

WHAT PARENTS AND ATHLETES SHOULD KNOW ABOUT CONCUSSIONS

Q: WHAT IS A CONCUSSION?

A: A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head that can change the way the brain normally works. Concussions can also occur from a blow to the body that causes the head to move rapidly back and forth.

Q: WHAT ARE THE IMMEDIATE SYMPTOMS OF A CONCUSSION?

A: Athletes may exhibit the following symptoms from a concussion during a game:

- ◆ Appears dazed or stunned
- ◆ Confused about assignments or positions
- ◆ Forgets instructions such as sports plays
- ◆ Unsure of the game, score or opponent
- ◆ Answers questions slowly
- ◆ Loss of consciousness
- ◆ Nausea or vomiting
- ◆ Slurred speech

Q: WHAT ARE SYMPTOMS OF CONCUSSIONS THAT MAY APPEAR LATER ON, AFTER THE GAME?

A: Some concussion symptoms may be delayed for hours or days. These can include:

- ◆ Concentration and memory issues
- ◆ Irritability and other personality changes
- ◆ Sensitivity to light and noise
- ◆ Sleep disturbances
- ◆ Mental problems or depression
- ◆ Disorders of taste and smell

Q: WHEN SHOULD I CALL MY DOCTOR?

A: If you or a family member have had a recent head injury and are experiencing any symptoms of concussions, you should call your doctor. Concussion symptoms can last for days, weeks or longer. By identifying and treating a concussion early, you can help reduce the possibility of ongoing symptoms.

Q: ARE THERE SIGNS THAT A CONCUSSION IS SERIOUS AND REQUIRES CARE AT AN EMERGENCY ROOM?

A: Yes. There are some signs that a concussion is severe and requires immediate medical attention. These are:

- ◆ Worsening of symptoms (noted on the left)
- ◆ Difference in pupil size or dilated pupils
- ◆ Slurred speech
- ◆ Seizure
- ◆ Decreased or irregular pulse or breathing



TURN OVER

Q: WHAT IS BASELINE TESTING?

A: Baseline testing is a pre-season exam conducted by trained professionals to assess an athlete's cognitive functions including learning and memory skills, ability to concentrate and problem solving skills. In the event that the athlete suffers a concussion, the results from these tests can be used in comparison with similar post-injury tests. For the 2013/2014 school year, all Montgomery County public high schools are implementing baseline testing for athletes. Adventist Rehabilitation Hospital of Maryland has been selected to provide this testing in 13 Montgomery County High Schools.



Q: HOW IS BASELINE TESTING DONE?

A: Adventist Rehabilitation Hospital of Maryland uses ImPACT™ (Immediate Post-Concussion Assessment Cognitive Test), a web-based, computerized tool that measures memory, processing speed, reaction time, attention span and problem solving skills. This test takes between 30-45 minutes and is considered one of the standard baseline tests for athletes. Please set aside an hour for the process.

Q: HOW DO I SCHEDULE OR RE-SCHEDULE A BASELINE TEST?

A: Each individual high school handles the scheduling of baseline exams. Parents who are seeking to schedule or re-schedule baseline concussion testing for their children should work directly with their school's athletic department.



ADVENTIST REHABILITATION HOSPITAL OF MARYLAND CONCUSSION PROGRAM

Adventist Rehabilitation Hospital offers a comprehensive concussion clinic for adolescents and adults, ages 14 and older that have experienced a head injury from sports or other head trauma.

If you or a loved one has been diagnosed with or suspects a concussion, please call our concussion program at **240-864-6299** to schedule an appointment.