

Concussion Protocol for John Burroughs High School Athletes

1. If athlete displays concussion-like symptoms, no return to activities on same day, unless it can be definitively determined symptoms are not attributable to a concussion. Typically symptoms will have developed from a blow to the head, neck, or elsewhere on the body (with impulsive force to the head).
 - a. Concussion-like symptoms include:
 - Headache, difficulty concentrating, sensitivity to light or sound, fatigue, nausea and/or vomiting, amnesia, visual changes, balance problems, emotionality/personality changes, feeling "foggy."
2. If athlete has severe headache, had loss of consciousness longer than 30 seconds, focal neurologic findings, worsening while observing → must be evaluated in ER
3. Give athlete and/or parent concussion information handout
4. Contact Dr. Halstead as deemed necessary. It is OK to call at any time to run something by Dr. Halstead or inform Dr. Halstead of incident.
5. Athlete is tested on ImPACT at school in quiet, undisturbed setting at 48 hours after concussion if asymptomatic, 72 hours after concussion if still symptomatic and provided their symptom score total is less than 10. If the symptom score at 72 hours is still >10, do not test until their score is below 10. Dr. Halstead must be notified after ImPACT is completed so he can review results.
6. Follow up ImPACT testing will be performed as dictated by Dr. Halstead. Do not retest athlete until evaluating ATC has discussed with Dr. Halstead.
7. No athlete may return to play until asymptomatic both at rest and after 2-3 days return to exertion protocol as outlined below. Athletes who are asymptomatic in less than 7 days and have normal ImPACT scores may progress on the 3 day concussion rehab protocol. Athletes with symptoms lasting longer than a week or with history of multiple concussions will be on a 4 day concussion rehab protocol. Concussion rehab protocols may be extended depending on each individual athlete's concussion history and recovery.
8. It is encouraged to recommend to the athlete to restrict cognitive activity, such as reducing school work, if able, while recovering from the concussion.