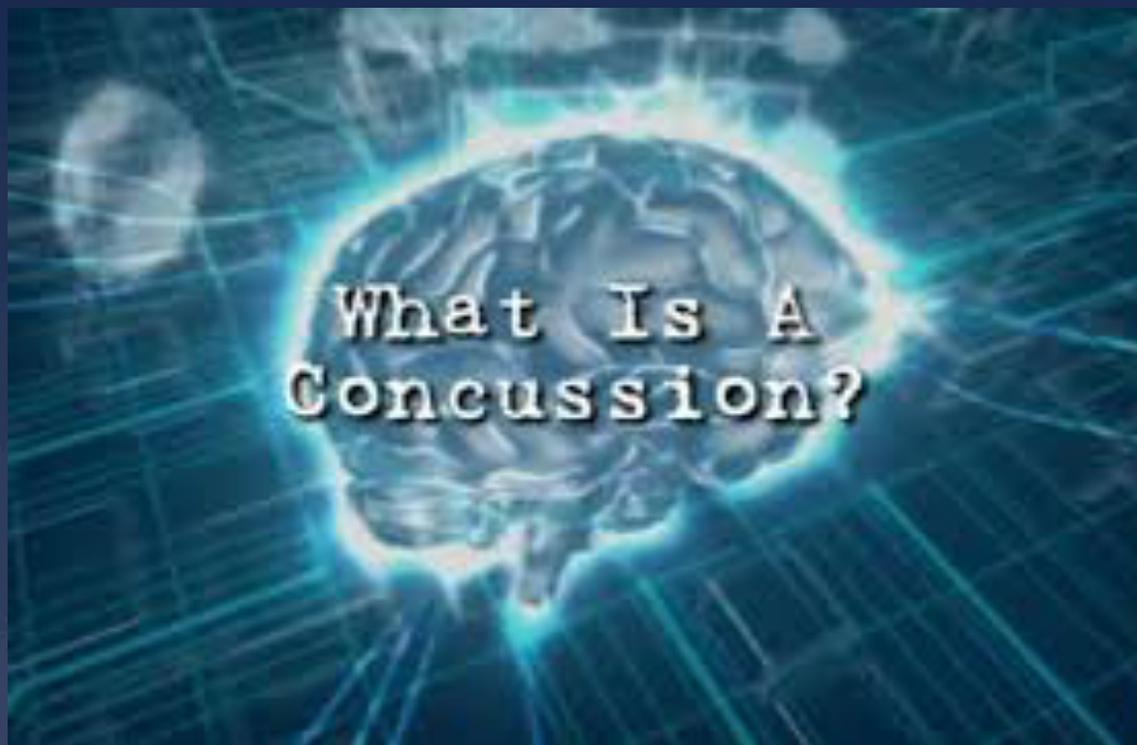




2014 - 2015 Concussion Report
October 7, 2015



A concussion is a type of traumatic brain injury—or TBI—caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move quickly back and forth. This fast movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging the brain cells.

- CDC, Heads Up Concussion

2014 – 2015 Concussion Statistics

SHS athletes	OMS athletes	Non-athletes district wide: concussions occurring in school *	Non-athletes district wide: concussions occurring outside of school **
50	2	5	66

Total concussions = 123

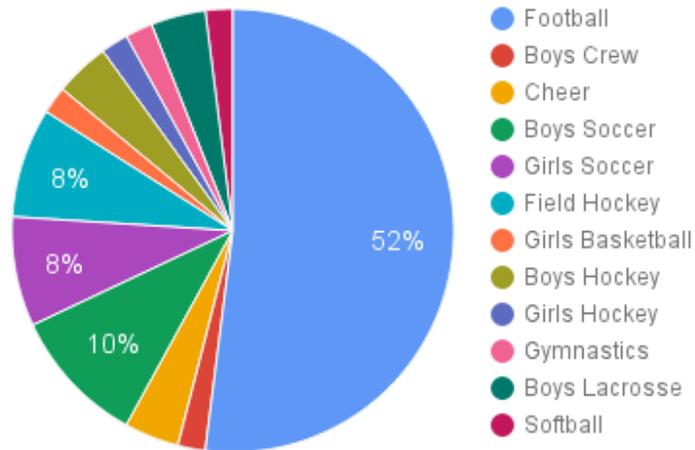
* Injuries occurred at recess, PE class, etc

** Includes injuries that occurred during athletic activities outside of school, auto accidents, falls at home, etc

Breakdown by SHS Sport

Total SHS sports related
concussions = 50

concussions



Football = 26

Boys Soccer = 5

Girls Soccer = 4

Field Hockey = 4

Cheer = 2

Boys Lacrosse = 2

Boys Hockey = 2

Girls Basketball = 1

Boys Crew = 1

Girls Hockey = 1

Gymnastics = 1

Softball = 1

Concussion Data by Sport

Fall 2011- Spring 2015

	2011-12	2012-13	2013-14	2014-15
Baseball	2	0	0	0
Basketball, Boys	1	2	3	0
Basketball, Girls	2	2	5	1
Cheer	5	1	3	2
Crew, Boys	0	2	0	1
Crew, Girls	0	1	3	0
Dance	1	0	0	0
Field Hockey	0	3	2	4
Football	19	13	16	26
Gymnastics	0	1	0	1
Hockey, Boys	1	4	0	2
Hockey, Girls	1	1	1	1
Lacrosse, Boys	4	1	1	2
Lacrosse, Girls	3	3	0	0
Ski	1	0	0	0
Soccer, Boys	1	2	2	5
Soccer, Girls	4	3	3	4
Softball	1	0	2	1
Swim, Girls	0	1	0	0
Track, Girls	4	1	3	0
Volleyball	2	1	3	0
TOTAL	52	42	47	50

Concussion Care

CONCUSSION

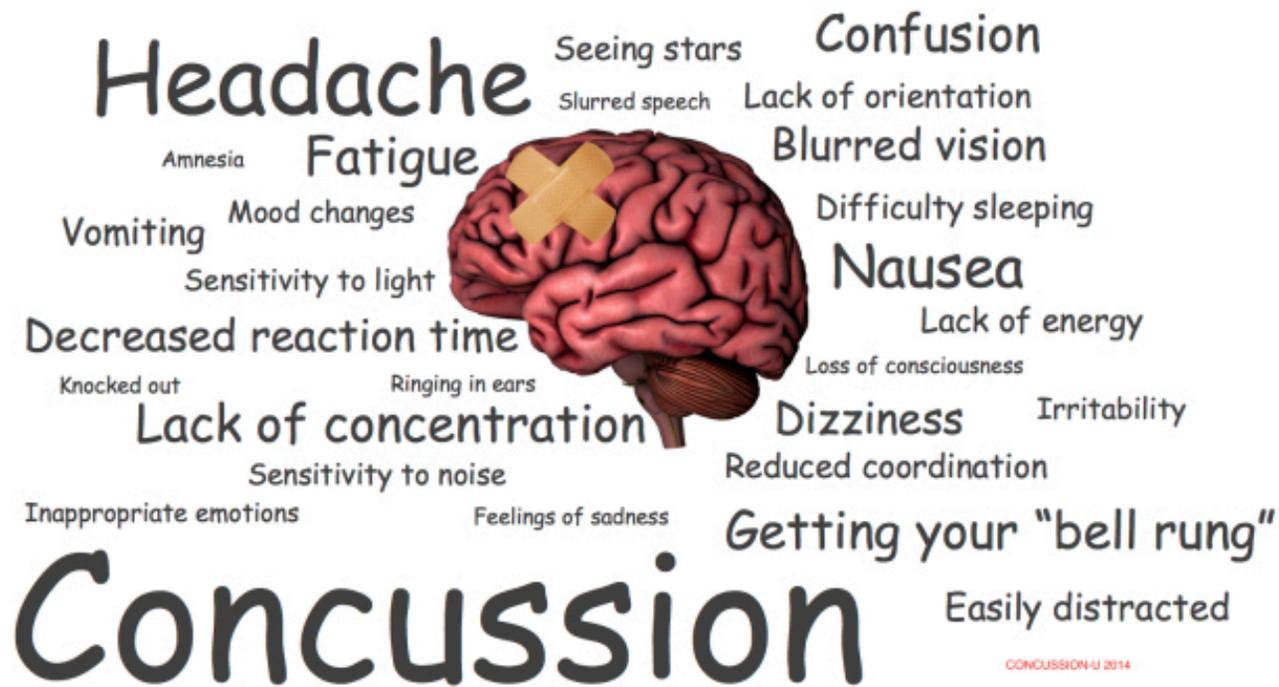
Recognition

Rest

Recovery



Signs & Symptoms



“Brain Rest” is the key to recovery



Nursing Care of Students Diagnosed with Concussion

- * Consult with student and parent/guardian
- * Collaborate with school staff
 - * teachers
 - * athletic trainer
 - * coaches
- * Communicate with outside health care provider
- * Provide support and monitoring throughout recovery process
- * Advocate for necessary follow up care and accommodations



Care of Student Athletes Diagnosed with Concussion

- * Coach responsibilities
- * Athletic Trainer responsibilities
 - * Assessment
 - * Communication with parent/guardian
 - * Collaboration with school nurses
 - * Monitoring
 - * Return to Play Protocol



Return to Play Protocol

Return to Play Protocol		
Stage	Activity	Objective
No Activity	Complete Physical & Cognitive Test	Recovery
Light Aerobic Exercise	Walking, Stationary Bike <70%MHR NO Resistance Training	Increase heart Rate
Sports Specific Exercise	Running, Skating, etc	Add movement
Non-Contact Training Drills	More Complex Drills May Start Resistance Training	Exercise Coordination & Cognitive Load
Full Contact Practice	Following Medical Clearance: Normal Training Activities	Restore Confidence Coaches Assess Functional Skills

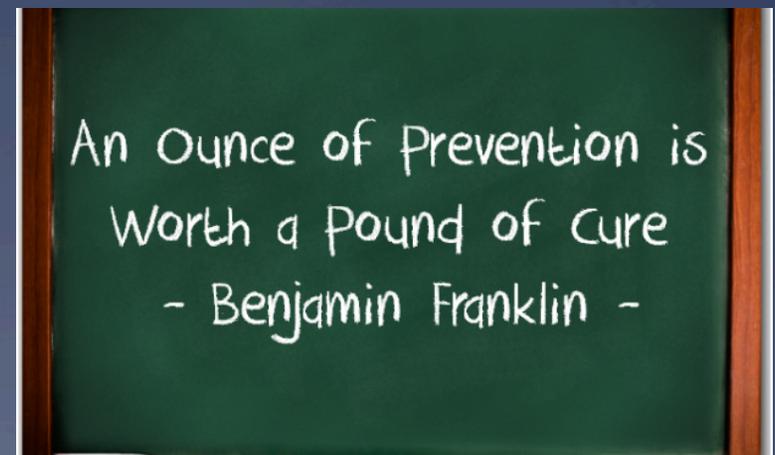
Post Concussion Syndrome

“Post-concussion syndrome is a complex disorder in which various symptoms — such as headaches and dizziness — last for weeks and sometimes months after the injury that caused the concussion.” - Mayo Clinic



Prevention/Education

- * Athletes and parents
- * Coaches
- * ImPACT testing
- * Teachers
- * Medical Clearance for Participation in Athletics



Questions?