

Acute Concussion Notification

Your child has symptoms consistent with a concussion. At this time, we have not identified any serious complications.

What is a concussion?

A concussion is a brain injury caused by an impact to the head. You can't see a concussion – there does not need to be a sign of impact, such as a lump/bump or bruise, to the head for a concussion to be present. Signs and symptoms of a concussion may be present immediately, or can appear later, in the days to weeks following a concussion.

- Signs observed by parents, coaches, guardians: appears dazed/stunned, confusion, forgetfulness, clumsy movements, behavior/personality changes, memory before or after the impact affected
- Four types of symptoms are reported by athletes with concussions:
 - Physical
 - Headache, pressure in head, nausea/vomiting, balance problems, sensitivity to light/sound, neck pain
 - Cognitive
 - Trouble with concentration and memory, feeling foggy/hazy
 - Emotional
 - Feeling more emotional, nervous, sad, angry
 - Sleep/Energy
 - Mental fatigue, sleeping more or less than usual, trouble falling asleep

Recommendations/Requirements:

- Your child should be monitored by a responsible adult
- Make an appointment to see a physician/practitioner within the next 24-48 hours. Your child should not participate in physical activity until cleared by a physician. A signed letter of clearance will need to be completed by your child's physician/practitioner for them to return to practice/competition
- Your child should not drive until cleared by a healthcare professional
- Once cleared by his or her physician to participate in physical activity, your child should follow the graduated Return to Play guidelines (see additional page) to limit prolonged concussion symptoms
- Call 911/seek immediate medical attention if your child has any of the following symptoms: severe headache, seizure (uncontrolled jerking of arms/legs), weakness of arms/legs, repeated vomiting, loss of consciousness, can't recognize people or places, can't be awakened, slurred speech, drainage of blood/fluid from ears or nose, loss of bowel/bladder control

Additional information

- NICA coaches receive concussion education from the Centers for Disease Control (CDC) Heads Up Program. Additional information is also available for parents at <https://www.cdc.gov/headsup/highschoolsports/parents.html>

Davis GA, et al. Concussion Recognition Tool 5. *Br J Sports Med* 2017; 0:1.doi 10.1136/brjsports-2017-097508CRT5

Provance JP, et al. Management of Sport-Related Concussion in the Pediatric and Adolescent Medicine Population. *Orthopedics*. 2016 Jan-Feb; 39 (1); 24-30

Kerrigan JM, Giza CC. When in doubt, sit it out! Pediatric Concussion - an update. *Childs Nerv Syst* (2017) 33; 1669-1675

CDC Concussion Education - www.CDC.gov/headsup