

Head Injury Quick Facts: What You Need To Know

What Is a **Concussion**?

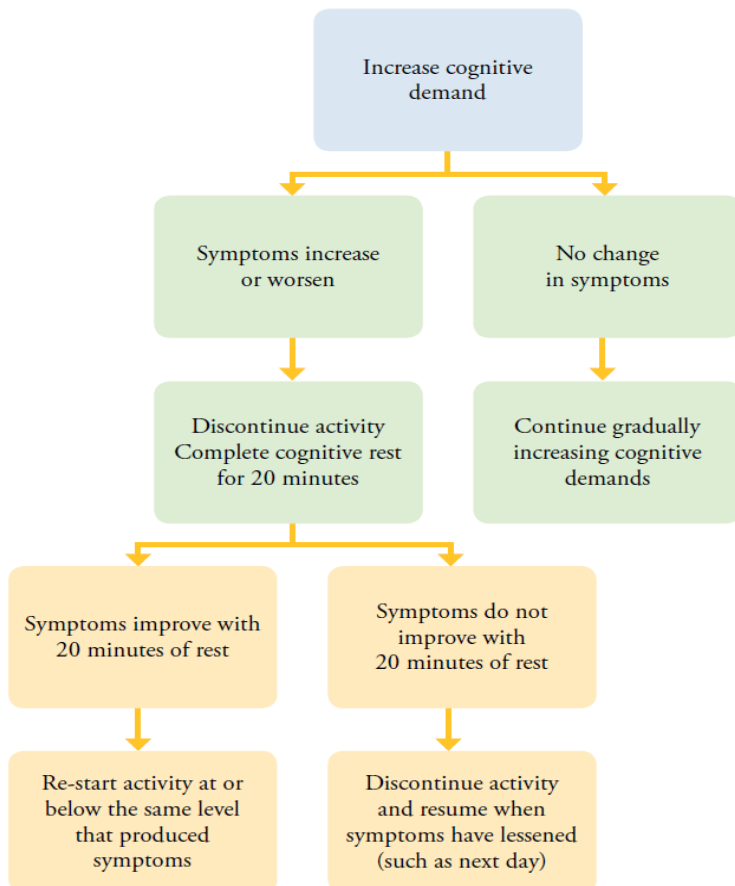
- May be caused by **direct blow to head, face, neck, or elsewhere** on the body
- **Fast** onset of **short lived impairment** of neurological function that resolves spontaneously
- May or may not involve a loss of consciousness

A concussion is **NOT**:

- Just getting your bell rung
- Just part of the game

Returning to School After Concussion

- Students may experience increase in symptoms when returning to learning after a concussion
- The flowchart below outlines recommended practice when students return to school and increase cognitive demand (work of the brain)



Symptoms to Watch For

Student should be seen by a doctor if they present with any of these symptoms after injury

Physical (Body) Symptoms:

- Headache
- Nausea/Vomiting
- Balance problems
- Dizziness
- Visual Problems (Problems Seeing)
- Fatigue; increased tiredness
- Sensitivity to light or noise
- Numbness/tingling
- Dazed or stunned

Cognitive (thinking and feeling):

- Feeling mentally “foggy”
- Feeling slowed down
- Difficulty concentrating or remembering
- Forgetful of recent information or conversations
- Confused about recent events
- Answers questions slowly
- Repeats questions

Emotional:

- Irritability
- Sadness
- More emotional
- Nervousness

Sleep (Only ask about sleep symptoms if injury occurred on a prior day):

- Drowsiness
- Sleeping less than usual
- Sleeping more than usual
- Trouble falling asleep

Signs of an **Emergency: 911**

- Unconsciousness; non-responsive
- Abnormal breathing
- Bleeding or clear fluid from the nose, ear, or mouth
- Disturbance of speech or vision
- Pupils of unequal size
- Weakness or paralysis (unable to move)
- Seizure

Your Child Has a Possible Concussion—What Should You Do?

- **School sport related injury**→ Coach will refer student to Athletic Trainer who will assess the injury and refer either to the emergency room if symptoms are severe or to your family healthcare provider if symptoms are present but less severe
 - The healthcare provider and Trainer will collaborate on follow-up appointments and return-to-sport and return-to-learn plans
- **Injury occurs outside of a sport**→ school staff will notify you of any head injury during the school day. If your student has enough symptoms present, you will be reached in person and advised to seek medical attention

Important to note: concussion Impacts Each Student Differently

- While most students with a concussion feel better within a couple weeks, some will have long-term symptoms. Talk with a health care provider if concussion symptoms do not go away, or if they get worse after they return to their regular activities

Transition Back to School Following Concussion

- Slow and Gradual return to full “brain work” of school is recommended
- If student is under care of physician/provider: may request return-to-learn (RTL) note
- **General school accommodations for concussion recovery**
 - Shortened school day (i.e. attending only a half day)
 - Shortened class period
 - Fewer activities that require significant exertion: PE, band: wind instruments
 - Breaks: resting in health office for a period of time
 - Rest if symptoms worsen
 - Decreased workload or shorter assignments
 - More time allowed to complete assignments
 - Individual tutoring or a peer helper
 - Preferential classroom seating (i.e. sitting closer to the board if eyes are strained in current location)
 - Quiet room to complete assignments or tests
 - Avoidance of noisy, over-stimulating areas

