Concussion Home Care Plan

After a careful medical examination, ____________________ is suspected of having sustained a concussion. Please note, no signs of any serious complications have been found. At this time we are asking for you to help monitor the athlete for the next 24-48 hours for possible deterioration of their condition.

Signs and symptoms of a concussion may show up immediately following the injury or can take hours or days to fully appear. Even though most concussions are mild, all concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.

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<tr>
<th>Symptoms reported by the athlete may include one or more of the following:</th>
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| • Headaches  
• “Pressure in head”  
• Nausea or vomiting  
• Neck pain  
• Balance problems or dizziness  
• Blurred, double, or fuzzy vision  
• Sensitivity to light or noise  
• Feeling sluggish or slowed down  
• Feeling foggy or groggy  
• Drowsiness |
| • Amnesia  
• “Don’t feel right”  
• Fatigue or low energy  
• Sadness  
• Nervousness or anxiety  
• Irritability  
• More emotional  
• Confusion  
• Concentration or memory problems (forgetting game plays) |

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<th>Signs observed by others may include one or more of the following:</th>
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| • Appears dazed  
• Vacant facial expression  
• Confused about assignment  
• Forgets plays  
• Is unsure of game, score, or opponent  
• Moves clumsily or displays incoordination |
| • Any change in typical behavior or personality  
• Shows behavior or personality changes  
• Can’t recall events prior to hit  
• Can’t recall events after hit  
• Answers questions slowly |

So what is a concussion?

A concussion is a brain injury that is caused by a bump, blow, or jolt to the head, or by a blow to another part of the body with the force transmitted to the head. This force can cause the brain to bounce around inside the skull, which can disrupt the way the brain normally works. Severity of concussions can range from mild to severe, and every individual will be affected by them differently. It was once thought that a concussion was not present unless a loss of consciousness occurred, however, this is not true. In fact, most sports related concussions do not present with a loss of consciousness, thus it can be difficult to identify a concussion if you are not a medical professional.
When should I seek further immediate medical attention?

In rare cases serious signs and symptoms can surface following a concussion. If any of the following occur the athlete should be taken immediately to Urgent Care or the Emergency Department.

- Repeated vomiting
- Convulsions or seizures
- Loss of consciousness or inability to wake the athlete
- Slurred speech
- Weakness, numbness or decreased coordination
- A headache that gets worse and does not go away.

Other important points:

1. Try to keep a daily routine as normal as possible. Having a concussion may slow the athlete down, but they should continue to do the same things they would do every other day.
2. Be sure your athlete gets consistent rest. Go to bed and wake up at a normal time (no late nights), and they should only take naps if it is part of their normal routine.
3. Non-contact physical activities such as jogging and biking are allowed as long as they do not worsen any symptoms.
4. It is okay to go to school, in fact we encourage it. We can assist in notifying the school and teachers of the condition and create academic accommodations. Remind the athlete to take brain breaks when necessary.
5. Every individual reacts differently to a concussion. It may take several days or weeks for symptoms to resolve and for a full recovery to occur.

Please continue to follow up with the Certified Athletic Trainer at your school.

Certified Athletic Trainer: ___________________________

Contact information: _____________________________

Remember it's better to miss one game than to miss the whole season, so when in doubt the athlete sits out.

For Current and up-to-date information on concussions you can go to:
http://www.cdc.gov/ConcussionInYouthSports/