



## CONCUSSION SYMPTOMS AND MANAGEMENT

**Concussion:** a traumatic brain injury that interferes with normal brain function. Medically, a concussion is a complex, pathophysiological event to the brain that is induced by trauma.

In the case of a head injury, Girls Place will follow the following protocols:

- 1) Evaluate member
- 2) Call parent/guardian of hurt athlete
- 3) Write an accident report, documenting event and symptoms shown by athlete

### **Step 1: Did a concussion occur?**

Evaluate the player and note if any of the following symptoms are present:

- 1) Dazed look or confusion about what happened
- 2) Memory difficulties
- 3) Neck pain, headaches, nausea, vomiting, double vision, blurriness, ringing noise or sensitive to sounds
- 4) Short attention span. Can't keep focused
- 5) Slow reaction time, slurred speech, bodily movements are lagging, fatigue, and slowly answers questions or has difficulty answering questions
- 6) Abnormal physical and/or mental behavior
- 7) Coordination skills are behind, ex: balancing, dizziness, clumsiness, reaction time

### **Step 2: Is emergency treatment needed?**

This would include the following scenarios:

- 1) Spine or neck injury
- 2) Behavior patterns change
- 3) Loss of consciousness

### **Step 3: If a possible concussion occurred, what should be done now?**

Focus on these areas every 5-10 minutes for the next 1 – 2 hours, without returning to any activities:

- 1) Balance
- 2) Speech
- 3) Memory

4) Attention to topics, details

**Step 4:** Players should not re-enter practices, games, or partake in any activities for at least 24 hours. Even if there are no symptoms after 15-20 minutes, activity should be taken by the player. A player diagnosed with a possible concussion may return to Girls Place Athletics only after release from a licensed medical doctor specializing in concussion treatment and management.

**Step 5:** If there is a possibility of a concussion, do the following:

- 1) Girls Place Accident report to be filled out
  - a. Include symptoms from evaluations
  - b. Note times of evaluation and each re-assessment

References

Kissick MD, James and Karen M. Johnston MD, PhD. "Return to Play After Concussion." Collegiate Sports Medical Foundation. Volume 15, Number 6, November 2005.

[http://www.csmfoundation.org/Kissick - return to play after concussion - CJSM 2005.pdf](http://www.csmfoundation.org/Kissick_-_return_to_play_after_concussion_-_CJSM_2005.pdf). April 22, 2011.

National Federation of State High School Associations. "Suggested Guidelines for Management of Concussion in Sports". 2008 NFHS Sports Medicine Handbook (Third Edition). 2008 77-82.

<http://www.nfhs.org>. April 21, 2011.



## Home Care for a Head Injury or Concussion

Recommended guidelines in the days leading up to your appointment with a concussion trained physician/doctor.

### FIRST 24-48 HOURS or until you see a Concussion Specialist:

- Rest (You can sleep as often and as much as you want but there is no need to stay in bed all day or wake up every hour once asleep)
- NO TECHNOLOGY (NO cell phone, iPad, iPhone, computer, or TV)
- NO strenuous activities sports, weight lifting or physical exercise
- NO driving while symptomatic
- NO reading, writing, homework, or studying (anything involving concentration)
- NO ibuprofen (Advil), aspirin, nonsteroidal anti-inflammatory medications
  - Acetaminophen (Tylenol) is ok, please do not take within 4 hours of seeing your concussion trained physician
- Stay in dimly lit, quiet rooms
- Eat a light and healthy diet
- Ice pack head or neck for comfort if needed
- **MAKE AN APPOINTMENT TO SEE A CONCUSSION TRAINED PHYSICIAN AT LEAST 48 HOURS AFTER INITIAL INJURY**
  - **UF Health ORTHOcare**
    - Address: 3450 Hull Rd, Gainesville, FL 32607
    - Phone: (352) 273-7929
  - **Shands Emergency Room**
    - Address: 1515 SW Archer Rd, Gainesville, FL 32608
    - Phone: (352) 733-0111
  - **North Florida Emergency Room**
    - Address: 6500 W Newberry Rd, Gainesville, FL 32605
    - Phone: (352) 415-4439

### 48+ HOURS:

- See a Concussion Trained Physician (best between 48 hours – 7 days)
- Drop off Concussion Accommodations (Academic & Physical Activity) from Physician to Girls Place and school
- Follow Concussion Protocol until student-athlete is released to full participation by Physician

**Girls Place reserves the right to deny participation if medical care is not sought out to confirm concussion has been cleared.**

References:

Kissick MD, James and Karen M. Johnston MD, PhD. "Return to Play After Concussion." Collegiate Sports Medical Foundation. Volume 15, Number 6, November 2005.

[http://www.csmfoundation.org/Kissick - return to play after concussion - CJSM 2005.pdf](http://www.csmfoundation.org/Kissick_-_return_to_play_after_concussion_-_CJSM_2005.pdf).

April 22, 2011.

National Federation of State High School Associations. "Suggested Guidelines for Management of Concussion in Sports". 2008 NFHS Sports Medicine Handbook (Third Edition). 2008 77-82.

<http://www.nfhs.org>.

April 21, 2011.

Children's National Medical Center. "Safe Concussion Outcome, Recovery & Education (SCORE) Program." Adapted by Gerard Gioia, PhD; Micky Collins, PhD; Shireen Atabaki, MD, MPH; Noel Zuckerbraun, MD, MPH. [http:// www.childrensnational.org/score](http://www.childrensnational.org/score).

June 27, 2011.

Formatting from NY State West Youth Soccer. <http://www.nyswysa.org/sports-concussion-protocol>.

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