

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.