

(Continued Sports Concussion Quiz)

- ◆ CT scan or MRI can show if there is bleeding in the brain, but this scan is not sensitive enough to show the subtle changes to the brain that may be caused by a concussion

Question #4: True or False? My child needs to have a brain scan or MRI to diagnose a concussion.

Answer→**False**

- ◆ Unless your child sustained a more serious traumatic brain injury, your child may not need a brain scan or MRI
- ◆ CT scan or MRI can show whether there is bleeding in the brain or skull fracture but the scan is not sensitive enough to show subtle changes to the brain that may be caused by a concussion

Question #5: True or False? Company “X” makes a helmet that prevents concussions!!!

Answer→**False**

- ◆ No helmet can prevent an athlete from sustaining a concussion

Question #6: True or False? The younger the athlete the longer it takes to recover or return to play?

Answer→**True**

- ◆ Younger age is associated with prolonged recovery
- ◆ Elementary school athletes take 3-4 months recovery
- ◆ Middle School and High School athletes have prolonged recovery times as compared to college athletes

REVISED NEW MEXICO SPORTS CONCUSSION
LAW SB 137 (Feb. 2016)

- ◆ Student-athletes who have suffered possible brain injury or concussion will be out of sports minimum of 10 days
- ◆ New law extends to Non-scholastic Youth athletic activities (i.e. KYA, YAFL)
- ◆ Any student-athlete evaluated by a coach, school official or reported by teammate(s) or self-reported signs, symptoms, or behavior suggestive of brain injury or concussion
- ◆ The student-athlete *will not* be released until all post-concussion symptoms have cleared
- ◆ Student-athlete *will not* be allowed to return to practice or play *without* documentation from licensed medical professional (M.D. /D.O. / Nurse Practitioner / Psychologist /Athletic Trainer)
- ◆ Parental or Guardian signed waivers are no longer valid

SPORTS CONCUSSIONS



Facts For Parents Handout



Deborah Waters, MD

WHAT IS A CONCUSSION?

- ◆ A concussion is an injury to the brain that results in temporary loss of normal brain function.
- ◆ A concussion can be caused by a blow or jolt to the head that disrupts the normal function of the brain.

Common Signs and Symptoms of Concussion (Observed Signs):

- ◆ Appears to be dazed or stunned
- ◆ Moves clumsily
- ◆ Answers questions slowly
- ◆ Where are you?
- ◆ Is unsure of game, score or opponent
- ◆ Shows behavior or personality changes
- ◆ Loss of consciousness (even less than 30 seconds) → **Very Rare**

Common Signs and Symptoms Reported by Athlete:

- ◆ Persistent headaches
- ◆ Nausea or vomiting
- ◆ Balance problems or dizziness
- ◆ Double or blurred vision
- ◆ Feeling “foggy” or “out of it” or “somehow”
- ◆ Change in sleep patterns
- ◆ Concentration or memory problems
- ◆ Grouchy or irritability
- ◆ More emotional or sadness
- ◆ Light or noise sensitivity

When to suspect your child has a concussion?

Your child might have a concussion if he or she:

- ◆ Is confused or dazed
- ◆ Has a problem remembering part or all of what happened during or after the injury
- ◆ Answers questions slowly
- ◆ Repeats questions
- ◆ Shows behavior or personality changes
- ◆ Loses consciousness or “blacks out” even for a few seconds

CONCUSSION DANGER SIGNS

Student-athlete should be taken to a hospital right away if she or he shows any of the following danger signs:

- ◆ Worsening headaches
- ◆ Weakness or numbness of any part of the body
- ◆ Vomiting
- ◆ Slurred speech or difficulty speaking
- ◆ Drowsy or cannot be wake up
- ◆ One pupil larger or smaller than the other
- ◆ Seizures or convulsions
- ◆ Difficulty recognizing people or places
- ◆ Increasingly confused, restless or agitated
- ◆ Unusual or bizarre behavior
- ◆ Changing of vision, hearing or taste
- ◆ Loss of consciousness for more than 30 seconds

SPORTS CONCUSSION QUIZ

Question #1: True or False? My son did not pass out, so he did not have a concussion.

Answer → **False**

- ◆ Your son does not have to black out after taking a blow to the head to say he had a concussion
- ◆ If your son has any one of the symptoms listed above after a hit or jolt to the head → he might have a concussion
- ◆ Less than 5% of all concussions are go along with loss of consciousness or “knocked out”

Question #2: True or False? A concussion is just a “bump on the head” Answer → **False**

- ◆ A concussion is a *mild* traumatic brain injury, also called closed head injury
- ◆ You can't predict how severe a concussion will be or how long the symptoms will last at the time of the injury

Question #3: True or False? A parent should wake up a child/adolescent who falls asleep after a head injury?

Answer → **False**

- ◆ Current medical advice is it is **not** dangerous to allow a student-athlete to sleep *after* a head injury *once* they have been medically evaluated or cleared
- ◆ The best treatment for a concussion is sleep and rest