

Head Injuries in the School Setting

Student Health Services
School District of Holmen




What is a concussion?


- ▶ Injury to the brain
- ▶ Direct or indirect
- ▶ May or may not experience loss of consciousness
- ▶ **Even a mild bump to the head may be serious**




Concussion affects 4 levels of brain function

- ▶ How a person feels—headache, fatigue
 - ▶ How a person thinks—memory or concentration
 - ▶ Emotions—irritable or sad
 - ▶ Sleep—trouble falling asleep
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Signs

- ▶ Dazed or stunned
 - ▶ Confused
 - ▶ Forgetful
 - ▶ Clumsy
 - ▶ Answers slowly
 - ▶ Behavior or personality changes
 - ▶ Unable to recall recent events
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Symptoms

- ▶ Headache
 - ▶ Nausea
 - ▶ Dizziness
 - ▶ Vision disturbance
 - ▶ Sensitivity to light or noise
 - ▶ Confusion
 - ▶ Concentration/memory problems
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Concussion **ABCs**

- ▶ **A**ssess the situation
 - ▶ **B**e alert for signs and symptoms
 - ▶ **C**ontact a Healthcare Professional
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Injury rate per 100,000 injury exposures in high school athletics:

Football	52
Boy's Ice Hockey	43
Girl's Lacrosse	39
Girl's Soccer	35
Boy's Lacrosse	32
Boy's Wrestling	22
Girl's Basketball	20
Girl's Field Hockey	18
Boy's Soccer	17
Girl's Softball	15
Boy's Basketball	9

Source: NFHS/High School RIO 2008–09


Sports Injuries on the Field

- ▶ Larissa Dreyer, AT-C, Gundersen-Lutheran
- ImPACT testing
- GL Brain Concussion Assessment Form
- Medical Evaluation Referral
- Care Coordination
- Return to Play

“When in doubt, sit them out”

Care Coordination

Involves:

- ▶ Student/Athlete
 - ▶ Teacher/Coach
 - ▶ Athletic Trainer
 - ▶ Medical Provider
 - ▶ Parent/Guardian
 - ▶ School Nurse
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General Treatment Guidelines

BRAIN REST


- ▶ School attendance as tolerated
- ▶ No physical activity
- ▶ No “screen time” i.e., texting, computers, video games
- ▶ No Driving

Gradual return to activity




Classroom Care

Brain Rest

- ▶ Provide alternatives to computers, reading, testing
 - ▶ Expect modified school day
 - ▶ Allow longer time for assignments, testing
 - ▶ Encourage frequent breaks
 - ▶ Report continued symptoms to School Nurse
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Head Injuries at School

- ▶ Evaluation by Health Office Staff
 - ▶ Notify Parents
 - ▶ Notify Teacher
 - ▶ Provide Parents/Staff with list of signs/symptoms to be aware of
 - ▶ Encourage medical follow-up when necessary
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•SDH Head Injury Notification to Parents

Head Injury Notification Date:_____ Time:_____

To the parents/guardians of:_____ Grade:_____

This is to inform you that your child sustained a blow to the head in school today. Although your child has shown no adverse reactions to the injury, we feel it is in his/her best interest to inform you that in some cases it can take 24 hours or more for serious symptoms to develop.

Below are several symptoms of a concussion. Should any of these symptoms appear, you should notify your health care provider.

- Change in personality or unusual irritability
- Drowsiness
- Severe headache, sometimes associated with dizziness
- Slurred speech or difficulty speaking
- Pupils of eyes unequal in size and/or blurred or double vision
- Vomiting
- Loss of bowel or bladder control
- Convulsions or twitching
- Loss of consciousness
- Bleeding from the nose, ears, or mouth

Thank you,

Student Health Services Staff School District of Holmen

Sidelined for Safety Act—AB 259

- ▶ Introduced May 12,2011 by Rep. Jason Fields (D-Milwaukee)
- ▶ Will require an athlete who has a suspected concussion to obtain medical clearance before returning to play
- ▶ Will require coaches, parents and athletes to become better educated on the signs/symptoms of concussion
- ▶ If passed, it would affect all organized athletic activities for all athletes aged 11-19
- ▶ Supported by WIAA, Wisconsin Medical Society and the Brain Injury Association of Wisconsin