

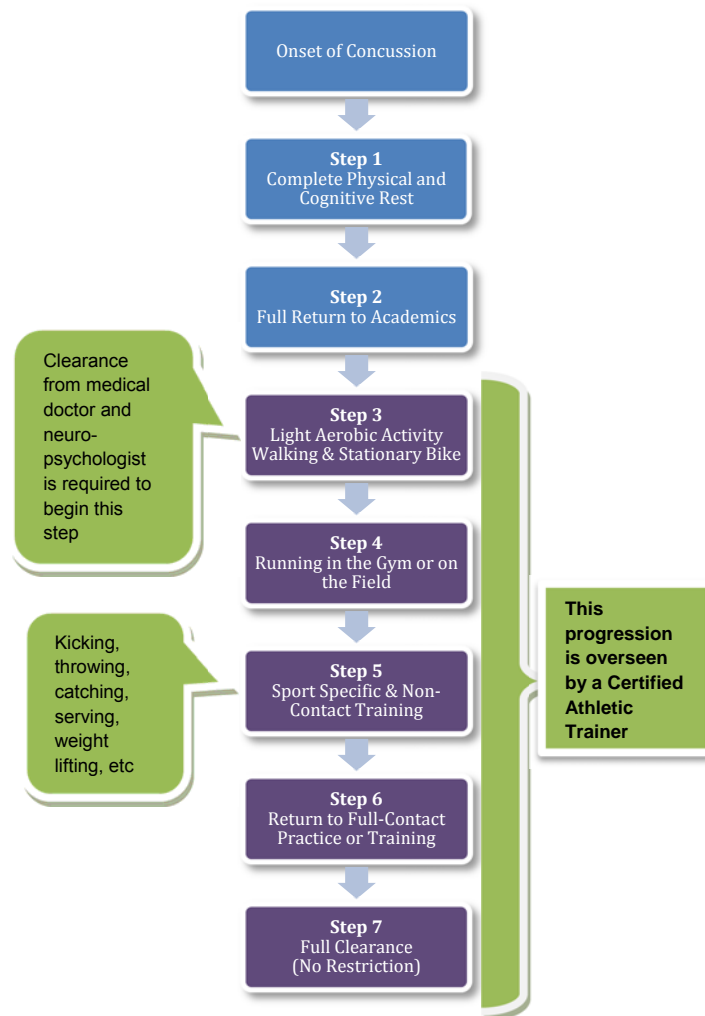


What to do with a Concussion

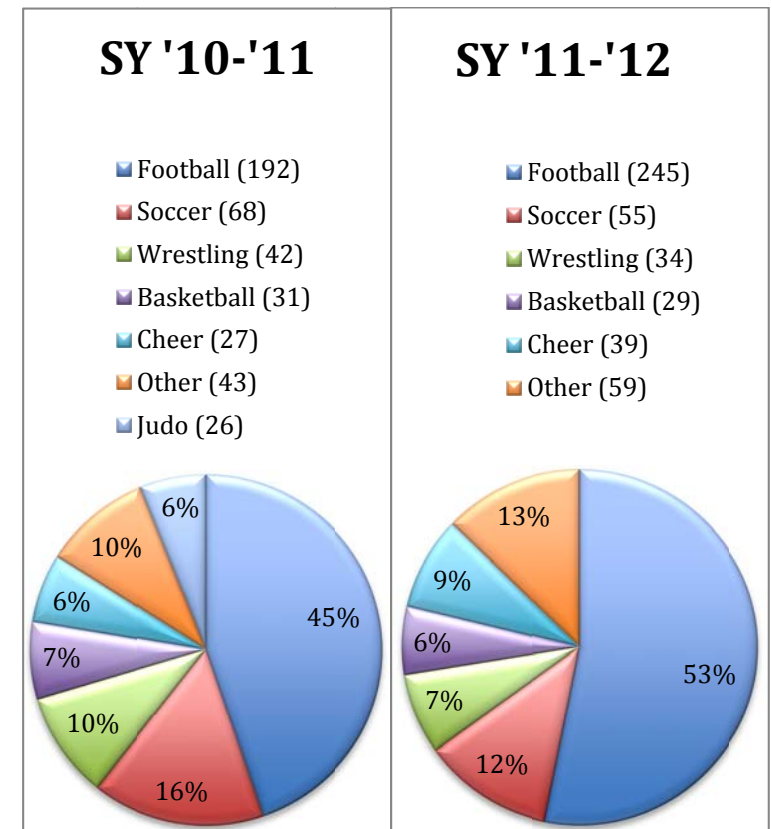
1. Remove the athlete from play. Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head or body. When in doubt, keep the athlete out of play.
2. Ensure that the athlete is evaluated by a health care professional that has experience in evaluating concussions. Do not try to judge the severity of the injury yourself. As a coach, recording the following information can help health care professionals in assessing the athlete after the injury:
 - o Cause of the injury and force of the hit or blow to the head or body
 - o Any loss of consciousness (passed out/knocked out) and if so, for how long
 - o Any memory loss immediately following the injury
 - o Any seizures immediately following the injury
 - o Number of previous concussions (*if any*)
3. Inform the athlete’s parents or guardians about the possible concussion and give them the fact sheet on concussion. Make sure they know that the athlete should be seen by a health care professional experienced in evaluating concussions.
4. Keep the athlete out of play the day of the injury and until a health care professional with experience in evaluating concussions, says athlete is symptom-free and it’s OK to return to play.

Concussion Management Plan

The DOE has instituted a concussion management program that utilizes a “Gradual Return to Play Protocol,” a step-by-step return to play program. The first three steps involve cognitive rest and returning the athlete to school full time, the last four involve returning the athlete to full participation in his/her sport. The athlete must be symptom free in order to advance to the next step, and each step must be separated by at least 24 hours.



Concussions in Hawaii High Schools

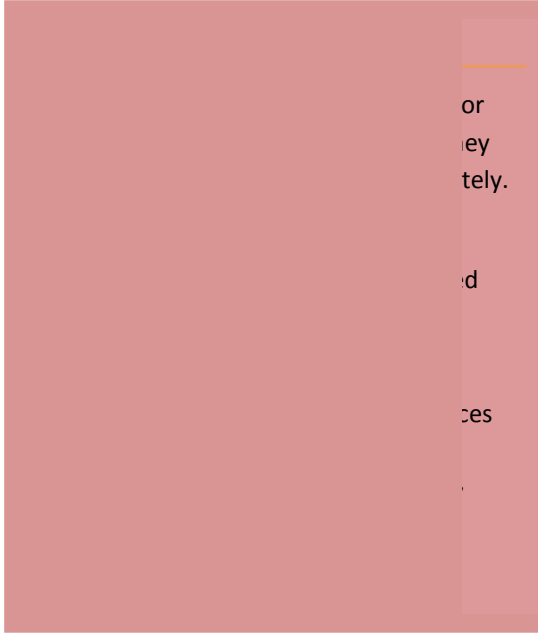


Additional Resources:

- www.cdc.gov/concussion/HeadsUp/schools.html
- www.doe.k12.hi.us/healthsafety/concussions/index.htm
- www.cdc.gov/concussion/HeadsUp/youth.html
- www.cdc.gov/concussion/HeadsUp/high_school.html
- www.brain101.orcasinc.com

Signs and Symptoms of Concussion

- Appears dazed or stunned
- Answers questions slowly
- Can't recall events *after* hit, bump, or fall
- Forgetting class schedule or assignments
- Behavior or personality changes
- Difficulty thinking clearly, concentrating, or remembering
- Drowsiness or fatigue
- Feeling slowed down, sluggish, hazy, groggy, or foggy
- More irritable, sad, nervous, or emotional than usual
- Sleeping more or less than usual
- Headache or "pressure" in head
- Does not "feel right"
- Balance problems or dizziness
- Sensitivity to light and/or noise
- Is confused about events
- Can't recall events *before* hit, bump or fall
- Loses consciousness (even briefly)
- Difficulty falling asleep
- Nausea or Vomiting
- Blurry or double vision
- Numbness or tingling



How is a Concussion Treated?

The most important treatment for a concussion is cognitive and physical rest. The athlete should not exercise, go to school or do any activities that may make them worse, like riding a bike, play wrestling with friends or siblings, texting, video games, or working on the computer. If your athlete goes back to activities before he/she is completely better, he/she is more likely to get worse, and to have symptoms longer. Even though it is very hard for an active athlete to rest, this is the most important step.

Got a Concussion?

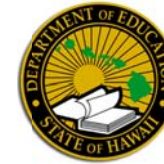
REST & MONITOR SYMPTOMS!!

Physical Rest: Do not participate in any strenuous activities. If any activity creates or worsens symptoms, STOP immediately.

Cognitive Rest: Avoid periods of intense focus and concentration since mental exertion slows brain healing. This includes avoiding and limiting texting, video games, working on the computer, reading, and loud or bright environments.

Are you currently experiencing these symptoms?	0=No, 1=Yes	If "Yes," enter 1-6, 1 being a low score, 6 being a high score
Headache		
Nausea		
Vomiting		
Balance Problems		
Dizziness		
Fatigue		
Trouble Falling Asleep		
Sleeping Too Much		
Sleeping Too Little		
Drowsiness		
Sensitivity to Light		
Sensitivity to Noise		
Irritability		
Sadness		
Feeling Nervous		
Feeling Emotional		
Numbness or Tingling		
Feeling Too Slow		
Mentally "Foggy"		
Difficulty Concentrating		
Memory Problems		
Visual Problems		
Total		

Hawaii Concussion Awareness Management Program



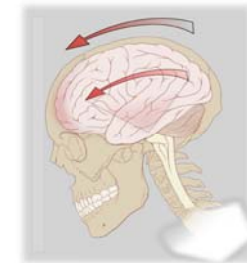
State of Hawaii Department of Education
Concussion Awareness Management Program Committee



University of Hawaii at Mānoa
College of Education



State of Hawaii Department of Health
Developmental Disabilities Division,
Develop Disabilities Services Branch,
Neurotrauma Supports



What is a Concussion?

Definition: Head injury with a temporary loss of brain function.

Concussions can cause a variety of physical, cognitive, and emotional symptoms. Concussion may be caused by a blow to the head, or by acceleration forces without a direct impact. A second concussion that occurs before the brain recovers from the first—usually within a short period of time (hours, days, or weeks)—can increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in edema (brain swelling), permanent brain damage, and even death.