

Concussion Awareness, Response, and Management



A significant impact or motion to the head or body that can cause the brain to move inside the skull

STOP

REMOVE FROM ACTIVITY IMMEDIATELY AND ASSESS FOR RED FLAGS

RED FLAGS

- | | | |
|---------------------------------|---|---|
| Neck pain or tenderness | Loss of consciousness | Repeated vomiting |
| Seizure, 'fits', or convulsion | Increased confusion or deteriorating conscious state (becoming less responsive, drowsy) | Severe or increasing headache |
| Loss of vision or double vision | Weakness or numbness/tingling in more than one arm or leg | Increasingly restless, agitated, or combative |

**IF YES TO ANY OF THE ABOVE:
Call an ambulance or seek immediate medical care**

**IF NO TO ALL RED FLAGS:
Assess for signs and symptoms of concussion**

FOLLOW MEDICAL ADVICE, AND:

Follow initial period of relative rest (i.e., activities of daily living including walking and other light physical and cognitive activities are permitted as tolerated) for a maximum of 24-48 hours post-injury.

Engage in light physical and cognitive activity that does not result in more than mild and brief* exacerbation (worsening) of concussion symptoms.

- Limit screen time for the first 24-48 hours (smartphones, computers, TV)
- Engage in light cognitive activities (e.g. reading)
- Engage in light physical activity (e.g. walking)

Note: Sleep is important! Do not wake during the night if sleeping comfortably

*Mild exacerbation (worsening) of symptoms: No more than a 2-point increase when compared with the pre-activity value on a 0-10-point symptom severity scale. "Brief" exacerbation of symptoms: Worsening of symptoms for up to 1 hour.

CONCUSSION SIGNS AND SYMPTOMS

- | | |
|---|---|
| <input type="checkbox"/> Headache / Pressure in head | <input type="checkbox"/> More emotional |
| <input type="checkbox"/> Balance problems / Dizziness | <input type="checkbox"/> More irritable |
| <input type="checkbox"/> Nausea or vomiting | <input type="checkbox"/> Sadness |
| <input type="checkbox"/> Drowsiness | <input type="checkbox"/> Nervous or anxious |
| <input type="checkbox"/> Blurred vision | <input type="checkbox"/> Difficulty concentrating |
| <input type="checkbox"/> Light / Sound sensitivity | <input type="checkbox"/> Difficulty remembering |
| <input type="checkbox"/> Fatigue or low energy | <input type="checkbox"/> Feeling slowed down |
| <input type="checkbox"/> "Don't feel right" | <input type="checkbox"/> Feeling like "in a fog" |
| <input type="checkbox"/> Neck pain | <input type="checkbox"/> Trouble falling asleep |

**IF YES TO ANY OF THE ABOVE:
SEEK MEDICAL ATTENTION** from a doctor, nurse practitioner, or licensed healthcare professional with relevant training

**IF NO SYMPTOMS:
Limit physical activity and watch for concussion signs and symptoms for up to 48 hours**

IF SYMPTOMS OBSERVED WITHIN 48 HOURS

IF NO SYMPTOMS OBSERVED AFTER 48 HOURS

AFTER 48 HOURS:

Follow Return to Work strategy
Follow Return to Activity strategy
Follow Return to School strategy
Follow Return to Sport strategy

MENTAL HEALTH

During the course of recovery from a concussion, seek medical attention for mental health challenges as needed, such as:

<input type="checkbox"/> More emotional	<input type="checkbox"/> Nervousness or anxiousness
<input type="checkbox"/> Irritability	<input type="checkbox"/> Trouble falling asleep
<input type="checkbox"/> Sadness	<input type="checkbox"/> Depression

RESUME NORMAL ACTIVITY

For more information on concussions, visit cattonline.com.