



CONCUSSION 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:

<p>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</p> <p style="text-align: center;">http://www.cdc.gov/ConcussionInYouthSports/</p>	<p>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</p> <p>Confusion – can’t recall events prior to hit or fall can’t recall events after hit or fall</p>
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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 immediately to the hospital or MD office for evaluation. For concussions not involving loss of consciousness, report symptoms to primary care provider (PCP) right away for advice about how to proceed.
2. **Brain and Physical Rest** is the main treatment for a concussion. Doing as little as possible will allow symptoms to begin clearing and a graduated return to school and sports will be planned.
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.
4. **Inform your child’s school nurse** if he/she has experienced a concussion and to discuss the procedures and plans for your child’s return to academics, physical activity, and athletics.