



Nurse`s Corner

CONCUSSION

A concussion is an injury to the brain that can be caused by a blow to the head, face, neck or body.

FACTS

A concussion can:

- Change the normal functioning of the brain for a period of time.
- Affect the way you think or remember things.
- Affect your balance & reaction time.
- Happen during a practice or a game.
- Occur even if you have NOT been knocked out (loss of consciousness).
- Affect schoolwork, sports & recreational activities as well as your social life.

RECOGNIZING A CONCUSSION

- You cannot see a concussion.
- Your symptoms may occur right away, hours later or even the following day.

SIGNS & SYMPTOMS

- | | |
|---------------------------------|----------------------------|
| ✓ Confused/disoriented | ✓ Headache |
| ✓ Cannot remember what happened | ✓ Nausea |
| ✓ Brief loss of consciousness | ✓ Dizziness |
| ✓ Difficulty with concentration | ✓ Vomiting |
| ✓ Slurred speech | ✓ Drowsiness |
| ✓ Inappropriate emotions | ✓ Double or blurred vision |
| | ✓ Poor coordination |

TREATMENT

1. Tell your coach/parent RIGHT AWAY.
2. See a doctor as soon as possible.

RECOVERY

1. The signs & symptoms following a concussion usually improve steadily over a period of 10-14 days.
2. When **symptom-free for 1 week**, a gradual increase in exercise intensity over several days, is recommended.

Information from MCH Trauma Concussion Kit.

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