

Head Injury & Concussions

Guidelines for Loomis Chaffee Students



This brochure has been reviewed with me. I understand the information provided and have had a chance to ask questions about it.

Name

Date

Signature

What is a head injury?

A head injury is any type of blow or jolt to the head. Sustaining a head injury may result in a concussion, and students will be monitored closely for 24-48 (school day) hours to determine the status of the injury, or to confirm that all symptoms have resolved.

What is a concussion?

A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells. Source: CDC

Academic Provisions

Students with head injuries or a concussion are NOT to prepare for or take assessments until clearance is provided by the Health Center.

Signs and symptoms of a concussion

- Headache
- Sensitivity to light and noise
- Nausea (upset stomach) and vomiting
- Dizziness
- Drowsiness or fatigue
- Sleeping more or less than normal
- Poor concentration/mental foginess
- Poor balance or coordination
- Ringing in the ears
- Neck Pain
- Feeling emotional, sad, nervous, anxious or irritable
- Difficulty with short term memory/retention

Danger signs – seek immediate care

- Severe/worsening headache
- Weakness or numbness
- Decreased coordination
- Repeated vomiting
- Slurred speech
- Difficulty being woken/roused
- Increased level of confusion, restlessness or agitation

Loomis Policy

In the first 24-48 (school day) hours, students will not participate in or observe athletics or physical activity. After that time, advisement will depend on symptoms and plan of care.

All head injury and concussion students MUST check in with the Health Center daily to meet with the APRN. Boarding students must also check in on weekends.

Students are expected to participate in self-care in an effort to recover. This includes staying well hydrated, getting plenty of (but not too much!) sleep and eating well-balanced meals. No skipping meals, ***especially breakfast.***

Students should continue to attend and participate in class. Homework should be completed in shorter intervals with frequent breaks.

If class activities cause an increase in symptoms, ask to be excused to rest in the Health Center. Students should not rest in their room during classes.

Tips for a faster recovery

Avoid excessive visual stimulation

- Prolonged use of electronics, TV and video games can make your symptoms worse.

Stay moving

- Once cleared to do so, light aerobic exercise has actually been found to support healing.

Avoid excessively loud areas

- School dances, concerts, some athletic events or StuActs trips may actually make symptoms worse and prolong your recovery. It's no fun to sit these things out, but an important responsibility to be honest about your plans and discuss them with Health Center staff.

Communicate

- If you are having difficulties with your symptoms, make sure you are sharing this with the Health Center, teachers and your advisor. The counseling department can be helpful as well.

Day Students

If a day student sustains a head injury during an LC-related activity they should be evaluated at the Health Center, just like a boarding student.

Day students should follow the Loomis Policy and see the APRN each school day. If the student has no symptoms after 24-48 (school day) hours, the APRN will clear the head injury. If symptoms are present, the student will be required to seek care with their local pediatric office or specialist. The APRN does not diagnose or treat day student concussions, but will partner in the daily observation and communication regarding their progress and clearance.

What if I'm not getting better?

Occasionally, a student will need to take a medical leave to allow their concussion to fully resolve. In these cases, the Class Dean, Academic Dean and Health Center will work closely with the student and their family to outline requirements for clearance, return to academic work, and return to campus. Your health is our number one priority!