



Thomas Pashby (1915-2005) C.M., M.D.  
Founding Chairman

## Dr. Nick Reed - 2015 Recipient of the Dr. Tom Pashby Sports Safety Award

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Dr. Nick Reed of the Holland Bloorview Kids Rehabilitation Hospital in Toronto calls his dedication to a concussion awareness and education program a “Labour of Love”

That is just one telling reason the 33-year-old Occupational Therapist is the recipient of the 2015 Dr. Tom Pashby Sports Safety Fund Award given to a Canadian for outstanding contribution towards the prevention of catastrophic injuries in sports and recreational activities. It is accompanied by a \$10,000 gift and will be recognized in [Canada's Sport Hall of Fame](#) in Calgary, Alberta.

Dr. Tom Chau, the Centre's vice president of research, nominated Dr. Reed for his “remarkable devotion to promote proper management of concussion and safe return to sport.

“He has a passion for concussion research that, for him, has become a life mission,” said Dr. Chau. “He is amazing and very innovative....a pioneer blazing in concussion education and awareness.”

This past June, Dr. Reed organized a seminar called ‘One Voice’, the First-Ever International Symposium on Pediatric Concussion.

“We are very pleased that we have an occupational therapist, not necessarily a medical doctor, who has won the award,” says Fund chairman Bill Pashby. “We are also pleased to give it to someone whose work is for children specifically as many children suffer from catastrophic injuries.”

Dr. Reed has earned many degrees from McMaster University and University of Toronto including a PhD in Rehabilitation Sciences. As a recognized researcher and clinician with many accolades, he and co-worker Christine Provvidenza have created a booklet ‘Concussion and You- A Handbook for Parents and Kids that is currently posted on the Greater Toronto Hockey League (GTHL) website.

“We run a weekly education and support session in the evening – no fee- at the Holland Bloorview Kids Rehabilitation Hospital,” Dr. Reed said. “It has been a labour of love.”

**Concussion And You: A Handbook for Parents and Kids** is written in language that parents and children can understand. There is no medical jargon and he uses all the newest technology to reach the widest audience including Twitter, a YouTube Channel, Facebook and Instagram.

He is not sitting in an ivory tower. He was an athlete who suffered many concussions playing basketball and lacrosse.

“I played lacrosse up to Jr. A for the Toronto Beaches and was drafted in 2002 by Rochester Knighthawks.,” he said and added that he remembers not feeling great after being concussed; “I saw blue. My vision was affected.”

Dr. Reed says those who have sustained a concussion need “tangible strategies to use during recovery. We provided kids and family with tools, an activity log .....and how to make a plan for recovery.”

Christine Provvidenza who co-authored the book has worked with such notables as world renowned concussion experts such as neurosurgeons Dr. Charles Tator, and Dr. Karen Johnston who has ministered to many NHL players.

“Nick is amazing, a go-getter,” Provvidenza said. “He pushes the boundaries of concussion education and thinks outside the box creating optimal strategies for children, coaches and parents.”

None of this was lost on the Greater Toronto Hockey League and its 40,000 members.

“It is the quality and reputation of Nick and his organization,” explains GTHL president Don West when asked why this publication and not others that have been written. “We highly encourage all our players and families to read it.”

GTHL executive director Scott Oakman attended the June Symposium and was impressed. He said the league is currently working on developing more collaboration with Dr. Reed.

“There were more than 50 people from around the world attending it,” Oakman said. “There were clinicians and researchers and what I found very interesting is everyone was facing the same challenges and the issues were consistent.

“The real key is it was Pediatric specific and our players are primarily under 16,” he said and noted that in the past most of the written material and research was pointed at adults. “The brain of a child is different.”

Dr. Reed is the 12<sup>th</sup> recipient of this prestigious award. Access [www.drpushby.ca](http://www.drpushby.ca) website to read more about the work the Fund and [past winners](#).

