

# SAYVILLE SCHOOL DISTRICT

## *Office of Athletics, Health and Physical Education*

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### Post Concussion Home Instruction

\_\_\_\_\_ I believe that \_\_\_\_\_ sustained a concussion on \_\_\_\_\_.  
 To make sure he/she recovers, please read the following information as it will help to answer some of your questions and provide directions for follow-up care. If you have any questions, please contact:

Abigail Brendum, MS, LATC  
 Athletic Trainer

Cell: 631-559-8819  
 Email: Abigail\_brendum@yahoo.com

### **What is a concussion?**

A concussion is a disturbance in brain function that occurs following either a blow to the head or as a result of the violent shaking of the head.

### **Please seek immediate medical attention if your son/daughter exhibits any of the following:**

Develops a worse headache  
 Becomes dizzy, drowsy or cannot be aroused  
 Pupils unequal size  
 Ringing in the ears  
 Clear fluid coming from the nose and/or ears  
 Change in the state of consciousness  
 Anything you find unusual

Slurred speech  
 Seizures  
 Mental confusion  
 Repeated vomiting

<b>It is OK to:</b>	<b>There is NO need to:</b>	<b>Do Not:</b>
It is okay to give Tylenol every 4-6 hours for headaches	Check eyes with a flashlight	Drink alcohol
Use an ice pack on head and neck as needed for comfort	Wake up every hour	Take ibuprofen, aspirin or naproxen unless prescribed by a physician
Eat a light diet	Test reflexes	Drive a vehicle
Return to school	Stay in bed	Exercise or lift weights
Go to sleep		Eat spicy foods
Rest (no strenuous activity or sport)		

### **In the following days:**

He/She is **NOT** allowed to participate in sports/physical education classes until he/she has been cleared by a physician. Criteria for returning to play will include: no symptoms at rest, no symptoms with exertion.

### **ImPACT Testing:**

At Sayville High School, we use the ImPACT Concussion Management System which is a computer based testing program that takes about twenty minutes and measures attention, verbal and visual memory, processing speed and reaction time. A baseline test is taken, prior to the season, to measure a baseline score of these items. In the event an athlete receives a concussion, a follow up test will be performed to compare the baseline results to the athlete's current state. This is yet another tool we can use in assessing an athlete's readiness to return to play. Please know that the ImPACT system does NOT diagnose concussions. Sayville High School will use this program in conjunction with the athlete's history, physical exams, other physician ordered testing (CT scans, etc) and physician guidance in returning athlete's to play.

### **Second Impact Syndrome:**

Second Impact Syndrome is a dangerous condition which can occur if an athlete returns to sports before full recovery. If you receive a second blow to your head (even relatively minor) before the symptoms of the initial concussion have cleared, there can be more serious complications.