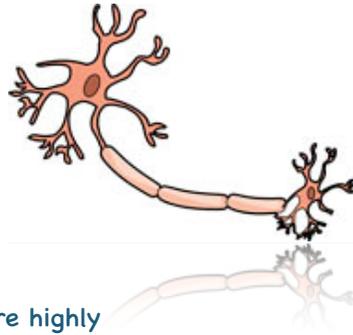


BVSD CONCUSSION UPDATE

CELLULAR INJURY

A concussion is an injury to cells in the brain which occurs after a force to the body causes the brain to hit the inside of the skull. The brain cells attempt to continue working, but injured cells need more energy than normal to function. When the brain cells begin to fatigue, symptoms occur. Although concussions are highly individualized, there are typical symptoms that are often seen. These include things like headaches, dizziness, sensitivity to light and noise, and changes in mood and sleep.



TREATMENT CHANGES

The most recent evidence-based research is showing that returning to school within 1-3 days after a concussion provides students with the best outcomes for recovery - both physically & academically. Too much brain rest can actually prolong healing time.

Students should determine which activities to avoid based on what causes symptoms to feel worse. However, **always** avoid activities where another head bump could occur.

While concussion symptoms typically self-resolve over the first few weeks following the injury, full recovery may take up to 4-6 weeks.

RETURN TO LEARN THEORY

Return to Learn is a theory outlining how to best support students with concussion so that they can be present in school while still allowing for brain rest throughout recovery.

Academic adjustments are put into place to help ease workload temporarily. This allows for continued progress in classes instead of work piling up that would have to be made up later.

Examples of adjustments includes things like: taking rest breaks, wearing a hat or sunglasses in class, reducing workload, allowing for alternative ways to test or show mastery of content, and providing class notes. They ALWAYS include NO recess, NO PE, and NO BVSD Sports.

If you don't feel your child is getting the support that he/she needs, please contact your School Nurse.

HELPFUL TIPS:

Always notify your child's school of a concussion as soon as possible. Encourage other parents to do the same. This initial and ongoing communication is extremely helpful.

Lingering concussion symptoms are often very treatable with the correct intervention. If your child is not recovering by 4-6 weeks post injury, follow-up with a doctor who specializes in concussions may be helpful.

Keep in mind that concussions can often cause feelings of isolation, anxiety, & depression in adolescents. Avoid restrictions that cause feelings of isolation, such as completely restricting technology use.

We highly recommend that you follow the same approach to concussion management that is used in the school setting for club sports & other out-of-school activities.