

Collegiate Concussion Manual



Table of Contents

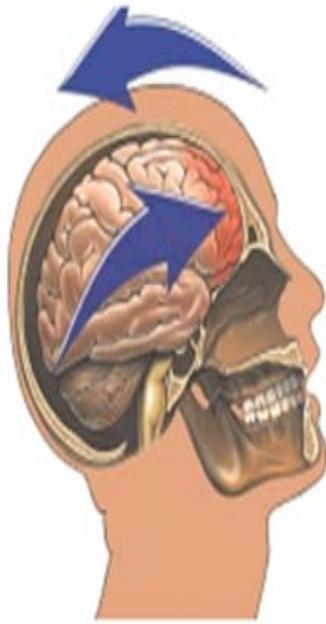
Table of Contents	iii
Introduction	v
Chapter 1.....	3
The Facts	3
Recognizing a Concussion	3
Chapter 2.....	9
Preparation and Prevention.....	9
Monitoring Players’ Health	9
Chapter 3.....	13
Having Effective Communication about Concussions.....	13
Index.....	15

Introduction



A concussion is a certain type of traumatic brain injury usually coming from a sudden contact, bump, or blow, to the head. Concussions can also occur if there is a hard impact from the body causing the head and brain to vigorously shake. Even receiving a mild bump or blow to the head can be serious. Sometimes concussions usually result from falling or from players colliding with each other, hitting the ground hard, or with objects on the field. The potential for concussions is greatest in athletic environments where collisions are common. Concussions can occur, however, in any organized or unorganized sport or recreational activity, as well as outside of sports from events such as a motor vehicle crash. Sometimes people do not recognize that a bump, blow, or jolt to the head or body can cause a concussion. As a result, athletes may not receive medical attention at the time of the injury, but they may later report symptoms such as a headache, dizziness, or difficulty remembering or concentrating. These symptoms can be a sign of a concussion.

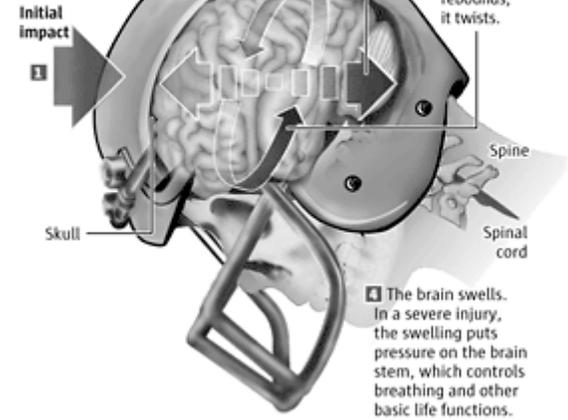




The head strikes a hard object creating a concussion-type injury

Anatomy of a concussion

Here is what happens to the brain to cause a concussion:



Sources: Dr. Jay Rosenberg of Kaiser Permanente Medical Care Neurology; American Academy of Neurology; The Human Body

MARK NOWLIN / THE SEATTLE TIMES

Figure 1

Chapter 1

The Facts

An important thing that you should know is that a concussion is a brain injury and all injuries should be taken very seriously. Concussions can occur in any sport all it takes is just a little physical action to happen and being properly prepared for the cause of a concussion can help prevent future injuries or even death. Children and teens have a better chance of getting a concussion and receiving a longer period for recovery than adults, also once an athlete has experienced a concussion their chances of having another one are increased by a substantial amount.

Recognizing a Concussion

Forceful hits or blows causes rapid movements to the head, that can cause symptoms or changes in an athlete's behavior and can alter the way the athlete performs



If you're not sure what these symptoms look while trying to observe someone with a concussion, refer to **Table 1**, for a list of some key characteristics.

Table 1

Key Signs For Observance
Appears dazed or stunned Is confused about assignment or position
Forgets an instruction Is unsure about game, score, or opponent
Moves clumsily Answers questions slowly
Shows personality changes

The table shows symptoms of a concussion from an athlete view.

Table 2

Symptoms By Athlete
Has a major headache Vomiting
Dizziness Cloudy vision
Sensitive to noise Feeling lethargic
Has problems remembering Confusion

If you suspect that an athlete has a concussion, it is best you follow these four important steps.

1. You should remove the athlete from the game, while also watching the signs and symptoms, explained in **Table 1**.
2. Make sure the athlete gets proper evaluation by a health professional or trainer. Never try to determine how harsh the concussion status is on an athlete, it's always best to get an accurate judgment from professionals.
3. Bring the information to the athlete's parents, to see an experienced professional on head concussions.
4. Once the athlete has been injured, it's best to keep them out of play for that day and until a health professional has announced that the athlete is symptom free and released to resume sports activities.

Chapter 2

Preparation and Prevention

Playing the role as a coach or an observer can serve as a huge part in preventing concussions and reacting to them properly when they occur. To ensure that your players get the proper treatment for their concussions and to help prevent them, it's best to follow these simple steps during a season's play.

- Involve and get support from other school officials, such as certified athletic trainers, other coaches, and athletic associations to help lock in that rules and concussion policies are all together before the first practice.
- Try to create a concussion plan, so that concussions are spotted early and handled correctly. Having an action plan in place before the season starts can help boost your advantage for being prepared. Be sure to have an assigned health care professional that can react to the injuries during a practice or competition. Keep a note card or clipboard reference with you so that you can always have, in hand, information about the signs, symptoms, and emergency contacts. • The last thing you should do is just make sure all your professionals and health care trainers are aware of your plan so there's no confusion.

Monitoring Players' Health

When recording and staying updated on your player's health make sure to ask the players about any previous concussions, if necessary, has occurred and insist that they be professionally evaluated and is cleared to participate activities. Neurocognitive testing can be used to view the brain functions, such as the player's learning and thinking skills, and the ability to concentrate. During the season this type of testing can be done to give professionals an advantage on the effects of a concussion injury. Before the first practice, determine whether your school would consider providing Neurocognitive testing.

Fly Chapter 3

Chapter 3

Having Effective Communication about Concussions

Index

galleries, 3, 4, 5, 6, 9, 10, 11, 12

Quick Styles, 3, 4, 5, 6, 9, 10, 11, 12

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April 26, 2012

Dear President V. Lane Rawlins,

My partner and I want to bring your attention towards our sports and recreational program that is in dire need of awareness for major head injuries and concussions. We have attached our manual for you to review and get a glimpse at what we have to offer to our community. The purpose of this manual is to bring caution to students about major head injuries who are engaged in athletic activities here at UNT. Most students have some knowledge about concussions from experiences or from their trainers in previous years. We have noticed that a vast amount of student athletes who have suffered from concussions do not receive the proper treatment. This manual will provide detailed instructions along with photographs which demonstrate some procedures on how to treat a concussion. Head injuries such as concussions are often underestimated and need to be taken seriously and with precaution. Considering that my partner and I have been engaged in sports for a long time, and have been victims of a concussion, we feel that we are qualified to write this manual. We plan to have a fundraiser for this program in order to raise money and awareness to the student body. The money that has been raised will be used to provide free concussion or other head injury tests for the athletes here at UNT. In conclusion, we think this is a good idea to take part in and will be useful to the community and their safety.

Best Regards,

Tyrone Thompson & Aaron Greene