that health care providers see that might prevent athletes from having an ideal rehabilitation experience after a sport related concussion. Upon completion of the study it is our hope to create a tool for health care providers to use to address the issues uncovered in the questionnaires and interviews.

About Sarah:

Sarah Charnock is a 4th year kinesiology student from Newmarket Ontario. She has spent her time at Acadia actively participating in various kinesiology programs as well as in the wider Acadia and Wolfville Community. She is a volunteer with the cardiac rehab and SMILE programs, the president of the Acadia Kinesiology Society, a varsity soccer athlete, and a SIAM student that works with the varsity volleyball team. She is also a Fast and Female ambassador and as an avid multisport athlete growing up she personally experienced various sport related injuries and became interested in rehabilitation. She volunteered for four years at a spinal cord injury recovery center and has a particular interest in neurological rehab. A growing interest in the sporting community and the newly enacted Rowan's Law in Ontario peaked her interest and is learning more about arguably one of the most complex injuries to manage in sport. Upon graduation, Sarah plans to pursue the opportunity to continue to be an athlete abroad and hopes to one day become a physician.



Supervisor: Dr. Colin King