Concussions
Coach’s Information
Overview

• Caused by a **force** to the head that disrupts brain function
  • Direct contact to the head is not necessary to disrupt brain function
• Range from mild to severe
• Rarely causes loss of consciousness
• Causes a varied constellation of signs & symptoms
• Can occur in **any** sport, but do not have to be sport related
## Signs, Symptoms, & Behaviors

<table>
<thead>
<tr>
<th>Signs &amp; Behaviors</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amnesia</td>
<td>Headache</td>
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<tr>
<td>Altered level of consciousness</td>
<td>Dizziness</td>
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<tr>
<td>Disoriented</td>
<td>Nausea / Vomiting</td>
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<tr>
<td>Incoherent speech</td>
<td>Drowsiness</td>
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<tr>
<td>Slowed response / difficulty</td>
<td>Unable to focus / concentrate</td>
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<td>responding to questions</td>
<td>Feeling hazy or foggy</td>
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<td>Vacant stare</td>
<td>Blurred vision</td>
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<tr>
<td>Behavior / emotional changes</td>
<td>Confusion</td>
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<tr>
<td>Visual disturbances</td>
<td>Not “feeling right”</td>
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<tr>
<td>Balance disturbances</td>
<td>Light/ noise sensitivity</td>
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<tr>
<td>Abnormal pupil response</td>
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</tbody>
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Key Points

- Symptoms can occur immediately or can occur hours or days after the initial injury
- Symptoms can worsen or reappear with physical activity or mental activity
- Symptoms can last longer and be more severe with respective concussions
- No two student-athletes are the same
- No two concussions are the same
Key Points

- Any student-athlete that exhibits signs, symptoms, or behaviors consistent with a concussive injury must be evaluated by GW Sports Medicine Personnel.
- If the student-athlete is diagnosed with a concussion, he/she will be withheld from participation for the remainder of the day.
Concussion Management

Baseline Testing

- Education
- Detailed injury history & comprehensive pre-participation examination including a neurologic assessment
- Sport Concussion Examination Tool
- Computerized neurocognitive assessment

Post-Concussion

- Individualized, step-wise concussion management and return-to-play progression
- Every student-athlete has access to:
  - Athletic Trainer
  - Primary Care Sports Medicine Physician
  - Team Neurologist
Return-to-Play

Student-athletes diagnosed with a concussion will be removed from participation for the remainder of the day of injury and will not be considered for return to participation until the student-athlete has been evaluated by GW Team Physician and has successfully progressed through an individualized graded exercise & head injury progression.
Academics

• When a student-athlete is diagnosed with a concussion the Athletic Trainer will notify the student-athlete’s Academic Advisor

• Any restrictions and/or modifications in a student-athletes academic program will be prescribed by a GW Team Physician in consultation with Educational Support Services.
Coach’s Role

• Support for the student-athlete
  • Positive & supportive communication with the student-athlete
  • Consistent message regarding seriousness of injury & recovery process
  • Support rest/sleep
  • Encourage hydration & good nutrition practices

• Support for sports medicine team
  • Consistent message to the student-athlete
  • Another pair of “eyes & ears”
  • Daily communication with the medical team