

## Carmel Central Schools Concussion Management Plan

### Carmel Medical Education on Concussion Management

Medical management of concussions is evolving. In recent years there has been a significant amount of research into concussions. This document has two goals:

1. To educate students and parents of the signs and symptoms of a concussion
2. To inform parents of the possible consequences of unreported incidents.

**Concussion** - Also referred to as Traumatic Brain Injury, (TBI). A brain injury that causes changes in how the brain cells function leading to symptoms that can be physical, cognitive or emotional. It is a complex pathophysiological process affecting the brain induced by traumatic biochemical forces. Here are some signs and symptoms to be aware of. All do not have to be experienced to suffer from a concussion.

#### Signs (observed by others)

Appears "dazed" or "stunned"  
Confusion  
Forgets Plays  
Moves clumsily/Balance problems  
Personality changes  
Responds slowly to questions  
Forgets events prior to the hit  
Forgets events after the hit  
Loss of consciousness

#### Symptoms (reported by athlete)

Headache  
Fatigue  
Nausea/Vomiting  
Sensitivity to light or noise  
Feels sluggish/foggy  
Problems concentrating  
Problems remembering

**Second Impact Syndrome (SIS)** - A condition in which the brain swells rapidly and catastrophically after a person suffers a second concussion or head injury before symptoms of a previous one has subsided. The second blow may occur days or weeks after an initial concussion. Even a mild grade concussion can lead to SIS. This condition is often fatal or can lead to permanent brain damage. If you have signs or symptoms of a concussion or recognize someone that does, it should be reported immediately to the athletic trainer or school nurse. If neither is available, you should visit a physician or the emergency room.