



CONCUSSION INFORMATION SHEET

What is a concussion? A concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces.

Concussion Signs and Symptoms:

- | | |
|---|--|
| <input type="checkbox"/> Headache | <input type="checkbox"/> Difficulty falling asleep |
| <input type="checkbox"/> Blurred Vision | <input type="checkbox"/> Difficulty focusing/concentrating |
| <input type="checkbox"/> Nausea/Vomiting | <input type="checkbox"/> Feeling like your in a "fog" |
| <input type="checkbox"/> Loss of appetite | <input type="checkbox"/> Ringing in the ears |
| <input type="checkbox"/> Fatigue/Sleepiness | <input type="checkbox"/> Sensitivity to light or noises |
| <input type="checkbox"/> Irritability/Emotional | <input type="checkbox"/> Temporary loss of memory |

**** If any signs/symptoms worsen, take your child to the ER immediately.**

** Symptoms may linger for several days.

Concussion Facts:

1. Symptoms can be subtle, such as a headache or feeling sluggish.
2. Some symptoms may not surface until 48 to 72 hours after the injury.
3. Recovery is different from person to person who sustains a concussion, thus recovery time cannot and should not be pre-determined until after medical evaluation and post-concussion evaluation by a medical professional.

Concussion Myths:

1. You have to have loss of consciousness to have sustained a concussion.
 - Studies show that less than 10% of concussions result in loss of consciousness.
2. Concussions are only a result of a direct blow to the head.
 - A concussion can be sustained by a sudden, violent movement of the head caused by an un-expected external force to the body.
3. You need to wake someone every 20 minutes.
 - Although it is important to check on someone periodically, it does not have to be every 20 minutes. Once every 2-3 hours is sufficient.
4. You need to check pupils with a flash light to see if they are dilated or un-even.
 - There is no need to do this when someone is conscious due to they would not have dilated or unequal pupils and be able to speak with you.

Management of a Concussion:

When a concussion is suspected, it should be brought to the attention of an athletic trainer and/or a physician for further evaluation. Further tests may be recommended by your physician to rule out any intra-cranial bleeding.

What to avoid and do when a concussion is suspected: Things that should be considered so recovery is not delayed:

- Avoid any loud noises (Music, TV, Band practices, or listening to an IPOD)
- Avoid texting, reading, video games, typing, or inter net use. All of these activities cause an increase in cognitive function which puts a strain on the brain
- Avoid any over-the-counter medications (Advil, Motrin, Ibuprofin, Aleve)
- If studying is needed to be done for a quiz or test the next day or that week, the school nurse, athletic director, administrator and/or guidance counselor should be contacted and made aware that a concussion is suspected and postponement of any quizzes or exams may be needed.
- Staying home from school may be recommended if concussed individual wakes up or begins to experience headaches right away.

Return to Participation:

** It is recommended that your child be checked by a physician and/or athletic trainer prior to their return to sport participation. Even after a medical release, post concussion testing must be done with an athletic trainer to see if any symptoms are re-produced. Athlete may feel fine at rest, but symptoms may be exacerbated with physical activity. Other tests may include a neuro-cognitive test, which uses computer software to test cognitive functioning, or balance testing.

AT Signature: _____

Date: _____

AT Contact Info: _____