

Concussion Management – Coaches/Parent Information

Concussion definition – (MTBI – mild traumatic brain injury)

A concussion is a reaction by the brain to a jolt or force that can be transmitted to the head by an impact or blow occurring anywhere on the body. Essentially a concussion results from the brain moving back and forth or twisting rapidly inside the skull.

Symptoms of a concussion are the result of a temporary change in the brain's function. In most cases, the symptoms of a concussion generally resolve over a short period of time, however in some cases, symptoms will last for weeks or longer. Children and adolescents are more susceptible to concussions and take longer than adults to recover.

Symptoms include, but are not limited to:

- Decreased or absent memory of events prior to or immediately after the injury, or difficulty retaining new information
- Confusion or appears dazed
- Headache or head pressure
- Loss of consciousness
- Balance difficulties, dizziness, or clumsy movements
- Fatigue and/or sleep issues – sleeping more or less than usual
- Double or blurry vision
- Nausea, vomiting and/or loss of appetite
- Irritability, sadness or other changes in personality
- Feeling sluggish, foggy or light-headed
- Concentration or focusing problems
- Drowsiness

Students who develop any of the following signs, or if signs and symptoms worsen, should be seen and evaluated immediately at the nearest hospital emergency room.

- Headaches that worsen
- Seizures
- Looks drowsy and/or cannot be awakened
- Repeated vomiting
- Slurred speech
- Unable to recognize people or places
 - Fever and stiff neck
- Weakness or numbing in arms or legs, facial drooping
- Unsteady gait
- Change in pupil size in one eye – pupils dilated
- Significant irritability
- Any loss of consciousness
- Suspicion for skull fracture: blood draining from ear or clear fluid from

Concussion Management: Along with educational training for coaches and athletes, the following guidelines will be used to manage a concussion when one is suspected:

1. The student will not be allowed to return to play/activity in the current game or practice.
2. The student should not be left alone and regular monitoring for deterioration is essential over the next 24 hours following injury.
3. Following the initial injury, the student must follow up with their Primary Care Physician or with an Urgent Care/Emergency Care Facility within the first 24 hours. The student must then bring documentation from one of these providers with progress notes, diagnosis and return to play date and protocol in to the school nurse and this will be faxed to the School Physician. A repeat Impact Test must be done within 2-3 days after the initial injury with additional tests ordered at the discretion of the School Physician. The School Physician will then make the final decision on return to activity including physical education class and after-school sports following the Zurich return to play guidelines.
4. The student must have the "Student Concussion Checklist" on file with the School Nurse. This form must be returned to the School Nurse.
5. Return to play must follow a medical clearance and successful completion of the "Return to Play Protocol".

The School Nurse will supervise and document the Zurich Guidelines. The school district appointed School Physician has final determination for the students return to play status.

The cornerstone of proper concussion management is rest until all symptoms resolve and then a graded program of exertion before return to a sport/activity. The program is broken down into six steps in which only one step is covered per one 24-hour period. The next six steps involved with the Return to Play Protocol are:

1. No activity until asymptomatic.
2. Light aerobic exercise such as brisk walking or stationary bike, etc. No resistance training.
3. Sport/activity specific exercise such as skating, running, etc. Progressive addition of light resistance training.
4. Non-contact training/skill drills.
5. Full contact training in practice setting (if a contact/collision sport).
6. Return to competition.

Parents are encourage to visit the State Education Department of Health Website for more information on Concussion Management
New York State Department of Health

http://www.health.ny.gov/prevention/injury_prevention/concussion/htm

Parent Signature _____ **Date** _____

(I have read and reviewed the following information in regards to the Hoosick Falls Concussion Management Plan and Procedures)