

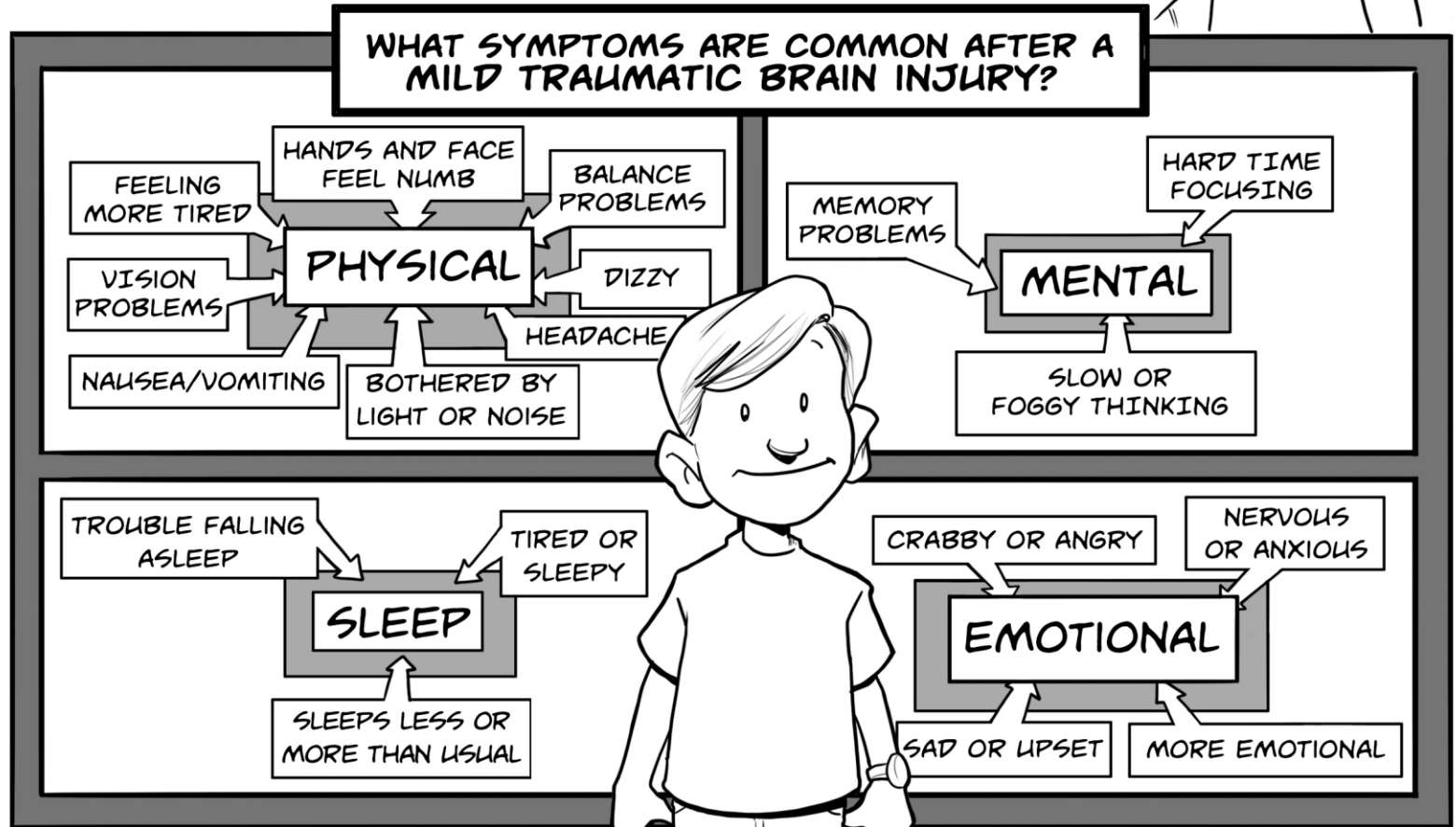
Mild Traumatic Brain Injury (Concussion)

What is mild traumatic brain injury?

A mild traumatic brain injury is also called a concussion. It is a brain injury caused by a bump or a blow to the head. Often a kid can "look" fine, but may still have problems functioning. This isn't the kind of brain injury that can be seen on a CT scan.



WHAT SYMPTOMS ARE COMMON AFTER A MILD TRAUMATIC BRAIN INJURY?



When should I go back to the ER or call my doctor?

IF YOUR CHILD DOES NOT RESPOND OR WON'T WAKE UP, CALL 911 RIGHT AWAY.

GO TO THE ER RIGHT AWAY IF THESE SYMPTOMS START. TELL THE ER STAFF THAT YOUR CHILD HAS HAD A RECENT HEAD INJURY.

- Headaches that get worse
- So sleepy they won't wake up
- Weak or numb arms or legs
- Seizures
- Throwing up
- Slurred speech
- Very crabby (irritable)
- New neck pain
- More confused
- Change in behavior
- Doesn't respond like normal
- Doesn't recognize people or places



HOW IS IT TREATED?

Rest and sleep is one of the most important ways to get better.



Waking your child during the night is not needed.

Use an ice pack on your child's head and neck for comfort,



...and take medicine as ordered!

Your child needs to be seen by your doctor* in the next week for a re-check.



* Your PCP or Concussion Specialist

WHAT CAN MAKE SYMPTOMS WORSE?



These are activities that can make symptoms worse!



Physical Activity: Exercise, strength training, and sports.

Mental Activity: Things like homework, job-related work and long periods of video games, TV, or computers!

Do not take part in high risk activity

This include sports and gym, or any activity where you could injure your head again, such as climbing, riding bikes, or skakeboarding.

Don't drink alcohol!



Don't drive if there are any symptoms!

Don't push through your symptoms.

Symptoms like headache and tiredness are your body telling you to take a break. Listen to your body and rest when you start to have symptoms.

When can my child return to sports and other activities?

Your child must be seen by your doctor to return to sports and other activities.



Tell the gym or PE teacher and all coaches about the injury and symptoms. Your child will need to manage their activity. Parents, teachers, coaches, and athletic trainers can help prevent another head injury.

Once symptoms are gone for 24 hours and your child is back at school without extra rests, check with your doctor to see about returning to activity.

It is normal for your child to feel upset and angry about missing sports or activities. A full recovery will lower the chances of getting hurt again after a head injury. Missing a game is better than the whole season.

Step-by-step Return to Activity/Play

1. No activity.

Rest until symptom-free for at least 24 hours



2. Light aerobic exercise

• Activities like light jogging and swimming



3. Sport-specific training

• Activities like weight training



The following should not be done until the doctor says it is ok:

4. Non-contact drills

5. Full-contact

6. Game play



**Before contact sports start, your child must be re-checked by a doctor.
If symptoms return with activity, stop and start back at Step 1 (above).**

Returning to School Key Points:

- Students with symptoms will need help with school work. Written instructions and extra time should be given for all assignments. As symptoms decrease, this may be slowly removed.
- Computer classes, lunchroom, and loud classes (like band and music) may make symptoms worse
- Once symptoms are gone at rest and schoolwork is done without help, a doctor will need to clear the student to return to the activity. When this happens, a gradual return to play will be needed. Parents and the student will have a specific chart with the steps for returning to sports.
- No recess or gym (PE) class until cleared by a healthcare professional



CHW Concussion Clinic is recommended for children 10 years old and older who:

- Are athletes.
- Have symptoms that last more than 7 days.
- Have had multiple concussions or head injuries in the past.

The clinic can do a neurocognitive evaluation and help you make a plan for your child's care. To make an appointment, call Central Scheduling at (414) 607-5280 or toll-free (877) 607-5280. Call your primary care doctor for a referral before you make any special appointments.

Other Helpful Resources: • www.wiaawi.org • www.nfhslearn.com • www.cdc.gov/headsup/
• www.biausa.org/brain-injury/about-brain-injury/concussion

This information is adapted from the ACE (Acute Concussion Evaluation). Information produced by G.Gioia, PhD & M. Collins, PhD of Children's National Medical Center (2006), University of Pittsburgh Medical Center and the Center of Disease Control and Prevention http://www.cdc.gov/concussion/headsup/pdf/ACE_care_plan_school_version_a.pdf

ALERT: Call your child's doctor, nurse, or clinic if you have any questions or concerns or if your child has special needs not covered by this information.

If you can't reach your doctor, call the ER with any questions at (414) 266-2626 in the 48 hours after your child was seen.

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment and follow-up.

Concussion Recovery and Returning to School



Students may need to limit activities that involve a lot of concentration while they are recovering from concussion. Studying, working on the computer, or playing video games may cause concussion symptoms to reappear or get worse. Teachers can help recovery by making short-term changes to the school work load and schedule. As the student begins to feel better, these changes can slowly be removed. Slowly returning to learning may lower the student's chances of experiencing worsening symptoms and having a longer recovery.

No sports or physical activity can be done at this time. This means no PE class, resistance training, contact sports, or physical activity during recess. This needs to continue until there are no symptoms at rest, school work is done without help, and a health professional has cleared them for activity.

Teachers/school professionals may observe these signs:

- Increased problems learning new information, paying attention, concentrating, or remembering
- Appearing dazed, stunned, or confused
- Answering questions slowly or repeating questions
- Forgetting events, class schedules, or assignments
- Less ability to cope with stress
- Behavior or personality changes
- Difficulty organizing tasks

These tips may help students slowly get back into their normal school routine:

- Shortened school days until symptoms lessen
- Avoiding noisy and over-stimulating environments if these make symptoms worse
- More allowed time for tests and assignments, and consider rescheduling testing
- Rest breaks during the day as needed

Please be aware that these are possible concussion symptoms:

| Physical | Sleep | Cognitive | Emotional |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">• Headache• Visual or balance problems• Nausea/Vomiting• Dizziness• Sensitivity to light or noise• Numbness or tingling | <ul style="list-style-type: none">• Drowsiness• Sleeping more or less than normal• Fatigue/ feeling tired• Trouble falling asleep | <ul style="list-style-type: none">• Feeling mentally foggy• Feeling slowed down• Difficulty remembering or concentrating | <ul style="list-style-type: none">• Irritability• Sadness• More emotional than usual• Nervousness |

Classroom changes that can be made based on type of concussion symptoms:

| Physical/Sleep | Cognitive | Emotional |
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| <ul style="list-style-type: none">• Reduce class assignments and homework to key tasks only• Provide extra time to work on assignments or tests• Provide written instructions and help• Limit tests to one per day and/or provide study guides• Allow student to show understanding of a concept orally instead of in writing• Provide class notes and/or allow the student to use a computer or recorder to record classroom information | <ul style="list-style-type: none">• Allow time to visit the school nurse for treatment of symptoms• Provide rest breaks• Allow for extra time to go from class to class to avoid crowds• If bothered by light, allow the student to wear sunglasses or sit in a less bright area• If bothered by noise, provide a quiet place for the student to study, test, or spend lunch or recess• Do not substitute concentration activities for physical activity | <ul style="list-style-type: none">• Develop an emotional support plan for the student• Locate a quiet place for your student to go or identify an adult for them to talk to if they feel overwhelmed• Students may benefit from continued involvement in certain extracurricular activities. Consider student and family preferences, approved by their health care provider, in relation to rest time and academic work |

ALERT: Call the child's parent, doctor, nurse or clinic if you have any questions or concerns.

Patient name:

Staff Signature:

Date: