



# CONCUSSIONS AWARENESS

*for Coaches and Parents*

## FAST FACTS

*A concussion is a brain injury caused by a bump, blow or jolt to the head.*

- Concussions can occur in any sport
- Concussions can be caused by players colliding with each other or obstacles (i.e. goal post or ground)
- Signs and symptoms of a concussion can show up right after the injury or take days or weeks to appear
- They can have varying degrees of severity and disrupt the way the brain normally works
- Even a small bump on the head can be serious

If an athlete reports any symptoms of a concussion, or you notice signs yourself, seek medical attention at Hendricks Regional Health Immediate Care or Hendricks Regional Health emergency department right away.

## OBSERVABLE SIGNS

- Appears dazed or stunned
- Is confused about assignment or position
- Forgets sports plays
- Is unsure of game, score or opponent
- Moves clumsily, is unsteady on feet
- Answers questions slowly
- Loses consciousness (even briefly)
- Shows behavior or personality changes
- Can't recall events prior to hit or fall
- Can't recall events after hit or fall
- Has a seizure

## ATHLETE SYMPTOMS

- Headache or "pressure" in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light
- Sensitivity to noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Does not "feel right"
- Has weak or numb arms or legs

**BETTER TO MISS ONE GAME THAN THE WHOLE SEASON!**

# CONCUSSIONS CARE

## ACTION PLAN

If you suspect a player has a concussion, take the following steps:

- 1. Remove athlete from play.** Look for signs and symptoms of a concussion if your athlete has experienced a bump or blow to the head. Athletes who experience signs or symptoms of concussion should not be allowed to return to play. When in doubt, keep the athlete out of play.
- 2. Ensure athlete is evaluated by a health care professional.** Do not try to judge the seriousness of the injury yourself. Record the following to help health care professionals in assessing the athlete:
  - Cause of the injury and force of the hit or blow to the head
  - Any loss of consciousness (passed out/ knocked out) and if so, for how long
  - Any memory loss immediately following the injury
  - Any seizures immediately following the injury
  - Number of previous concussions (if any)
- 3. Inform athlete's parents or guardians** about the known or possible concussion and give them this fact sheet (download at [hendricks.org/concussion](http://hendricks.org/concussion).) Make sure they know that a health care professional experienced in evaluating concussions should see the athlete.

- 4. Allow athlete to return to play ONLY with permission from an appropriate health care professional with experience in evaluating concussions.**

You can't see a concussion, and some athletes may not experience and/or report symptoms until hours or days after the injury. If you have any suspicion that your athlete has a concussion, you should keep him/her out of practice/games and seek medical care.

Sometimes players and parents wrongly believe that it shows strength and courage to play injured. Discourage others from pressuring injured athletes to play. Don't let athletes persuade you that they're "just fine" after they have sustained any bump or blow to the head.

Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT) is used at Hendricks Regional Health Sports Medicine to evaluate how an athlete's brain is functioning after an injury. The staff uses ImPACT to measure an athlete's memory, attention, processing speed and reaction time. This approach helps the sports medicine team use scientific guidelines to determine when an athlete is ready to go back to playing.

**Dr. Mark Booher, specializes in concussion management.** Learn more at [hendricks.org/concussion](http://hendricks.org/concussion) or contact the office at (317) 718-GAME (4263).

## GET CONCUSSION CARE RIGHT AWAY

*Visit one of our Hendricks Regional Health facilities for initial concussion treatment. Follow-up with Dr. Mark Booher, concussion management specialist.*

### **AVON (317) 272-7500** Immediate Care

8244 East US 36  
US 36 and Dan Jones Rd.

Mon. – Sat., 8 a.m. to 8 p.m.  
Sunday, noon to 6 p.m.

### **PLAINFIELD (317) 839-7200** Immediate Care

1100 Southfield Drive  
SR 267 and Stanley Rd.

Mon. – Fri., 8 a.m. to 10 p.m.  
Saturday, 8 a.m. to 8 p.m.  
Sunday, noon–6 p.m.

### **DANVILLE (317) 745-3450** Emergency Department (ER)

1000 East Main Street  
US 36 and Main Street

Always open