

Student's Printed Name: _____ Date of Injury: _____

North East I.S.D. Return to Participation from Concussion - After Injury Information (05/2017)

You are being provided this sheet because your student was assessed for and is believed to have a concussion. This sheet will provide basic information regarding concussions and NEISD Return to Participation for Concussion procedures.

What is a concussion?

A concussion is a type of traumatic brain injury (TBI). It is caused by a bump, blow, or jolt to the head or body that causes the head and brain to move quickly back and forth. Some of the ways a person can get a concussion are hitting their head during a fall, car crash, or sports injury. Health care professionals sometime refer to concussions as "mild" brain injuries because they are usually non-life-threatening. Even so, their effects can be serious.

What should we expect with regards to signs and symptoms?

Most people with a concussion recover. During recovery, it is important to know that many people have a range of symptoms. Some symptoms may appear right way, while others may not be noticed for hours or even days after the injury. The student may not realize they have problems until they try their usual activities again.

Below is a list of some of the symptoms the student may have:

 Thinking/ Remembering	Difficulty thinking clearly	Feeling slowed down	Difficulty concentrating	Difficulty remembering new information
 Physical	Headache Fuzzy or blurry vision	Nausea or vomiting (early on) Dizziness	Sensitivity to noise or light Balance problems	Feeling tired, having no energy
 Emotional/ Mood	Irritability	Sadness	More emotional	Nervousness or anxiety
 Sleep	Sleeping more than usual	Sleeping less than usual	Trouble falling asleep	

These "post-concussive" symptoms can be part of the normal healing process and are generally not signs of permanent damage or serious health problems. Most symptoms go away over time without any treatment. It is easy to become upset or afraid if you, parent and student, don't know what to expect or if the student is having problems.

Should I go to an emergency room?

Sometimes serious problems develop after a head injury. The symptoms include repeated vomiting; headache that gets worse and does not go away; loss of consciousness or unable to stay awake during times the student would normally be awake; getting more confused, restless, or agitated; convulsions or seizures; difficulty walking or difficulty with balance; weakness or numbness; or difficulty with your vision. Most of all, if the student has any symptom that concerns you do not delay and see a doctor.

What can the student do to feel better?

The student should try to get plenty of rest and sleep helps the brain to heal. The student should not try to do too much too fast including activities that require a lot of thinking or concentration (e.g. , working on the computer, playing video games, texting). Ignoring your symptoms and "toughing it out" often makes symptoms worse. Parents can contact their student's counselor for potential, short-term, academic/school adjustments and modifications.

What will be required for the student to return to participation?

The student may return to participation after: providing a written statement of evaluation by a parent chosen physician that indicates the student may return to participation using the "NEISD Return to Participation from Concussion-Medical Provider Statement" form, when able; completion of a UIL return to activity form; and completion of "NEISD Return to Participation from Concussion-Progression of Activity" for appropriate grade level. If the student-athlete is not able to complete a phase or experiences any post-concussion symptoms during the return to activity progression, activity is discontinued. After a period of rest, the student-athlete will drop back to the previous asymptomatic level and try to progress again. If symptoms continue during the second, or additional, progression(s), then activity is discontinued and the treating physician will be contacted for further written instructions.