Care Instructions for AIS Students with Concussions (for parents)

What is a Concussion?
A concussion is a traumatically induced alteration in mental status with or without associated loss of consciousness. It can be caused from direct or indirect contact of an object hitting the head resulting in symptoms that can continue for days.

IMPORTANT - Parents should report the name of student with diagnosed concussion as soon as possible to appropriate school administrative assistant (for attendance purposes); to school trainer and nurse (for medical observation). The school medical person will report incident and any necessary accommodations to the appropriate school counselor. The school counselor will report such to all teachers of injured student.

Contact Information:
AIS Athletic Trainer: (if an athlete in current AIS playing season) David Schrader, ATC 770-841-1664
AIS Clinic Manager: Helen Bailey 404-841-3897
Upper School Administrative Assistant: Layne Stabler 404-841-3848
Middle School Administrative Assistant: Jane Panzer 404-841-3872
Lower school Administrative Assistant: Julie Audibert 404-841-3860

Georgia’s Return to Play Act states:
If a youth athlete participating in a youth athletic activity exhibits symptoms of having a concussion, that athlete shall be removed from the game, competition, tryout, or practice and be evaluated by a health care provider; and

If a youth athlete is deemed by a health care provider to have sustained a concussion, the coach or other designated personnel shall not permit the youth athlete to return to play until the youth athlete receives clearance from a health care provider.

What should I watch for/ Signs and symptoms of concussion:
Although most concussions do not cause long-term or permanent damage, any concussion can be potentially dangerous because it affects the brain. You should be monitored for 24-48 hours for any signs and symptoms (or increase in symptoms) after you have a head injury. If serious problems are going to occur, they will generally show up during this time.

Signs and symptoms can be categorized into 4 categories:

<table>
<thead>
<tr>
<th>Somatic</th>
<th>Cognitive</th>
<th>Affective</th>
<th>Sleep</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache</td>
<td>Confusion</td>
<td>Vacant stare</td>
<td>Emotional instability</td>
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<tr>
<td>Dizziness</td>
<td>Anterograde amnesia (forgets events after, unable to create new memories)</td>
<td>Inability to focus</td>
<td>Irritability</td>
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<tr>
<td>Balance disruption</td>
<td>Retrograde amnesia (forgets events before)</td>
<td>Delayed verbal and motor responses</td>
<td>Anxiety</td>
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<tr>
<td>Nausea/vomiting</td>
<td>Loss of consciousness</td>
<td>Slurred/incoherent speech</td>
<td>sadness</td>
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<tr>
<td>Visual disturbances (sensitive to light, blurry/double vision)</td>
<td>Disorientation</td>
<td>Excessive drowsiness</td>
<td>Trouble falling asleep</td>
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<tr>
<td>Sensitive to sound</td>
<td>Feeling mentally “foggy”</td>
<td></td>
<td>Sleeping more than usual</td>
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Note: Not all symptoms are experienced in every concussion.

REVISED: 11/25/2013
Is it OK to go to sleep after a concussion?
Yes. You will likely be tired after a concussion from the injury itself, the athletic activity you just completed, and the evaluation by the trainers and/or doctor, so by all means get some rest. In fact, sleep may have some healing effects on the injury. However, we like you to have someone stay with you (parent, friend, or roommate) to wake you every 3-4 hours for the first 12 hours or so. This is simply to establish arousability, alertness and consciousness. Some basic questions your companion can ask are “Do you know where you are?” and “What day it is?” If you do not arouse properly, the Athletic Trainer and Team Physician should be contacted.

What can I take for headache or other pains?
Generally, you will be allowed to take acetaminophen (Tylenol). You should avoid aspirin and aspirin containing products such as Excedrin or Midol; ibuprofen, (Advil, Motrin); naproxen (Aleve) and any form of alcohol (cough syrups and cold medications included) for the first 72 hours following injury.

When can I return to exercise and my sport?
It is important to allow the brain to properly heal before participating in any activity that could lead to another blow to the head. With repeated concussions, the severity and duration of symptoms can be much more serious and last far longer. Therefore, avoid any physical activity until cleared by the physician or athletic trainer. Furthermore, you cannot drive a car or operate any motorized vehicles until given clearance by an athletic trainer.