



## Parent Concussion Information Packet

Athlete Name: \_\_\_\_\_ Date: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Date of Injury: \_\_\_\_\_ School: \_\_\_\_\_

A concussion is a traumatic brain injury that alters the way a brain functions. Although concussions are usually caused by a blow to the head, they can also occur when the head and upper body are violently shaken causing the brain to be forced back and forth inside the skull. They can range from mild to severe and 90% of all concussions occur without a loss of consciousness. Signs and symptoms can present immediately or can take a few hours or days to fully appear. All concussions are potentially serious and may result in complications including prolonged brain damage and death if not recognized and managed properly.

### Observed Signs & Symptoms

Physical		Thinking	Emotional	Sleep
Headache	Sensitivity to light	Feeling mentally foggy	Irritable	Drowsiness
Nausea	Sensitivity to noise	Problems concentrating	Sadness	Sleeping more than usual
Fatigue	Numbness/tingling	Problems remembering	Feeling more emotional	Sleeping less than usual
Visual problems	Vomiting	Feeling more slowed	Nervousness	Trouble falling asleep
Dizziness	Balance problems			

### Danger Signs: Call 911 or go to your emergency department if your child experiences any of the following

Headache that worsens	Increasing confusion	Can't recognize people or places	Unusual behavior
Seizures	Repeated vomiting	Look very drowsy, can't be awakened	Increasing irritability
Slurred speech	Unequal pupils	Weakness/numbness in arms/legs	Loss of consciousness

If your child has a suspected concussion and is not exhibiting any of the above danger signs, he/she should be seen by a health care professional within 24-72 hours. Your athlete can be seen, without an appointment, through NOWcare at The Center located at 2200 NE Neff Rd in Bend. Hours of operation are M –F 9am – 4pm. Your athlete may also be seen by their primary care provider or through urgent care.

### First 24 Hours after a Concussion: Common Questions

#### **Q: Do I need to wake my child up every hour when s/he is sleeping?**

A. No. Sleep is the best treatment for a concussion. It is OK to let him/her sleep without interruption the night of the injury after evaluation by a health care professional, or if you have spoken with your child's physician and s/he does not think your child needs further evaluation in the emergency department.

#### **Q. Is it okay to give my child medicine for his/her headache?**

A. Relieving headache pain is certainly appropriate, but it does not replace the need for cognitive and physical rest if symptoms are present. Be aware that symptom improvement with medication does not mean that the brain has recovered. After a concussion is diagnosed, talk to your physician about the use of medication — including type of medication and dose — for headache pain and other symptoms.

**Q. My child wants to sleep all day long. Should I allow him/her to sleep as much as s/he wants?**

A. A concussion affects how the brain works, so resting the brain as much as possible is necessary for recovery. Large amounts of sleep are normal. When your child is sleeping, his/her brain is recovering. It is a good idea to track the amount your child is sleeping and report it to your medical professional.

**Q. Does my child need to give up sports if s/he has suffered a concussion?**

A. Athletes should not return to sports while still having symptoms from a concussion because they are at risk for prolonging symptoms and further injury. It is very rare that any child is told to give up playing sports after a single injury. However, if the recovery is quite prolonged (greater than 6 months), you should consult with a concussion specialist to further discuss the possible risks of return to playing sports. An evaluation with a concussion specialist should be considered in any child who has had more than one sports-related concussion.

**Q. My doctor told my child to have mental rest. What exactly does “rest” mean? Can my child watch television, play video games, text, etc.?**

A. Mental rest means avoiding activities that require the brain to work hard to process information. This includes critical thinking and problem solving activities such as schoolwork, homework, and technology use. Restrictions from the following should be considered, because these activities increase brain function and can therefore worsen symptoms and delay recovery: computer work/internet use, video games, television, text messaging/cell phone use, bright lights, such as strobe lights at school dances, listening to loud music or music through headphones, loud noises, parties, concerts, pep rallies, driving, or work.

- See more at: [cbirt.org/concussion/parents](http://cbirt.org/concussion/parents)

**Returning to Daily Activities**

1. Get lots of rest. Be sure to get enough sleep at night, try to keep the same bedtime.
2. Take daytime naps or rest breaks when you feel tired or fatigued.
3. Limit physical activity as well as activities that require a lot of thinking or concentration. These activities can make symptoms worse.
  - a. Physical activities include PE, sports practices, weight training, running, exercising, etc.
  - b. Thinking and concentration activities include homework, classroom work, job-related activity.
4. Drink lots of fluids and eat carbohydrates and protein to maintain appropriate blood sugar levels.
5. As symptoms decrease, you may begin to gradually return to your daily activities. If symptoms worsen or return, lessen your activities, then try again the next day to increase your activities gradually.
6. During recovery it is normal to feel frustrated and sad when you do not feel right and you can't be as active as usual.
7. Repeated evaluation of symptoms is recommended to help guide recovery, see Concussion Symptom Assessment Tracking form.

**Returning to School**

1. After sustaining a concussion, if you awaken in the morning feeling poorly, headache, nauseated, dizzy, you should stay home from school and continue to rest as needed for the first three days.
2. Extra help may be needed to perform school-related homework and classroom work, academic accommodations can be provided by a physician to the school. These can be removed gradually as symptoms decrease.
3. If your symptoms linger and are not resolving or return, you should return to see the physician for further assessment.

**Returning to Sports/Physical activity**

1. Once you are completely symptom free and attending school full time without academic accommodations and with approval from physician you may begin the graduated return to play steps.
2. Once all steps are completed without return of symptoms and written clearance is given by physician, you are cleared to participate in all physical activity.