

Copley Hospital's Guide to Recognition and Treatment of Concussion

These signs and symptoms may indicate that a
concussion has occurred.

Signs Observed by Coaching Staff

- ◆ Appears dazed or stunned
- ◆ Is confused about assignment
- ◆ Forgets plays
- ◆ Is unsure of game, score, or opponent
- ◆ Moves clumsily
- ◆ Answers questions slowly
- ◆ Loses consciousness
- ◆ Shows behavior or personality changes
- ◆ Can't recall events prior to hit
- ◆ Can't recall events after hit

Symptoms Reported by Athlete

- ◆ Headache
- ◆ Nausea
- ◆ Balance problems or dizziness
- ◆ Double or fuzzy vision
- ◆ Sensitivity to light or noise
- ◆ Feeling sluggish
- ◆ Feeling foggy or groggy
- ◆ Concentration or memory problems
- ◆ Confusion

ACTION PLAN

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardians about the known or possible concussion, and give them the fact sheet on concussion.
4. Allow athlete to return to play only with permission from an appropriate health care professional.

*Adapted from: Lovell MR, Collins MW, Iverson GL, Johnston KM, Bradley JP. Grade 1 or "ding" concussions in high school athletes. The American Journal of Sports Medicine 2004; 32 (1): 47-54.

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Immediate Referral Emergency Department

- Deterioration of neurological function
- Decreased level of consciousness
- Irregular or decreased respiration or pulse
- Loss of consciousness on the field
- Unequal, dilated or un-reactive pupils
- Any signs or symptoms of associated spinal injury or skull fracture
- Mental status changes
 - Lethargy, agitation, difficulty maintaining arousal, confusion
- Seizure
- Clear fluid drainage from ears or nose
- Repeated vomiting
- Amnesia longer than 15 min

Delayed referral

- Develops motor, sensory or balance problems
- Increasing post-concussive symptoms
- Symptoms interfering in daily activity
 - a. Sleep disturbances
 - b. Decreased cognitive function
 - c. Altered mental status

Home Care

It is OK to:

- Use Tylenol/Acetaminophen for headaches (use only as directed)
- Use ice on the head or neck
- Eat a light meal
- Rest

Do Not

- Drink alcohol • Eat spicy foods
- Participate in strenuous physical or mental activity
- Use aspirin or Ibuprofen products (Advil/Motrin)
- Use sleep aids, sedatives or prescription pain medications

There is no need to

- Wake every hour • Test reflexes
- Stay in bed • Check eyes with a flashlight



Morrisville, VT 05661
www.copleyvt.org



802-888-8888

Reference Source:

802-888-8405

United States Ski and Snowboard Association (USSA)
and the National Athletic Trainers Association (NATA)

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