

CONCUSSION INFORMATION

CHARLOTTE
LATIN
SCHOOL

CONCUSSION FACT SHEET FOR PARENTS

DANGER SIGNS

Be alert for symptoms that worsen over time. Your child should be seen in an emergency department right away if s/he has:

- One pupil larger than the other
- Headache that worsens and does not go away
- Repeated vomiting or nausea
- Convulsions or seizures
- Increasing confusion, restlessness or agitation
- Loss of consciousness (even briefly)
- Drowsiness or cannot be awakened
- Weakness, numbness or decreased coordination
- Difficulty recognizing people or places
- Unusual behavior
- Slurred speech

CONCUSSION FACTS

- A concussion is a type of traumatic brain injury
- All concussions are serious
- Most concussions DO NOT involve a loss of consciousness
- Concussions can be caused by any bump, blow or jolt to the head
- Concussions can occur in any sport of activity
- Children & Teenagers may have longer recovery times, up to 4 weeks or longer

SIGNS & SYMPTOMS OF A CONCUSSION

Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after injury. These include:

PHYSICAL

- Headache
- Nausea
- Vomiting
- Balance problems
- Dizziness
- Visual problems
- Fatigue
- Sensitivity to light
- Sensitivity to noise
- Numbness/Tingling
- Dazed or stunned

COGNITIVE

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

EMOTIONAL

- Irritability
- Sadness
- More emotional
- Nervousness

SLEEP RELATED

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

POSTCONCUSSION HOME CARE INSTRUCTIONS

I believe that _____ may have sustained a concussion on _____ participating in _____.

Parent/Guardian must monitor their child closely. If any of the symptoms from the "Danger Signs" on the previous page occur then take your child to the emergency department immediately.

Otherwise, follow these instructions:

It is OK to

- Sleep. Allow your child to sleep as much as they need to. Also naps and rest breaks during the day are encouraged.
- Use Acetaminophen (Tylenol) only for headaches.
- Use ice pack on head and neck as needed for comfort.
- Eat a carbohydrate-rich diet and drink plenty of fluids.

There is NO need to

- Wake up frequently (unless otherwise instructed).
- Stay in bed.
- Stay in a darkened room.

Do NOT

- Engage in physical activity (eg, exercise, weight lifting, physical education, sport participation).
- Engage in mental activity (e.g., homework, video games, texting, computers, reading, watching t.v., listening to loud music).
- Drive a car.
- Drink alcohol.

Other recommendations: _____

Please feel free to contact me if you have any questions. I can be reached at _____.

Please have your child follow up in the athletic training room or nurse's office when he/she returns to school.

Recommendations provided by: _____

Signature: _____ Date: _____

RETURN TO LEARN & PLAY GUIDELINES

MIDDLE & UPPER SCHOOL

Upper School Contact: Hunter Murphy • Middle School Contact: Jean Asinger • Athletics Contact: Tim Kelly

- Reach out to your division contact as soon as you believe that you may have a concussion.
- Bring all paperwork (doctor, nurse, athletic trainer notes) to Contact once diagnosed.
- Contacts will communicate with your teachers, school coaches, athletic trainers and school nurses.
- Contacts or other designated person will create a half-day schedule when necessary.
- Once the doctor has cleared you, Contacts or other designated person will help you create a calendar for make-up work. (Most of the time you are allowed to make up one test or quiz a day until reevaluated yet again.)

WE CAN BEST HELP YOU ACADEMICALLY IF YOU:

- Follow the doctor's orders to the letter! DO NOT change anything until re-assessed.
- DO NOT attend any after school practices or events (sports, music, theatre, etc.)
- Our intent is not to isolate. You need social interaction but in a controlled setting. Excitement, noise, etc. can hamper your recovery.
- DO NOT miss more class time for trips and other events.
- Rest in the nurse's office if you experience any symptoms. The nurse can help you decide if you need to go home or can return to class after a rest.
- Communicate with your teachers.

GRADUAL RETURN TO PLAY (RTP) PROTOCOL

- Once the student is completely free of both documented clinical signs and symptoms at rest and classroom induced signs and symptoms (caused by cognitive stimulation such as reading, computer work, and schoolwork), and cleared by the physician the gradual RTP progression may begin.
- The athletic training staff at Charlotte Latin School is responsible for monitoring the student through out the RTP Protocol.
- The RTP Protocol begins with light aerobic exercise designed only to increase you heart rate (e.g. stationary bicycle), then progresses to increasing heart rate with movement (e.g. running), then adds increased intensity and sport-specific movements requiring more levels of neuromuscular coordination and balance including non-contact drills and finally, full practice with controlled contact prior to final clearance to competition.
- After monitored completion of each stage without provocation/recurrence of signs and/or symptoms, the student is allowed to advance to the next stage of activity (unless otherwise dictated by physician). Each stage lasts at least 24 hours.
- If signs/symptoms occur with exercise, the student should stop and rest. Once free of signs/symptoms for 24 hours, the student returns to the previously completed stage of the protocol that was completed without recurrence of signs/symptoms and progresses forward in the protocol. It is important that the student pays careful attention to note any return of concussion signs/symptoms both during and/or in the minutes to hours after each stage and report those to the athletic training staff.
- If the student is unable to complete a stage twice without return of signs/symptoms, consultation with the licensed physician who has examined the student is advised.
- Physicians will have to formally clear the student for sports participation when the RTP Protocol is completed.