



## Concussion Care Instructions for Parents

### What is normal for my child after a concussion?

A concussion is a disturbance in brain function caused by a direct or indirect force on the head. It results in a variety of non-specific symptoms and **does not always involve loss of consciousness**. A concussion is suspected in the presence of any one or more of the following, but not limited to:

- Headache
- Pressure in head
- Dizziness
- Nausea/Vomiting
- Fatigue
- Visual problems
- Trouble falling asleep
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling mental foggy
- Neck Pain
- Blurred Vision
- Nervous/anxious
- Sensitivity to light
- Sensitivity to noise
- Feeling more emotional
- Irritability
- Balance problems
- Confusion
- Sadness

\*The above checked symptoms are those that your child presented with at time of injury evaluation

### What are the emergent Red Flag Signs and Symptoms to look for?

It is not uncommon to have multiple signs and symptoms after a concussion; however, if any of the following red flag signs or symptoms develops, it is strongly recommended that your son/daughter be **transported immediately to the nearest emergency department**:

- Decreasing levels of consciousness or loss of consciousness
- Headache of increasing intensity
- Decrease or irregularity in breathing
- Mental status changes; lethargy, difficulty maintaining arousal, confusion or agitation, slurred speech
- Vomiting
- Unequal, dilated, or unreactive pupils
- Decrease or irregularity in pulse
- Seizures or convulsions

### What can I do to aid in a positive and efficient recovery?

The cornerstone of concussion management is physical **and** cognitive rest until symptoms resolve.

<u>Activities to Avoid:</u>	<u>Activities to Encourage:</u>
Stimulus that increases symptoms: individualized by case (i.e. noise, lights, bright screens)	Once initial 3 hours after injury have passed and athlete has proven stable, he/she can sleep as much as possible
Video games/computer games/games on phone	Normal diet with carbohydrates and proteins
Screen time for computers/TV/phones/tablets	Staying hydrated
Reading/homework/academics	Short walks outside if approved by AT or Doctor
Loud music/loud environments like shopping malls	Playing quiet board games if not mental fatiguing
Roughhousing/running/sports/increasing heart rate	Normal routine (as tolerated) without stimulus
Napping if student can't sleep well at night	
Taking ibuprofen in first 72 hours	
Driving a motor vehicle	
Activities that compromise 8-10 hours of sleep at night	

Student should not participate in physical activity of any type, including P.E. class, lifting weights, or sports, or operating a motor vehicle until cleared to do so by an Athletic Trainer and/or physician.

**Once a concussion is suspected, please contact the Athletic Trainers; Jessica Matula: 434-987-7908 and/or Michael Austin: 434-987-3904 to have an academic accommodation plan designed and sent to his/her teachers**

**Red Flag Checklist:** It is not uncommon to have multiple signs and symptoms after a concussion; however, if

any of the following signs or symptoms listed below develops it is strongly recommended that your son/daughter be ***transported immediately to the nearest emergency department.***

- 1) Decreasing levels of consciousness or loss of consciousness
- 2) Headache of increasing intensity
- 3) Vomiting
- 4) Decrease or irregularity in breathing
- 5) Decrease or irregularity in pulse
- 6) Unequal, dilated, or unreactive pupils
- 7) Mental status changes; lethargy, difficulty maintaining arousal, confusion or agitation, slurred speech
- 8) Seizures or convulsions

If you have any questions or concerns about your son/daughter that the Athletic Training Staff cannot answer for you, please follow up with your health care provider.

If you do transport your son/daughter to the emergency department or health care provider, please take this form with you, so the medical staff can see what symptoms your child was presenting with at the time of the injury to provide the best care available, and notify Jessica Matula at 434-987-7908