Did You Know?

According to the Center for Disease Control and other Publications:

- Each Year 300,000 athletes suffer sports-related concussions.
- The national estimate for concussions in high school athletes is 136,000.
- In ages 15-24, sports are the 2nd leading cause of traumatic brain injury.
- Most studies done on concussions focus on the “mature” brain and thus, we cannot ignore the fact that the young brain is still developing and the effects of concussions are not fully understood.
- High School Athletes who sustain a concussion demonstrate prolonged memory dysfunction compared with college athletes.
- A concussion is: “Getting your bell rung,” and “getting dinged.”
- Failure to recognize and properly manage a concussion can lead to a catastrophic injury known as “second impact syndrome.”
- “Second impact syndrome” can be catastrophic, even fatal.
- “Second impact syndrome” is preventable– if concussions are recognized and properly managed.

On April 18, 2011 LB 260- “The Concussion Awareness Act” was signed into law with the intent to protect the youth participating in athletics across the state from the dangers of concussions that are often unrecognized, undiagnosed, and/or mismanaged.

Sources:

What Does a Concussion Look Like?

**Signs:**
1. Appears Dazed or Stunned
2. Is Confused About an Assignment
3. Forgets Plays
4. Moves Clumsily or Displays Problems with Balance and coordination
5. Loses Consciousness (even briefly)
6. Shows Behavioral or Personality Changes

**Symptoms:**
1. Headache or “pressure” in the head
2. Nausea
3. Balance Problems or Dizziness
4. Double or Fuzzy Vision
5. Sensitivity to Light or Noise
6. Feeling Slowed Down, Foggy, or Groggy
7. Does not “Feel Right”
Guidelines for Concussion Management:
The Goals and Outcomes of the OPS Sports Medicine Advisory Committee on Concussion Management.

Goal:
To prevent increasing the severity of the injury.

Guideline:
All concussions will be assessed using guidelines established by the 2008 International Conference on Concussion in Sport.

For complete details, please see your schools Certified Athletic Trainer.

Goal:
To prevent re-injury through proper management.

Guideline:
1. A student-athlete will be removed from a practice or game when he or she is reasonably suspected of sustaining a concussion or head injury.
2. The student-athlete will be evaluated by qualified medical personnel.
3. The student-athlete will not be allowed to return to play until they are asymptomatic and are exhibiting no neuropsychological or neurocognitive deficits during follow-up ImPact Testing and,
4. The student-athlete will not be allowed to return to practice or competition until they have been cleared by a physician or OPS Certified Athletic Trainer and they have completed a medically supervised stepwise return to play progression.

For complete details, please see your schools Certified Athletic Trainer.

If your son or daughter has sustained a concussion:
1) Seek Medical Attention (Physician, ER, Athletic Trainer)
2) Keep them out of play
3) Tell all Athletic Trainers and Coaches about any previous or current concussions.

Source: Center for Disease Control (www.cdc.gov).

Resources for Information on Concussions and this policy can be found at:
1) Center for Disease Control (www.cdc.gov)
2) OPS Website (www.ops.org)
3) National Athletic Trainers Association (www.nata.org)
4) National Federation of State High School Associations (www.nfhs.org)

What to do if you suspect your child has suffered a concussion.
A student-athlete should be taken to the emergency department if any of the following signs or symptoms are present.

- Headaches that worsen
- Seizures
- Looks very drowsy and can’t be awakened
- Repeated Vomiting
- Slurred Speech
- Can’t recognize people or places
- Increasing confusion or irritability
- Weakness or numbness in arms or legs
- Neck pain
- Unusual behavior change
- Any loss of consciousness
- Any symptoms that worsen or do not improve over time
- Increase in the number of symptoms
- Symptoms that begin to interfere with the student-athletes daily activities

“Brain Injuries (concussions) should not be taken lightly. Only through immediate and early recognition and proper management, can we prevent a potentially life altering event.”

Source: Center for Disease Control (www.cdc.gov).