Middlesex

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, weeks or even months to resolve.

Many concussions occur during organized (especially contact) sports, but are also common as a result of skiing, snowboarding, skateboarding, gymnastics 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	Forgets sports plays
Nausea or vomiting	Is unsure of game, score or opponent
Loss of consciousness (even briefly) or groggy	Moves clumsily
Sensitivity to noise and/or light	Feeling sluggish, hazy, foggy
Blurred or double vision changes	Shows behavior or personality changes
Appears dazed or stunned	Concentration or memory problems
Is confused about assignment	Confusion: can't recall events prior to hit or fall
Balance problems or dizziness	can't recall events after hit or fall
Answers questions slowly	

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 a medical office for evaluation. For concussions not involving loss of consciousness, report symptoms to primary care physician right away for advice about how to proceed. All concussions, no matter the severity must be reported to the Health Center. Those concussions that occur during the academic year must be evaluated by a member of our health care team.
2. **Rest** is the main treatment for a concussion, especially in the first 24 to 48 hours after the injury. Rest encompasses both physical and cognitive rest.
3. **Evaluation.** Your child must be evaluated in the Middlesex School Health Center. Progression of symptoms and recovery 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. *Decisions regarding participation in sports are made by the Nurse Practitioner in the health center and the Athletic Trainer.*