

St. Francis High School

Concussions:



**PARENT AND ATHLETE
INFORMATION**



Purpose of this Presentation

On October 15th 2011 Gov. Brown signed AB 25 creating the first concussion bill in CA.

Part of the bill required parents of student-athletes to sign a concussion information slip before the athlete can participate.

Education will help you identify when your athlete has sustained a possible concussion and the seriousness of the injury.

What is a concussion?



A concussion is a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head that can change the way a brain normally works. Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth.

Research shows:



Athletes who sustain concussions:

- Don't need to have been unconscious
- Don't need to have directly hit their head
- Don't need to have been amnesic
- Must have some concussion related symptoms
- A CT or MRI will be clear most of the time
- May or may not have post concussion symptoms

Why Are Concussions Such a Hot Topic?



- There are 250,000 - 300,000 sports related TBIs reported annually in the U.S alone. Thousands more worldwide.
- Sports concussion is unique in that it is generally mild, but carries a high risk of recurrent concussion and subsequent illness due to early return to competition.
- Long term dysfunction often follows repeated concussions. (Mohamed Ali, Steve Young, Troy Aikman)
- >98% of sports related head injuries are concussions.

Not Just a Bump On The Head



The brain is vulnerable after an initial concussion to further injury due to altered physiological function. This period can last minutes to months



Repeat injury CAN result in seriously altered brain function

Signs and Symptoms of a Concussion

Athlete may exhibit only a few of these



SIGNS AND SYMPTOMS OF A CONCUSSION

SIGNS OBSERVED BY PARENTS OR GUARDIANS

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Can't recall events *prior* to the hit, bump, or fall
- Can't recall events *after* the hit, bump, or fall
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Forgets class schedule or assignments

SYMPTOMS REPORTED BY YOUR CHILD OR TEEN

Thinking/Remembering:

- Difficulty thinking clearly
- Difficulty concentrating or remembering
- Feeling more slowed down
- Feeling sluggish, hazy, foggy, or groggy

Physical:

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Fatigue or feeling tired
- Blurry or double vision
- Sensitivity to light or noise
- Numbness or tingling
- Does not "feel right"

Emotional:

- Irritable
- Sad
- More emotional than usual
- Nervous

Sleep*:

- Drowsy
- Sleeps *less* than usual
- Sleeps *more* than usual
- Has trouble falling asleep

**Only ask about sleep symptoms if the injury occurred on a prior day.*

Concerns with Returning Too Early: Post Concussion Syndrome



- A complex disorder in which a variable combination of post-concussion symptoms last for weeks and sometimes months after the injury that caused the concussion.
- In most people, post-concussion syndrome symptoms occur within the first seven to 10 days and go away within three months, though they can persist for a year or more.

- Headaches
- Dizziness
- Fatigue
- Irritability
- Anxiety
- Insomnia
- Loss of concentration and memory
- Noise and light sensitivity

**All of these symptoms
can lead to problems
in school, learning
new skills (like
driving) and possible
personality changes**

Concerns with Returning Too Early: Second Impact Syndrome



- The brain has not fully healed from the initial concussion when it sustains another blow.
- The second impact does not have to be significant injury.
- Can cause severe mental damage, coma and even death

Second impact syndrome
is very easy to avoid with
proper return to play
criteria



The Rules



- California's new concussion Law as well as CIF regulations both require athletes who have sustained concussions:
 1. Be immediately removed from activity for the remainder of the day.
 2. Not be permitted to return to activity until he or she receives written clearance to return to the activity from that licensed healthcare provider.

What is St. Francis doing to protect our athlete



- ANY Symptoms or Signs: **NO RETURN TO ANY SPORTS ACTIVITY**; whether competition, or training
- We have a Certified Athletic Trainer on site to help facilitate immediate proper medical response in case of injury.
- We are implementing the **ImPACT** neurocognitive evaluation program to help create safe return to play criteria.

What is ImPACT?



ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) is a computerized concussion evaluation system.

Approximately 20 minutes to complete. The program measures multiple aspects of cognitive functioning in athletes, including:

- **Attention span**
- **Working memory**
- **Sustained and selective attention time**
- **Response variability**
- **Non-verbal problem solving**
- **Reaction time**

How we will use ImPACT?



- High risk sports will be tested at the beginning of the season their Freshman and Junior years*
- If an athlete sustains an concussions during the year they will take the post concussion evaluation. Test results will be released to their parents in order to assist their doctor with medical clearance.

*All athletes in high risk sports will be tested during the first year of implementing in order to have a baseline on file. Only freshman and juniors will be tested in subsequent years. We test juniors due to natural brain development that occurs.

Advantages of ImPACT



- Athletes with a mild TBI will often deny symptoms
- Athletes may lack awareness of symptoms
- Testing provides unique information
- Trusting an athlete's self-assessment is very dangerous!
- Eliminates bias, favoritism, and revenge



Sports To Be Tested

Fall

Water polo
Volleyball
Cheer

Winter

Basketball

Spring

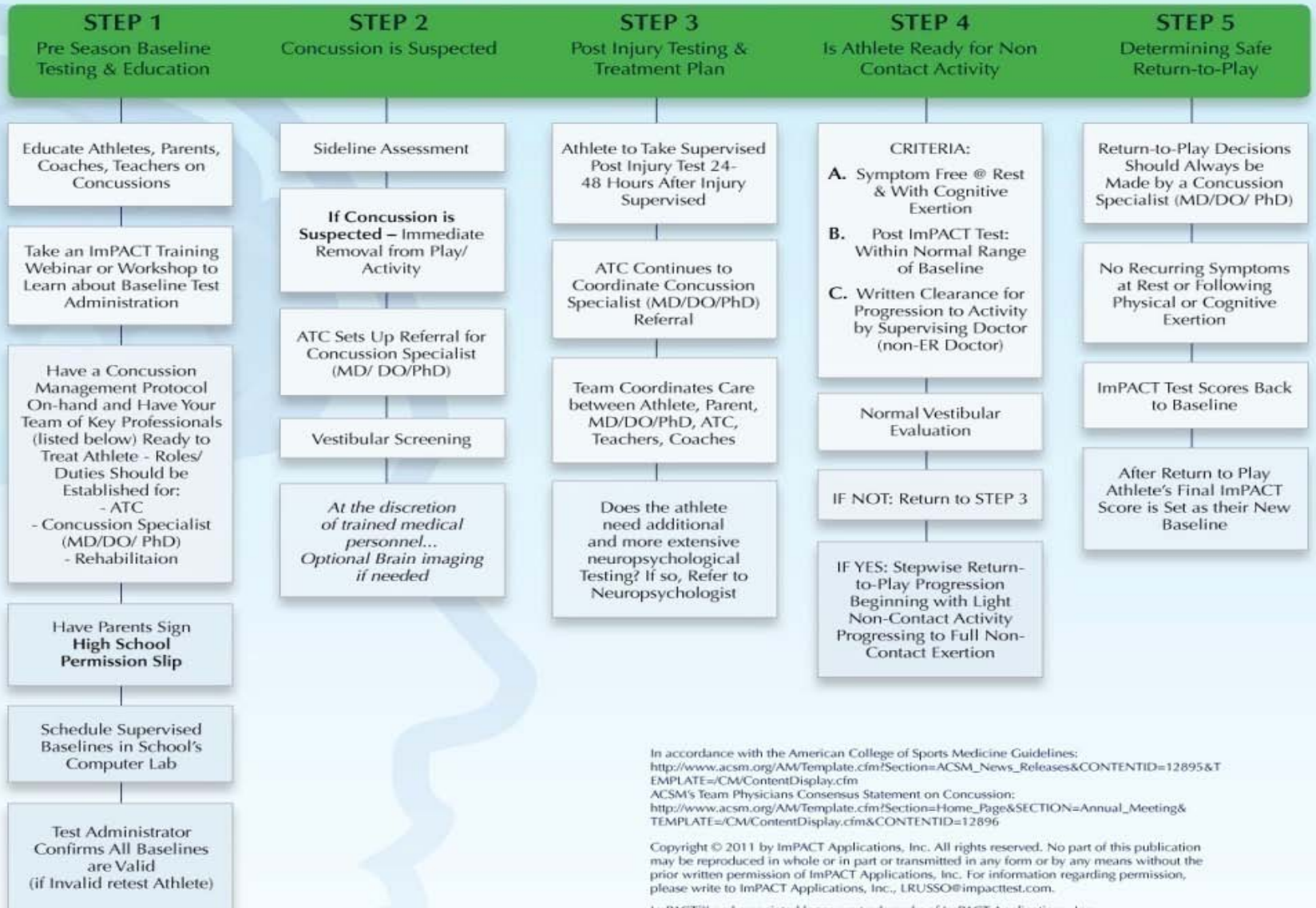
Lacrosse
Soccer
Softball
Diving

TOTAL = approx 300 athletes tested first year



ImPACT™

Concussion Management Model for Schools and Teams



In accordance with the American College of Sports Medicine Guidelines:
http://www.acsm.org/AM/Template.cfm?Section=ACSM_News_Releases&CONTENTID=12895&TEMPLATE=/CM/ContentDisplay.cfm
 ACSM's Team Physicians Consensus Statement on Concussion:
http://www.acsm.org/AM/Template.cfm?Section=Home_Page&SECTION=Annual_Meeting&TEMPLATE=/CM/ContentDisplay.cfm&CONTENTID=12896

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Return to Play



- Athletes will be allowed to return to play in stages depending on severity of injury.
- Athlete must be completely symptom free without the use of medication.
- Athlete must have a written medical clearance from a licensed health care professional.
- Athlete must retake and have acceptable return to activity score on their ImPACT evaluation (if participating in high risk sport)

Stages of Return to Play



- Stage 1: No activity, complete rest; once asymptomatic proceed to level 2
- Stage 2: Light aerobic exercise such as walking or stationary cycling
- Stage 3: Sport-specific training. Running drills. No weight lifting / contact
- Stage 4: Return to practice with attention to consistent, competitive times or abilities. No Scrimmaging / contact
- Stage 5: Return to competition under observation during practice then competition

Any re-occurrence of symptoms along the line, athlete should go back to previous level!!

Great Resources



<http://www.cdc.gov/concussion/> - The CDC has a great site all about TBI and concussion information

<http://www.impacttest.com/> - Information about our new ImPACT concussion assessment tool

<http://www.cifstate.org/index.php/the-latest-news/concussions> - The CIF link to concussion bylaw and other resources