

# Roanoke Rapids Graded Schools

## Concussion Education

**Implementing the Gfeller-Waller Concussion Act**

**Return to Learn**

**Return to Play**

# Concussion Information

- A Concussion is a **Brain Injury** caused by trauma to the head either directly or indirectly.
- It is **MORE** than a “jolt”, “bip to the noggin”, a “ding” or “bell ringer”!
- Brain function is altered. This will vary from person to person.
- There may or may not be loss of Consciousness.
- **Remember: A Concussion is a BRAIN INJURY.**

# Concussions

- Causes: A Direct or Indirect trauma (Injury) to the head
- **Injuries**: Head to head, head to ground, head to any object
- The force/impact can occur to another part of the body, but the energy can be transferred to the head.
- Remember: **A Concussion is a BRAIN INJURY.**

# Concussions can be tricky. Why?

- Concussions are “invisible”. Just because we can’t see it, does not mean that everything is ok. A Concussion is a **BRAIN INJURY**.
- Proper Diagnosis can only take place if the symptoms are reported.
- Sometimes Athletes do not know what they are feeling when they have a concussion. Therefore knowing the signs and symptoms of a Concussion, **AND** proper evaluation/monitoring is important.

# Prevention is Important!!!!!!!

- Use Proper Equipment and technique
- Decrease Head to Head hits
- Know the Signs and Symptoms of a Concussion
- **Report** any concerns/head injuries to Teachers, Coaches, School Nurses, Parents, Athletic Trainers. This group makes up the “**Concussion Team**”.
- The “**Concussion Team**” works together to make sure everyone is safe.
- Parents can obtain a baseline Cognitive Test prior to participation in sports.

# Signs and Symptoms of a Concussion

- Difficulty thinking
- Headache
- Pressure
- Nausea or Vomiting
- Loss of Consciousness
- Blurred, double, or fuzzy vision
- Difficulty Concentrating
- Sensitivity to light/noise
- Confusion
- \*Memory impairment
- \*Amnesia
- \*Doesn't "feel right"
- \*Feeling foggy/groggy
- \*Neck Pain
- \*Fatigue/low energy
- \*drowsiness
- \*sadness
- \*Nervous/Anxious

# Signs/Symptoms Continued:

- Irritability
- More emotional
- Repeating words/questions
- Changes in sleep patterns (more or less than usual, trouble falling asleep)
- Feeling sluggish
- Crying
- Impaired balance

# Gfeller-Waller Concussion Awareness Act

- MANDATORY Concussion Education for ALL Coaches, Volunteers, School Nurses, Athletes and Parents.

Including:

1. Written information on recognizing the signs and symptoms of a Concussion.
2. Written description of the pathophysiology, with short and long term complications of a concussion.
3. A return to Learn/Play protocol for post-concussion participation in activities.



# Gfeller-Waller Concussion Awareness Act

- School staff including: ALL Coaches, Athletic Directors, Athletic Trainers, School Nurses, first responders, volunteers, and students/parents that participate in interscholastic activities will receive written Concussion Head Injury Information ANNUALLY.
- The sheet must be signed and returned with both a student and parent signature before trying out for any interscholastic activities.

# Gfeller-Waller Concussion Act

- Each school will develop and maintain an Emergency Action Plan.
- This plan outlines: Roles/Responsibilities
  - Concussion Team
  - Emergency Equipment
  - Access/Plan for Emergency transport

# Written Emergency Action Plan

- Must be reviewed by a licensed Athletic Trainer in North Carolina
- Approved by the Principal at each school
- Copies must be given to designated personnel
- Posted at all venues (Look for them!)
- Reviewed annually

# Concussion Management:

- **Students cannot return to play the same day of an injury regardless of severity**
- **Must be evaluated by a Medical Professional with training in Concussion Management:**
  - Physician (Article 1 Chapter 90 of General Statutes)
  - Neuropsychologist (Article 18A Chapter 90 of General Statutes)
  - \*Physician's Assistant (PA) with limitations of G.S. 90-18.1
  - \*Nurse Practitioner (NP) with limitations of G.S. 90-18.2

# Return to Learn: Returning to class after a Concussion

- Packets (handouts to be completed by a medical professional) are available at each school. Ask Coaches, or School Nurses if you need one or have any questions.
- Packets include medical clearance forms, and information for parents
- Students will turn in their completed forms to their teacher, coach, or school nurse. The “Concussion Team” will meet to address the information submitted.
- Students may have accommodations for: testing, reduced assignments, alternative places to eat lunch (to decrease noise levels), modified recess, modified PE, etc. (Each case will be different)

# Return to Play: No Earlier than 48-72 hours post Injury

- **Must be symptom free for 24 hours. May only move 1 step/day!**
- **Must have satisfactory Neuro-cognitive scores compared to baseline**
- Day 1: Low level physical activity (light jogging, Stationary bike, walking)
- Day2: Moderate levels of physical activity (weightlifting)
- Day3: Heavy non-contact physical activity (Specific drills)
- Day 4: Non contact sport specific practice
- Day 5: Full Contact practice
- Day 6: Unrestricted return to activity or competition

# Remember! Beware of Dangers!

- **Any symptoms of concussion will require starting the Return to Play Process over again!**

**Second Impact Syndrome**: This happens when a student sustains a second injury/concussion from a direct or indirect force to the head before recovering from the last concussion.

**DANGERS: Long Term Morbidity** (100% of cases)

**DEATH** (50 % of cases)

**A Concussion is a BRAIN INJURY!**

# Concussion: Long Term Effects

- Decreased abilities in decision making
- Permanent brain damage/dysfunction
- Depression-Suicide
- Possible early onset Dementia
- Possible early onset Alzheimers
- Premature Death



# Resources:

- <http://gfellerwallerlaw.unc.edu>
- <http://www.nata.org/statements/#off>
- <http://www.cdc.gov/ConcussionInYouthSports.com>
- <http://impacttest.com/concussion/overview>
- [http://tbicenter.unc.edu/MAG\\_Center/Home.html](http://tbicenter.unc.edu/MAG_Center/Home.html)