

WPS CONCUSSION MANAGEMENT

INFORMATION for PARENTS

Concussion or Traumatic Head Injury can occur whenever there is a blow or jolt to the head that causes complicated chemical changes in the brain that take several days to resolve.

Many concussions occur during organized (especially contact) sports, but are also common as a result of skiing, snowboarding, skateboarding, gymnastics or ballet falls, etc.

Many concussions can go undetected initially because there has been NO loss of consciousness and the person is able to resume activity following the initial blow to the head or whiplash.

How to determine if your son/daughter has a concussion following a blow to the head:
According to the U.S. Dept of Health and Human Services CDC "*Heads Up*" Program

Headache or "pressure" in head Nausea or vomiting Loss of consciousness (even briefly) or groggy Sensitivity to noise and/or light Blurred or double vision changes Appears dazed or stunned Is confused about assignment Balance problems or dizziness Answers questions slowly	Forgets sports plays Is unsure of game, score or opponent Moves clumsily Feeling sluggish, hazy, foggy Shows behavior or personality changes Concentration or memory problems Confusion – can't recall events prior to hit or fall can't recall events after hit or fall
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<http://www.cdc.gov/ConcussionInYouthSports/>

Some of these symptoms will appear immediately after the blow. Some may quickly disappear while other symptoms can increase or develop hours or even days after the injury.

What to do if your son/daughter has had a concussion:

1. **Seek medical consultation.** If there has been loss of consciousness (even briefly) person should be taken to the hospital or MD office for evaluation. For concussions not involving loss of consciousness, report symptoms to primary care physician right away for advice about how to proceed.
2. **Rest is the main treatment for a concussion.** Doing as little as possible will allow symptoms to begin clearing
3. **Proper evaluation.** Make sure to get written clearance from PCP or specialist who understands current concussion management protocols before resuming activities. Progression is very individualized and is determined on a case-by-case basis. Factors affecting progression include: duration and type of symptoms, previous history of concussion, and type of sport/activity participation.

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When you visit your doctor, here are some important questions to ask:

Can medication be given for headache? If so, what medicine_____.

Is it necessary to stay home?

If so, are there restrictions on:

- watching TV
- computer use
- reading
- homework

What should we do if the symptoms becomes worse?

When school resumes:

Can the nurse administer medication for headache?

What will be indicators that the school day is too strenuous?

When can other activities be resumed?

When can full activity including contact sports be resumed?

Some links for information regarding concussion and traumatic brain injury:

www.cdc.gov/injury

www.sportsconcussion.net

www.biausa.org