

Northeast Florida Regional Sports Concussion Task Force

# Concussion Information Sheet

## AT TIME OF INJURY

### Parent/Caregiver:

Your student athlete was removed from sports activity today after sustaining an injury to his/her head.

\_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_  
DATE LOCATION TIME

Please read the information below to familiarize yourself with the recommendations we suggest following a brain injury (concussion).

### Concussion (Definition/Description)

A concussion is a serious injury to the brain resulting in a disturbance of brain function. You cannot see a concussion; however, you may be able to recognize the signs and symptoms your athlete may experience after sustaining a concussion.

By definition, a concussion is an injury to the brain that can cause both short-term and long-term problems.

### Symptom Checklist (not meant to be all-inclusive)

Check symptoms or complete the blank.

- |   |  |   |   |
|---|--|---|---|
| <input type="checkbox"/> Headache             | <input type="checkbox"/> Feeling foggy         | <input type="checkbox"/> Irritable behavior | <input type="checkbox"/> Change in sleep patterns |
| <input type="checkbox"/> Nausea/vomiting      | <input type="checkbox"/> Sensitive to light    | <input type="checkbox"/> Clumsy             | <input type="checkbox"/> Change in personality    |
| <input type="checkbox"/> Balance problems     | <input type="checkbox"/> Sensitive to noise    | <input type="checkbox"/> Ringing in ears    | <input type="checkbox"/> _____                    |
| <input type="checkbox"/> Dizziness            | <input type="checkbox"/> Slurred speech        | <input type="checkbox"/> Slow to answer     | <input type="checkbox"/> _____                    |
| <input type="checkbox"/> Blurry/double vision | <input type="checkbox"/> Memory problems       | <input type="checkbox"/> Stiffness in neck  |   |
| <input type="checkbox"/> Confusion            | <input type="checkbox"/> Loss of consciousness |   |   |

\_\_\_\_\_ EVALUATED BY

\_\_\_\_\_ PHONE NUMBER

### Treatment and Recovery

#### What are your next steps?

Within the next 24 – 48 hours, make sure your student athlete rests, drinks plenty of fluids (water and sports drinks). **Important points:**

- Rest (physically and mentally), including training or playing sports until symptoms have resolved and the athlete has been medically cleared

- No alcohol
- No prescription or non-prescription drugs without medical supervision

#### Specifically:

- No sleeping tablets
- Do not use aspirin, anti-inflammatory medication or sedation pain killers without medical supervision
- Do not drive until medically cleared
- Do not train or play sports until medically cleared

If you notice any change in behavior, vomiting, dizziness, worsening headache, double vision or excessive drowsiness, this is an indication that you must immediately take your student-athlete to the nearest emergency room for further evaluation.

The purpose of this evaluation is to discover if some other injury may exist or if the brain is not healing from the injury. If no other injuries are found, the evaluating physician may prescribe additional care measures to help reduce your student athlete's discomfort.

**\* Please Note: Normal brain and skull imaging studies (CT Scans, MRIs) by themselves do not rule out a concussion or predict a safe return to physical activity.**

If you do not visit the emergency room, follow these suggestions:

1. Arrange a visit with your family healthcare provider or other healthcare professional who has been trained in the evaluation and management of concussion. Share with him/her the injury evaluation you received today and the signs and symptoms checklist located on the front of this form.
2. Allow your athlete to rest in a quiet area; it is recommended that you eliminate most external brain stimuli including bright lights, loud noises, TV, computers, reading, video gaming, etc. Limit visitors so as not to overstimulate the healing athlete.
3. Notify your student athlete's school of the injury; it is possible that educational modifications will be needed to assist your athlete during healing. Please discuss this with your family healthcare provider for more information. Likewise, it may be necessary to delay the athlete's return to an after-school or weekend job until it is deemed safe to perform these activities.
4. No form of athletic activity should be resumed prior to formal clearance by your physician.

### **Sleeping**

It is typical for an athlete who has suffered a concussion to become tired and lethargic. It is acceptable for your student athlete to sleep. However, excessive sleepiness and lethargy would be cause to seek further evaluation from a medical doctor.

### **Return To Play (RTP) Criteria/Concussion Management**

1. No athlete should return to play (RTP) or practice on the same day of a suspected concussion. "When in doubt, sit them out!"
2. Any athlete suspected of having a concussion must be evaluated by an appropriate healthcare professional as soon as possible and practical.
3. Any athlete who has sustained a concussion must be medically cleared by an appropriate healthcare professional (MD or DO) prior to resuming participation in any practice or competition.
4. After evaluation and examination by an AHCP, Return To Play must follow a step-wise protocol as defined by the "graded Return to Play Protocol" form and under the supervision of an AHCP, athletic trainer, coach or other healthcare professional. FHSAA Form AT 18 (Post Head Injury/Concussion)
5. A written medical clearance from an AHCP is required for return to competition.

For current and up-to-date information on concussions, visit [www.cdc.gov/concussioninyouthsports/](http://www.cdc.gov/concussioninyouthsports/)

**Please take this form with you to your physician visit so he/she is aware of what has happened.**

**Disclaimer:** This form is not intended to provide medical advice to any individual, or substitute for medical advice or care obtained from a physician or other health care provider/facility. The Northeast Florida Regional Concussion Task Force or the JSMP, including its participating individuals and entities, does not take responsibility for any injury or related care of the student athlete. The selection of a physician or other health care provider/facility is the sole responsibility of the youth athlete and his or her parent or guardian.