

Concussion Information

What is a concussion?

A complex pathophysiological process affecting the brain induced by traumatic biomechanical forces. Several common features that incorporate clinical, pathologic and biomechanical injury constructs that may be utilized in defining the nature of a concussive head injury include:

- Concussion may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an “impulsive” force transmitted to the head.
- Concussion typically results in the rapid onset of short-lived impairment of neurologic function that resolves spontaneously.
- Concussion may result in neurologic changes, but the acute clinical symptoms largely reflect a functional disturbance rather than a structural injury.
- Concussion results in a graded set of clinical symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive symptoms typically follows a sequential course. It is important to note that, in a small percentage of cases, post concussion symptoms may be prolonged.
- No abnormality on standard structural neuroimaging studies have been seen in concussion.

What are signs and Symptoms of a concussion?

A diagnosis of a concussion can include one or more of the following clinical domains: headache, feeling in a fog, lack of concentration, memory loss, unstable, loss of consciousness, amnesia, loss of balance, irritability, acting abnormally for them, slowed reaction times, slower movements, sleep disturbances, drowsiness, slurred speech, double vision, dizziness, nausea, spots before eyes, sensitivity to light and sound

What should I do if my son or daughter has one or more of the above signs and symptoms?

- If they can rest comfortably and all signs and symptoms are stable, allow to continue rest or sleep.
- Call your physician to seek advice and for an appointment.
- Monitor the signs and symptoms for any change.
- Make comfortable.
- If condition becomes unstable or are unable to rest comfortably seek immediate medical assistance (emergency room).

Do Not's

- Use a computer
- Text message
- Play video games
- Wear headphones
- Stay in a bright place
- Give aspirin for any reason
- Watch television
- Stay in a loud area

Do's

- Allow to sleep
- Monitor symptoms
- Take to emergency room if symptoms worsen
- Allow to eat
- Make an appointment with your physician
- Keep hydrated
- Take to emergency Room if they are uncomfortable/restless

If you do not have a physician we can recommend a few that diagnose and treat concussions. For more information contact your school nurse or athletic trainer.