Roosevelt University
Intercollegiate Athletics
Concussion Patient Information Sheet

Name: ______________________________________________: You have had a concussion and need to be watched closely for the next several days until you have completely recovered. The following information is regarding your treatment and recovery.

What is a concussion? A concussion is a brain injury that is caused by a blow to the head or body. It may occur from contact with another player, hitting a hard surface such as the ground, floor, being hit by a piece of equipment such as a bat or ball, or a motor vehicle accident. A concussion can change the way your brain normally works. It can range from mild to severe and presents itself differently for each athlete. A concussion can happen even if you do not lose consciousness.

What are the symptoms of a concussion? You can’t see a concussion, but you may notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms may include:

- Amnesia
- Confusion
- Headache
- Loss of consciousness
- Balance problems or dizziness
- Double or fuzzy vision
- Sensitivity to light or noise
- Nausea (feeling that you might vomit)
- Feeling sluggish, foggy or groggy
- Feeling unusually irritable
- Difficulty getting to sleep or disrupted sleep
- Slowed reaction time
- Concentration or memory problems (forgetting game plays, facts, meeting times)

How do you recover from a concussion? Your brain needs time to heal. Until you completely recover from your concussion, you will be held from all athletic activity. Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse. While your brain is still healing, you are much more likely to have a repeat concussion. In rare cases, repeat concussions can cause permanent brain damage, and even death. Severe brain injury can change your whole life. You will be evaluated by the athletic training staff initially and undergo some testing to determine how the concussion is affecting your ability to balance and process information (IMPACT test). You will be followed daily by the athletic training staff to monitor your symptoms. When your symptoms are completely gone and your concussion testing results have returned to a normal level, you will perform some exertional tests under the supervision of your athletic trainer.

What to watch for? If you develop any new symptoms or increases in current symptoms, contact your athletic trainer or physician immediately at:

Medications: You can take as follows:

Acetaminophen (Tylenol): take 2 tablets every 4 hours as needed for headache.

Additional Instructions: DO NOT drive a car or motor scooter, drink alcohol, eat greasy or spicy foods, or take aspirin, Aleve, Advil or other anti-inflammatory medications!
1. SCAT2, athlete reports symptom free for 24 hours. IMPACT test is Within Normal Limits to baseline test. Physical exam is normal.
   a. Exertion Testing
      i. 10-15 minutes of biking or jogging on treadmill; exercise intensity <70% maximum predicted heart rate
      ii. Strength exercises: (i.e. push-ups, sit-ups, squats thrusts)

   **If still asymptomatic, move to next step after 24 hours.**

2. Sport specific agility drills (no risk of contact)

   **If still asymptomatic, move to next step after 24 hours.**

3. Non-contact practice (no risk of contact)

   **If still asymptomatic, move to next step after 24 hours.**

4. Limited to full contact practice

   **If no change or increase in symptoms, final return to play decision made by athletic training staff or team physician**
Obtain Baseline Testing: IMPACT testing and symptoms data obtained for athletes in high-risk sports for concussion (baseball, softball, men/women basketball, volleyball, and men/women soccer) or with pertinent medical history of concussion(s).

Concussion Identified and Assessed:
1. Physical examination and assessment of concussion with SCAT3 by athletic training staff
   a. (if signs of an emergency, athlete should be transported to closest emergency department)
2. Athlete held from all physical activity for remainder of game/practice
3. Give concussion patient information sheet to take home
4. Notify parent/guardian of student-athlete with concussion
5. Student-athlete repeats testing with SCAT3 and administered a post-concussion Impact Test (within 24 hours of injury if possible)

Concussion Management:
1. Student-athlete held from all physical activity
2. Student-athlete will be re-assessed daily by athletic training staff
3. Administer symptoms checklist daily until completely asymptomatic or baseline level is met
   a. Notify academic advisor (consideration of academic modifications/restrictions)
4. Administer Impact test within 24 hours of accident and again once symptoms scores have returned to baseline level

Athlete Asymptomatic: Student-athlete repeats testing with Impact test and a physical exam
1. Test Results Returned to Baseline and exam is normal:
   a. Perform exertional testing protocol; re-evaluated before return to play decision
2. Test Results NOT Returned to Baseline:
   a. Send to team physician for further evaluation
   b. When medically cleared by physician, repeat exertional testing; re-evaluated before return to play decision