

Concussion Management

What is a Concussion?

A concussion is a brain injury caused by a blow or a jolt to the head. These injuries are associated with one or more of the following signs or symptoms. These may last from minutes to months, and new symptoms may appear during the recovery process.

Concussion Signs and Symptoms

- Headache
- Dizziness
- Nausea or Vomiting

- Difficulty Concentrating

- Memory Problems
- Forgetfulness
- Confusion

- Double or blurred vision
- Sensitivity to noise or light
- Dazed or Stunned
- Vacant Stare
- Answers questions slowly
- Moves Clumsily
- Loss of Consciousness
- Behavior Change
- Personality Change
- Decline in school performance
- Problems Talking
- Blood or fluid draining from the ear or nose • Changes in Sleep Habits

Concussion Treatment

- Removal from sports
 - Do not return to sport or physical activity the same day

- See a healthcare provider that is trained in concussion management such as a:
Physician,
Licensed Athletic Trainer Physician Assistant Licensed Nurse Practitioner
- Discontinue video games and texting
- Limit computer use
- Possible decreased school time and academic modifications while undergoing treatment
- Rest, Rest, Rest

What can I do to help prevent concussions and keep kids safe?

- Ensure that protective equipment is worn and

that it fits appropriately

- Learn and use safe techniques
- Decrease the number of head impacts
- Watch out for the signs and symptoms of a concussion
- Make sure that your athletic organization has an emergency action plan
If you would like additional information regarding concussions, email Carolinas HealthCare Sports Medicine at CHSSportsMedicine@carolinashealthcare.org

Gfeller-Waller Concussion Act

Concussion information