

Victoria Independent School District Athletic Department
Guidelines for Concussion Management

Introduction

Approximately 10 percent of all athletes involved in contact sports suffer a Mild Traumatic Brain Injury (concussion) each season; some estimates are as high as 19 percent. Because many mild concussions can go undiagnosed and unreported, it is difficult to estimate precisely the rate of concussion in any sport. Symptoms are not always definite, and knowing when it is safe for an athlete to return to play is not always clear.

The recognition and management of concussions in athletes can be difficult for a number of reasons: Athletes who have experienced a concussion can display a wide variety of symptoms. Although the classic symptoms of loss of consciousness, confusion, memory loss, and/or balance problems may be present in some athletes with mild traumatic brain injury, there may or may not be obvious signs that a concussion has occurred.

Post-concussion symptoms can be quite subtle and may go unnoticed by the athlete, team medical staff, or coaches. Many coaches and other team personnel may have limited training in recognizing signs of concussions and therefore may not accurately diagnose the injury when it has occurred. Players may be reluctant to report concussive symptoms for fear that they will be removed from the game, and this may jeopardize their status on the team, or their careers.

Victoria ISD is in compliance with HB 2038, 82 (R). A student removed from an athletic practice or competition would not be permitted to practice or compete again until the student has been evaluated and cleared to play through a written statement by a physician. The student 's parent or guardian and student would have to return the physician's statement and complete a consent form indicating that they had been informed and consented to the policies established under the return to play protocol; understood the risks associated with the student's returning to play and would comply with any ongoing requirements outlined by the concussion policy; consented to the physician's disclosure of health information that was related to the concussion treatments; and understood the district or schools immunity from liability provisions. The Victoria ISD Concussion Oversight Team includes:

Dr. Rick Leggett MD- Team Physician

Ronald Davis LAT- Athletic Trainer at West High School

Leigh Muil LAT- Athletic Trainer at East High School

TJ Cleveland LAT- Athletic Trainer at East High School

Recovery and safe return to play:

It is crucial to allow enough healing and recovery time following a concussion to prevent further damage. Research suggests that the effects of repeated concussions are cumulative over time. Most athletes who experience an initial concussion can recover completely as long as they do not return to contact sports too soon. Following a concussion, there

is a period of change in brain function that may last anywhere from 24 hours to 10 days. During this time, the brain may be vulnerable to more severe or permanent brain injury. If the athlete sustains a second concussion during this time period, the risk of permanent brain injury increases.

Definitions to know:

Concussion or Mild Traumatic Brain Injury (MTBI) - A concussion or MTBI is the common result of a blow to the head or body which causes the brain to move rapidly within the skull. This injury causes brain function to change which results in an altered mental state (either temporary or prolonged). Physiologic and/or anatomic disruptions of connections between some nerve cells in the brain occur. Concussions can have serious and long-term health effects, even from a mild bump on the head. Symptoms include, but are not limited to, headache, amnesia, nausea, dizziness, confusion, blurred vision, ringing in the ears, loss of balance, moodiness, poor concentration, or mentally slow, lethargy, photosensitivity, sensitivity to noise and a change in sleeping patterns. Symptoms can also include a loss of consciousness but many do not. These symptoms may be temporary or long lasting.

Second impact syndrome (SIS) - Second Impact Syndrome (SIS) refers to catastrophic events which may occur when a second concussion occurs while the athlete is still symptomatic and healing from a previous concussion. The second injury may occur within days or weeks following the first injury. Loss of consciousness is not required. The second impact is more likely to cause brain swelling with other widespread damage to the brain. This can be fatal. Most often SIS occurs when an athlete returns to activity without being symptom free from the previous concussion.

Prevention Strategies

Helmets, headgear, and mouth guards do not prevent concussions.

1. All headgear must be NOCSAE certified.
2. Make sure the headgear fits the individual.
3. For all sports that require headgear, a coach or appropriate designate should check headgear before use to make sure air bladders work and are appropriately filled. Padding should be checked to make sure they are in proper working condition.
4. Make sure helmets are secured properly at all times.
5. Mouth guards should fit and be used at all times.

Evaluation for concussions/ MTBI

1. At time of injury administer one of these assessment tests:
 - a. Sports Concussion Assessment Tools (SCAT)
 - b. Graded Symptom Checklist (GSC)
2. Observe athlete 15-20 minutes and re-evaluate.
3. Athlete does not return to a game or practice if he/she has any signs and symptoms of Mild Traumatic Brain Injury (Concussion).
4. Must see a Doctor if a concussion is suspected.
5. Home instructions
6. Return to play guidelines for parents.
7. Note- If in doubt, athlete is referred to physician and does not return to play.

Concussion Management

1. Recommended school modifications
 - a. Notify assistant principal and counselor of the student that he/she has MTBI
 - b. Notify counselor and Assistant principal of post-concussion symptoms.
 - c. Students may need special accommodations such as limited computer work, reading activities, testing, assistance to class, etc. until symptoms subside.
 - d. Student may only be able to attend school for half days or may need daily rest periods until symptoms subside with physician authorization.
2. Student must show no signs of post-concussion symptoms before return to play protocol begins.
3. Student will not return to full practice or competition for minimum of 7 days.
4. The treating physician must provide a written statement to the parent and athletic trainer indicating that, in the physician's professional judgment, it is safe for the student to return to play.
5. Student athlete and the parent/guardian have signed the form of acknowledging the completion of student athlete's return to play.

Return to Play Guidelines

Athlete must show no signs of post-concussion symptoms for 24 hours before return to play protocol begins.

If the student-athlete experiences any post-concussion symptoms during the return to activity progression, activity is discontinued and the student-athlete must be re-evaluated by a licensed health care professional.

- Phase 1: No exertional physical activity until student-athlete is symptom free for 24 hours and receives written clearance from a physician and submission of the required documentation following the concussion injury.
- Phase 2:
 - Step 1. When the athlete completes Phase 1, begin light aerobic exercise – 5 – 10 minutes on an exercise bike, or light jog; no weight lifting, resistance training, or any other exercise.
 - Step 2. Moderate aerobic exercise - 15 to 20 minutes of running at moderate intensity in the gym or on the field without a helmet or other equipment.
 - Step 3. Non-contact training drills in full uniform. May begin weight lifting, resistance training, and other exercises.
 - Step 4. Full contact practice or training.
 - Step 5. Full game play.

Doctor Referral

Immediate Emergency Referral-

The athlete needs to be transported immediately to the nearest emergency department.

1. Deterioration of neurologic function
2. Decreasing level of consciousness
3. Decrease or irregularity in respiration
4. Decrease or irregularity in pulse
5. Unequal, dilated or unreactive pupils
6. Any signs or symptoms of associated injuries, spine or skull fracture or bleeding
7. Mental status changes, lethargy, difficulty maintaining arousal, confusion, or agitation
8. Seizure activity

Day of Injury

1. Loss of consciousness on the field
2. Amnesia
3. Increase in blood pressure
4. Cranial nerve deficits
5. Vomiting
6. Motor deficits subsequent to initial on-field exam
7. Sensory deficits subsequent to initial on-field exam
8. Balance deficits subsequent to initial on-field exam
9. Cranial nerve deficits subsequent to initial on-field exam
10. Post-concussion symptoms that worsen
11. Additional post-concussion symptoms as compared with those on the field
12. Athlete in symptomatic one hour after initial assessment

Delayed Referral (after the day of the injury)

1. Any of the findings in the day of the injury referral category
2. Post-concussion symptoms worsen or do not improve over time.
3. Increase in the number of post-concussion symptoms reported
4. Post-concussion symptoms begin to interfere with the athlete's daily activities (i.e. Sleep, cognition, depression, aggression, etc.)

Return to Play Referral

1. During or after return to play progression
 - a. The treating physician must provide a written statement to the parent and athletic trainer indicating that, in the physician's professional judgment, it is safe for the student to return to play.
 - b. Student athlete and the parent/guardian have signed the form acknowledging the completion of the return to play guidelines which includes understanding the risks associated with the student athlete's return to play.

References: <http://www.uiltexas.org/files/health/UIL-CMP-Implementation.pdf>

http://www.uiltexas.org/files/health/UIL_Return_to_Play_Form.pdf

<http://www.uiltexas.org/files/health/HB02038F.pdf>

<http://www.sportsconcussion.com/index.htm>

<http://www.sportsconcussion.com/pdf/management/SCAT2.pdf>

Home Instructions-Student Copy

_____ has sustained a concussion during _____ today.

To make sure he/she recovers please follow the following important recommendations:

1. Please review the items outlined on the Physician Referral Checklist. If any of these problems develop, please call 911 or your family physician.
2. Things that are OK to do:
 - a. Take acetaminophen (Tylenol)
 - b. Use ice packs on head or neck as needed for comfort.
 - c. Eat a light diet
 - d. Go to sleep (rest is very important)
 - e. No strenuous activity or sports
 - f. Return to school
3. Things that should not be allowed:
 - a. Any pain medication other than acetaminophen
 - b. Eat spicy foods
 - c. Watch TV
 - d. Listen to iPod or talk on the phone
 - e. Read
 - f. Use a computer
 - g. Bright lights
 - h. Loud noise
 - i. Drink alcohol
4. Things there is no need to do:
 - a. Check eyes with a flashlight
 - b. Wake up every hour
 - c. Test reflexes
5. Have student report to athletic training room at 7:30 AM the following morning for a follow-up exam.

Further Recommendations:

Instructions provided to: _____

Signature: _____

Instructions provided by: _____

Signature: _____

Date: _____ Time: _____ Contact # _____

Home Instructions- VISD Copy

_____ has sustained a concussion during _____ today.

To make sure he/she recovers please follow the following important recommendations:

1. Please review the items outlined on the Physician Referral Checklist. If any of these problems develop, please call 911 or your family physician.
2. Things that are OK to do:
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 - b. Use ice packs on head or neck as needed for comfort.
 - c. Eat a light diet
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Date: _____ Time: _____ Contact # _____