

Concussion Fact Sheet for Parents

If it is suspected that your athlete may have sustained a head injury. The following information is a suggested guideline to help you make sure that you are providing the best possible care for this type of injury.

What is a Concussion:

Concussions can happen to any athlete – male or female – in any sport. Concussions are a type of traumatic brain injury (TBI) that can be caused by a direct hit to the head or by a hit to the body causing the head and neck to whiplash. Athletes may be knocked unconscious with a concussion, but many who suffer from concussions actually never lose consciousness. Head injuries can range from mild to severe and can disrupt the brain from working normally. Common complaints after concussions include headaches, slowed reactions, difficulties concentrating, sleep problems, and difficulty remembering things, among many others. According to the Centers for Disease Control, more than 300,000 sports-related concussions occur in the United States every year. These injuries can lead to a wide range of problems including academic difficulty, loss of playing time, and in severe cases, retirement from athletic play. It is important that all athletes who are suspected to have suffered a possible concussion be seen immediately by a professional trained in sports medicine and specifically in concussion management to help reduce the risk of any potential complications before the athlete is returned to the playing field.

What you should watch for:

Below are lists of concussion signs and symptoms that may arise during the first 24-48 hours. While the majority of sport concussions are mild, it is highly recommended that all concussed athletes be evaluated by a physician within 24 hours of symptoms appearing. If the athlete is suffering from symptoms that are severe or worsening, immediate medical attention is necessary and the parent should stay with the athlete until this is obtained. Please note that the athlete should not be driving under these circumstances.

Signs: Observed by others*

- Appears to be dazed or stunned
- Is confused about assignment
- Is unable to remember plays
- Unsure of game, score, opponent
- Is slow to answer questions
- Moves clumsily
- Loses consciousness
- Is vomiting
- Shows behavior or personality changes
- Can't recall events before the hit
- Can't recall events after the hit

Symptoms: what the athlete complains of*

- Headache
- Nausea
- Dizziness or balance problems
- Double or fuzzy vision or any other visual alteration
- Sensitivity to light and/or noise
- Feeling sluggish or slow
- Feeling "foggy" or groggy
- Concentration or memory problems, confusion
- Extreme fatigue

Taken from The CDC: http://www.cdc.gov/ncipc/tbi/CGToolKit/A_Fact_Sheet_For_Parents.htm

If you have questions, need follow up care or more information, please call
Jeff Sczpanski, M.Ed., AT, CSCS; OhioHealth Sports Medicine
Hilliard Bradley High School; Head Athletic Trainer
2800 Walker Road, Hilliard, OH 43026
Office: 614.921.7427; Cell: 740.816.4798; Fax: 614.921.7431; jeff_sczpanski@hboe.org

<http://bradleyjaguars.hilliardschools.org/athletic-training>

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