

Seven Star Women's Kung Fu Concussion Assessment Protocol

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Introduction

This document provides guidance to teachers and students on actions to take when a head injury or potential concussion is suspected during class. It is designed to help students assess for themselves whether or not medical intervention is warranted. Seven Star teachers are not trained to assess the severity of a head injury. Teachers can provide support, guidance, and follow up, but cannot advise students regarding their choices around medical attention on or off the training floor. It is the student's responsibility to determine whether they should seek medical treatment.

What is a Concussion?

A concussion is an injury to the brain. It is caused by a blow, or jolt to the head, or a whiplash, that causes the brain to bounce around in the skull, resulting in chemical changes and damage to the brain.

When To Step Out Of Class

If there are any concerns about a concussion after reviewing the concussion signs/symptoms below, follow the suggested actions for both students and teachers:

CONCUSSION SIGNS/SYMPTOMS

Concussion signs you can *observe* may include:

- Memory is affected (from before or after a blow)
- Appearing stunned or dazed
- Forgetting an instruction or acting unsure of the situation
- Moving clumsily
- Answering questions more slowly than usual
- Showing mood, behavior or personality changes
- Losing consciousness, even briefly

Concussion symptoms the person might *describe* may include:

- Headache or pressure sensation in the head
- Nausea or vomiting
- Dizziness, balance problems, double vision, blurred vision
- Sensitivity to light or noise
- A feeling of sluggishness, grogginess, or haziness
- Confusion, memory problems, or trouble concentrating
- Feeling "not right"

Please note that sometimes these symptoms do not show up immediately.

STUDENT ACTIONS:

- Bow out of the rest of the class to take care of the injury.

- Check in with the teacher before you leave the school to ensure 1) the teacher is aware of your injury/concerns; and 2) the teacher can offer support and make sure you have a safe ride home.
- The teacher will email you as a follow up after class. Please be responsive to the teacher and the Sifus about your status when you are contacted.
- We recommend seeing a health care provider if you have any concerns about a concussion. Students should stop training until they are cleared by their health care provider.

TEACHER ACTIONS:

- If you suspect a head injury/concussion, make sure the student has bowed out of the exercise and class.
- Find an assistant to run class while you check in with the student.
- Ensure the student has a safe way to get home.
- Follow up via email with the student after class to check in with them and cc both Sifus.

When To Go To The Emergency Room

Teachers are not trained to judge the severity of an injury. Review the list of red flags below. If a person has any of the following concussion red flags, follow the recommended actions for both students and teachers below:

CONCUSSION RED FLAGS

- Worsening headache
- Seizures
- Drowsiness or difficulty awakening
- Repeated vomiting
- Slurred speech
- Inability to recognize people or places
- Worsening confusion or irritability
- Weakness or numbness in the arms or legs
- Neck pain
- Unusual behavioral changes

Vomiting is a red flag that a more severe head injury has occurred, especially right after the head injury. If someone is vomiting after getting hit too hard in the head, they need to go immediately to the doctor.

STUDENT ACTIONS:

- Consider going to the emergency room immediately.
- Find someone (a friend, training partner, loved one, etc) to take you to the emergency room if you do not feel safe transporting yourself to the ER.
- Follow up with the class teachers and the Sifus via email to provide a status update on your injury.

TEACHER ACTIONS:

- Call/text the student's emergency contact.
- Arrange a ride home (if needed) for the student.
- Email the Sifus to let them know the context and situation of what happened in class.

Teacher Follow Up: Post Injury

The teacher who was teaching the class will check in with the student and cc the sifus. The student may need emotional support and guidance around feeling safe returning to training. Their sifu will continue to check in with them as they recover.

The teacher will also contact the student who may have inflicted the injury so they can be aware of what happened and learn how to prevent it in the future. This student may also need emotional support.

Returning to Classes

Students should consult their doctor before returning to the training floor post-concussion. Students should follow the advice of their medical provider and should not return to class until 1) they have been given clearance to do so by their doctor and 2) their sifu agrees that they can modify exercises to avoid exacerbating any lingering symptoms. Symptoms should begin to subside after 2-3 weeks, but if they do not, the student should see a specialist.

Additional Information About Concussions

Concussions only involve loss of consciousness about 10% of the time. Concussion can negatively impact relationships as well as work and school performance. Recovery can take weeks to months – 2-3 weeks in milder cases and 3 months to 2 years in more severe cases.

Routine imaging of the brain (CT) after a concussion is typically normal and will not reflect the brain injury. Though concussions do not show up on imaging, the effect of concussion may be detected by neurocognitive testing and the doctor may need to refer the person to the neuropsychologist if the person continues to experience any difficulty possibly related to the concussion.

Note that a person who has had a history of previous concussions is at higher risk of experiencing more severe effects after a new concussion, even if it was caused by only minor force. Other people at higher risk include people with a history of migraine headache, ADHD, seizures, or psychiatric conditions such as anxiety and depression.

Sources:

Center for Disease Control and Prevention,
<https://www.cdc.gov/headsup/index.html>

Brain Injury Association of America, <https://www.biausa.org/>