


CONCUSSION 101 FOR PARENTS, ATHLETES, & SCHOOL PERSONNEL



NEBRASKA LB 260


- ▶ **Concussion Awareness Act, April 2011**
 - ▶ **Requires schools to provide concussion education to coaches, parents, and athletes.**
 - ▶ **Also requires evaluation and written clearance from a licensed medical professional trained in concussion recognition and written permission from parents.**
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A concussion is not just an athletic issue; it is also an educational issue.




- ▶ **It can interfere with:**
- ▶ **School work & social interactions**
- ▶ **Short & Long Term memory**
- ▶ **Concentration & Organization**
- ▶ **May need academic accommodations as well as athletic restrictions**

NEBRASKA LB 923

- ▶ **Schools must establish a return to learn protocol for students that have sustained a concussion.**
 - ▶ **Must recognize that formal or informal accommodations may be needed as well as modifications to the curriculum.**
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Diagnosis of a concussion

A comprehensive, cognitive evaluation with components including:

- Signs & Symptoms**
 - Motor Skills**
 - Balance**
 - Memory**
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CONCUSSION MANAGEMENT TEAM

- ▶ **Melissa Brusnahan, ATC**
- ▶ **Susie Sullivan, Principal**
- ▶ **Rochelle Rohlfs, Athletic Director & Asst. Principal**
 - ▶ **Jen Christen, Asst. Principal**
 - ▶ **Counselors**
 - ▶ **Student Success Coordinator**
- ▶ **Parents, Athlete, Coaches, and teachers as needed are also included in the communication/decision loop.**

SUPPORT FOLLOWING A CONCUSSION

**Upon determination or diagnosis of
a concussion the team will:**

- 1. Assess the student's needs,**
- 2. Inform teachers of the diagnosis and possible need for academic accommodations,**
- 3. Design an intervention plan as necessary,**
- 4. Monitor the effectiveness of the plan,**
- 5. Adjust & readjust until the student no longer needs accommodations.**

SUPPORT FOLLOWING A CONCUSSION


- ▶ **Reduction in the student's class load immediately after the injury, as necessary**
- ▶ **Progression into academics is made on an individual basis. No two concussions are the same.**
- ▶ **It is well worth providing a maximum adjustment to the academic load initially to avoid complications later on and/or a prolonged recovery.**



RETURN TO PLAY

- ▶ **Does not happen until all academic accommodations have been lifted**
- ▶ **Gradual**
- ▶ **Takes Time**
- ▶ **Increase duration, intensity, and exertion**
- ▶ **Any return of symptoms dictates decrease of physical activity**
- ▶ **Recent studies show that some physical activity can help in the mental & physical rehabilitation**

SWAY Balance & Cognitive Testing

- ☐ **Is not used to diagnose a concussion**
 - ☐ **Baseline testing performed at start of season**
 - ☐ **Used as a comparison after injury to help determine return to play ability**
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RESOURCES

- ▶ **Nebraska Brain Injury Advisory Council**
www.braininjury.ne.gov
- ▶ **Brain Injury Association of Nebraska** www.biane.org
- ▶ **Center on Brain Injury Research & Training**
www.cbirt.org
- ▶ **Brainline for Kids** www.brainline.org
- ▶ **Centers for Disease Control & Prevention** www.cdc.gov
- ▶ **Nebraska Department of Education**
www.education.ne.gov
- ▶ **Nebraska School Activities Assc.** www.nsaahome.org
- ▶ **Nebraska Athletic Trainers Assc.** www.nsata.org

Questions?

Contact Melissa Brusnahan, ATC

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402-934-1204

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