



Head Injury Care Instruction Sheet

This athlete has sustained a head injury. This is a medical follow-up sheet to use to ensure the health and safety of this athlete. Quite often signs of a head injury do not appear immediately after trauma. The purpose of this sheet is to alert you and your family of the symptoms of significant head injuries that may occur several hours after the initial head injury. Please follow the suggestions listed below:

- Keep careful watch over the athlete.
- Do not allow the athlete to take aspirin or ibuprofen products until 48 hours after the injury as these products thin the blood and may mask symptoms of a more severe injury!

Contact the athlete's primary care physician or take the athlete to the nearest hospital emergency department **IMMEDIATELY** if any of the following symptoms persist or worsen:

- | | |
|---|--|
| 1. Difficulty in waking the athlete | 8. Weakness or numbness in either arm or leg |
| 2. Dizziness or disorientation | 9. Confusion such as difficulty in remembering recent events or meaningful facts |
| 3. Nausea or vomiting | 10. Convulsion |
| 4. Severe headache, particularly at a specific location, which is continuing, increasing or changing in pattern | 11. Unusual or bizarre behavior |
| 5. Blurred vision | 12. Persistent ringing in the ears |
| 6. Pupils which are dilated, unequal in size, or non-reactive to light | 13. Any discharge from the ears or nose |
| 7. Dizziness, poor balance or unsteadiness | 14. Slurring of speech |
| | 15. Mental confusion or strangeness. |

The appearance of any of the above symptoms indicates that this athlete has a significant head injury that requires immediate medical attention

This athlete may benefit from having an ImPACT™ computerized concussion test to determine the severity of his/her concussion. ImPACT™ is a user-friendly computer-based testing program specifically designed for the management of sports-related concussion that records an athlete's health history, current symptoms and neuropsychological data.

Athletes who have sustained a concussion can call St Vincent Sports Performance at (317) 338-7760 or (317) 415-5795 to schedule a physician appointment and ImPACT™ post –injury assessment.

St Vincent Sports Performance physicians can use the ImPACT™ test to compare the post-concussion ImPACT™ results against normative data, which provides objective information to assist in developing a treatment plan and to ensure the athlete's safety.

For more information about concussions, visit our website at www.definingsportperformance.com