



# Concussion Information & Management



You have been assessed for a mild traumatic brain injury, also known as a *concussion*. This personal plan is based on your symptoms and is designed to help you with the recovery process. Your careful attention to it can also prevent further injury.

**Rest is key for recovery.** You **should not** participate in any physical activities (i.e. sports, PE, riding a bike, etc.) if you have any of the symptoms below. It is important to limit/reduce activities that require a lot of thinking or concentration (homework, job-related activities, etc.), as that can also make your symptoms worse.

<b>The Following symptoms are present: (circle or check)</b>		<b>___ No Reported Symptoms</b>
<b>Physical:</b> Headaches	Sensitivity to light	<b>Thinking:</b> Feeling mentally foggy
Nausea	Sensitivity to noise	Problems concentrating
Fatigue	Numbness	Problems Remembering
Visual Problems	Vomiting	Feeling more slowed down
Balance Problems	Dizziness	
<b>Emotional:</b> Irritability		<b>Sleep:</b> Drowsiness
Sadness		Sleeping more than usual
Feeling more emotional		Sleeping less than usual
Nervousness		Trouble falling asleep

**RED FLAGS: CALL 911 OR GO TO THE NEAREST EMERGENCY ROOM IF YOU SUDDENLY EXPERIENCE ANY OF THE FOLLOWING:**

*Headaches that worsen	*Increased drowsiness; can't be awakened	*Repeated vomiting/profuse vomiting
*Severe behavior change	*Seizures	*Increased confusion/can't recognize people or places
*Increased irritability	*Severe neck pain	*Weakness or numbness in arms or legs
*Loss of Consciousness	*Unequal pupils (black circles in eyes)	*Slurred Speech

## Home Care Management Guidelines

1. Monitor for red flag symptoms stated above for the next 24-72 hours.
2. Acetaminophen products (ex. Tylenol) are generally suggested for concussion related headaches (use as directed on the product).
3. Use an ice pack on the head and/or neck as needed for comfort/pain relief.
4. Drink plenty of fluids and carbohydrate rich meals to maintain blood sugar levels.
5. Allow the individual to sleep normally, but monitor every few hours (you do NOT have to wake them).
6. Eliminate physical activity.
7. Limit/reduce cognitive activity that requires a lot of thinking or concentration.
8. Keep the individual home from school until severe symptoms subside (Return to Learn).
9. Eliminate/significantly reduce TV, video/computer games, & cell phone usage.
10. Get plenty of rest! Be sure to get enough sleep at night-no late nights. Keep the same bedtime weekdays and weekends.

**\*Athletes may NOT RETURN TO SPORTS until cleared by an approved medical provider (ex. Licensed Physician (MD/DO), Licensed Athletic Trainer (LAT), Licensed Physician Assistant (PA), Licensed Nurse Practitioner (NP), or Licensed Neuropsychologist) AND has completed the NCHSAA REQUIRED CONCUSSION PROTOCOL.\***

Patient Name: \_\_\_\_\_ DOB: \_\_/\_\_/\_\_\_\_ Date of Injury: \_\_\_\_\_

ATC Information: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Parent/Guardian Information: \_\_\_\_\_ Phone Number: \_\_\_\_\_

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