

*Concussions Education:
Dangers You Should Be Aware Of*





What is a Concussion?

- *Brain injury associated with a blow or jolt to the head that interrupts normal brain functioning.*
 - Also known as a Mild Traumatic Brain Injury (mTBI)
 - May or may not be associated with a Loss of Consciousness
- **How Does it Happen?**
 - A direct blow to the head.
 - Head to Head
 - Head to Object (Ball, Ground, etc..)
 - Impact that occurs to another part of the body with a magnitude that is so great that the force is transmitted to the head.
 - Whiplash Effect



What to Look For

SIGNS

- Dazed or Stunned
- Confusion
- Forgetfulness
- Vacant Stare
- Answers questions slowly
- Moves Clumsily
- Loss of Consciousness
- Behavior Change
- Personality Change
- Decline in school performance

Symptoms

- Headache
- Nausea or Vomiting
- Problems Talking
- Blood or fluid draining from ear/nose.
- Dizziness
- Double or blurred vision
- Sensitivity to noise or light
- Difficulty Concentrating
- Memory Problems
- Changes in Sleep Habits





Treatment

- See a healthcare provider that is trained in concussion management.
 - Physician
 - Licensed Athletic Trainer
 - Physician Assistant
 - Licensed Nurse Practitioner
- No Return To Play The Same Day
- No Sports Or Physical Activity
- No Video Games or Texting
- Decreased TV Time (20 minutes or less)
- Possible decreased school/homework time.
- REST, REST, REST





Return To Play

- Should **not** return to play on the same day of injury.
- Should be cleared by a physician.
- **No** Symptoms for 24 hours.
- Must have normal cognitive abilities:
 - Is your brain functioning correctly again?
 - Schoolwork
 - Follow up neurocognitive testing when available
- Should complete a gradual return to play over the course of 5-7 days.





Why So Conservative?

- **Second Impact Syndrome**
 - *Occurs when an athlete sustains a direct or indirect force to the head before recovering from a previous concussion.*
- **Dangers**
 - Long Term Morbidity
 - DEATH
 - 50% of the cases





Long Term Effects

- Below is a list of possible long term effects that are currently being associated with concussions:
 - Decreased Decision Making Abilities
 - Permanent Brain Dysfunction
 - Depression
 - Possible Early Onset of Dementia
 - Possible Early Onset of Alzheimer's
 - Pre-mature DEATH





Concussion Management Tips

- Prevention
 - Proper Equipment and Equipment Fitting
 - Learning and Using Proper Technique
 - Decrease the number of blows to the head.
- “Look” for Signs and Symptoms
 - Don’t wait for the athlete to tell you about these signs and symptoms.
 - Parents, Coaches, Teammates, Teachers, and Healthcare Professionals should share this responsibility.
- Develop an Emergency Action Plan for Your Organization
 - Ensure that proper concussion management is a part of this plan.



Emergency Action Plan

- Must be:
 - In writing and contain the following:
 - Directions to venue
 - Location of emergency phones
 - Emergency equipment that will be made available
 - Steps for dealing with specific injuries or illnesses.
 - Distributed to all appropriate personnel.
 - Coaches
 - Officials
 - Parents/Participants
 - Posted conspicuously at all venues.
 - Reviewed and rehearsed annually by all staff.





Where to Get Help

- For Non-Emergency Situations call Carolinas Concussion Network 704-355-9200 (Available 24 hours/day)
- www.carolinasconcussion.org
- For Emergency Situations visit your nearest Carolinas Healthcare System Emergency Department.





Resources of Interest

1. <http://www.nata.org/statements/#off>
2. <http://www.cdc.gov/ConcussionInYouthSports.com>
3. <http://impacttest.com/concussion/overview>
4. http://tbicenter.unc.edu/MAG_Center/Home.html

