

Concussion Fact Sheet

What is a concussion?

A concussion is a brain injury. Concussions are caused by a bump, blow, or jolt to the head or body. Even a “ding”, “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.

What are the signs or symptoms?

You can't see a concussion. Signs and symptoms of a concussion can show up right after the injury or may not appear or be noticed until days after the injury. If your child reports one or more symptoms of a concussion listed below, or if you notice the symptoms yourself, keep your child out of play and seek medical attention right away.

Signs Observed by Parents/Guardians or Staff:

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets an instruction
- Is unsure of game, score, or opponent
- Moves clumsily
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows mood, behavior, or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall

Symptoms Reported by Student:

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy, or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or is “feeling down”

How can you help your child prevent a concussion?

Every sport is different, but there are steps your child can take to protect themselves from a concussion and other injuries.

- Make sure they wear the right protective equipment for their activity. It should fit properly, be well maintained, and be worn consistently and correctly.
- Ensure that they follow their coaches' rules for safety and the rules of the sport.
- Encourage them to practice good sportsmanship at all times.

What should you do if you think your child has a concussion?

1. Seek medical attention right away. A healthcare professional experienced in evaluating concussions will be able to decide how serious the concussion is.
2. Tell the school nurse about ANY concussion. Coaches, school nurses, and other school staff should know if your child has ever had a concussion. Your child may need to limit activities while he/she is recovering from a concussion. Things such as studying, driving, working on a computer, playing video games, or exercising may cause concussion symptoms to reappear or get worse.
3. Keep your child out of play. If your child has a concussion, her/his brain needs time to heal. A repeat concussion that occurs before the brain recovers from the first-usually within a short period of time (hours, days, or weeks)-can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.

Adopted from: US DEPARTMENT OF HEALTH AND HUMAN SERVICES, CENTERS FOR DISEASE CONTROL AND PREVENTION-FEBRUARY 16, 2015

<https://www.cdc.gov/headsup/parents/index.html>

CESD CONCUSSION PROTOCOL

STAGE	STUDENT	PARENT	SCHOOL STAFF
Stage 1: Pre-Diagnosis	Student reports injury and symptoms to staff	Parents monitor symptoms	School Nurse and/or Athletic Trainer will provide guidance in the concussion management process.
Stage 2: Diagnosis	Student rests physically and mentally	Parents continue to monitor symptoms and makes appointment with qualified health care provider.	<ol style="list-style-type: none"> 1. Teachers separate work into three categories: Excused, Accountable, Essential. 2. School Nurse and/or Athletic Trainer will continue to provide guidance in the concussion management process.
Stage 3: Piloted & Monitored Return to Classes	Student gradually returns to classes, beginning with single partial day, but without academic work expectation. Response monitored by School Nurse. If symptoms persist, student is returns to Stage 2.	Parent monitors symptoms at home.	Teachers continue to separate work as in Stage 2.
Stage 4: Piloted & Monitored Return to Current Academic Work	Student attends classes and does current work. The School Nurse monitors progress. If the symptoms persist, student is returned to Stage 3.	Parent report any concerns over persistent symptoms to School Nurse	Counselor notifies teacher of status. Teachers communicate concerns to counselor over student's ability to perform current work.
Stage 5: Resumption of Full Academic & Light Cardio Activities	Student begins to catch up on accountable and essential past work. Begins light cardio in PE class and/or with Athletic Trainer supervision. Once medically cleared, student must demonstrate the ability to return to full academic expectations without recurrence of symptoms prior to returning to athletic activities.	<ol style="list-style-type: none"> 1. To Advance to Stage 5, a parent must provide the school nurse with a medical clearance letter from a licensed healthcare provider. 2. Parents report any concerns over persistent symptoms to School Nurse. 	If student's return to Stage 5 has taken at least 2 weeks, the counselor may hold a parent-teacher-student meeting to define priorities & expectations for past work makeup.
Stage 6: Resumption of Full Academic & Athletic Activities	Student communicates with teacher /school counselor concerning makeup of academic work.	Parent reports\ any resumption of symptoms to School Nurse.	Guidance Counselors monitor any difficulties related to student progress towards making up past work.

Concussion Protocol Stage Notes

Categories of Work: Once a student has been diagnosed with a concussion, teachers will begin to separate missed work into categories that the student will begin to catch up on Stage 5 is reached. The categories are:

Excused: Not to be made up.

Accountable: Responsible for content but only defined products.

Essential: Must be completed by student.

Tests, Quizzes, Assessments: The student will not resume tests, quizzes, or assessments until Stage 5.

Qualified Health Care Provider: The CESD defines a licensed healthcare provider as a M.D., D.O., P.A., N.P.

The Importance of Honesty: In order to reduce the length of the recovery period, it is critical that students and parents accurately report their symptoms to the school nurse and the physician. Inaccurate reporting of symptoms will prolong recovery and could lead to serious academic and health repercussions.