

Concussion Management Guidelines in Schools

Introductory Session for Parents

Hastings Girls High School, 2nd June 2022

Our Project:

Designing, implementing and evaluating a framework for managing concussions in New Zealand secondary schools: a collaboration between sport, education and healthcare partners

Our Purpose:

To support safe return to learn and sport for all students, co-designed by school stakeholders.

To design, implement and trial new guidelines which can be further refined and (hopefully) rolled out on a wider scale.

Our Partners:

Small portfolio of NZ Secondary Schools

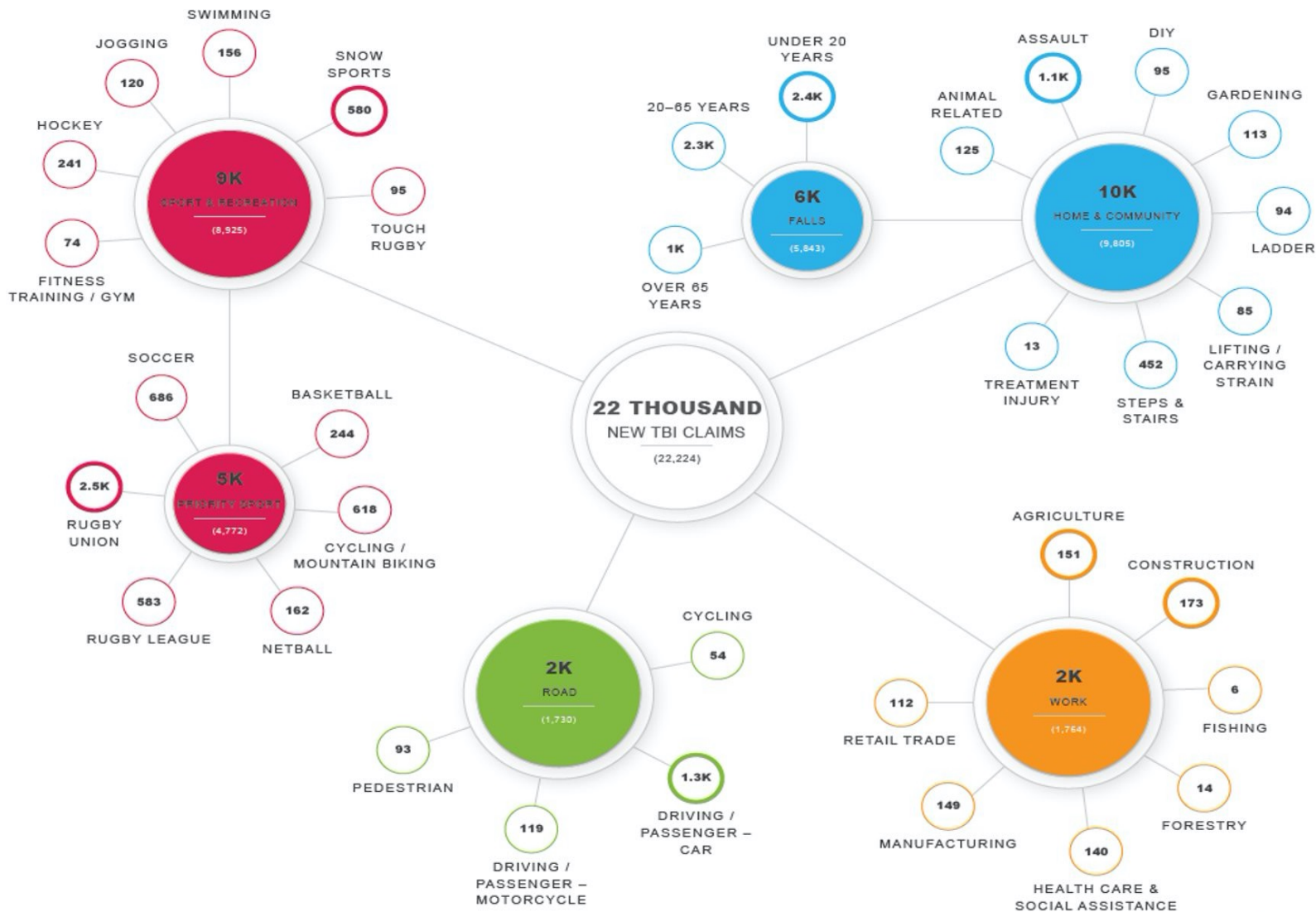
University of Otago

AUT

NZ Rugby

Healthcare Providers





2018 CALENDAR YEAR | DATA AS AT 30 JUNE 2019

Top level categories are prioritised in the order of Road, Work, Sport and Recreation, and Home and Community. In the Home and Community category, the sub-category claims may cross over. For example, a fall from a ladder may be counted in both Falls and Ladder sub-categories.

Concussion Management Guidelines in Schools

STAKEHOLDER EDUCATION

Raise awareness and understanding of concussion (Students, Parents, Teachers, Coaches etc.)



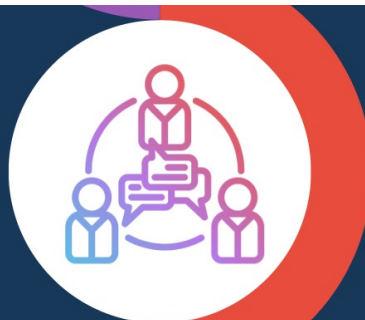
CONCUSSION MANAGEMENT PATHWAY

Provide a framework for managing concussion injuries in schools



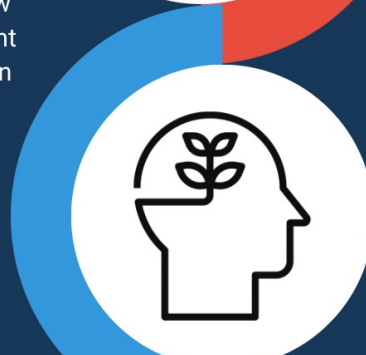
CLEAR COMMUNICATION BETWEEN STAKEHOLDERS

Provide a clear communication framework to allow clear and consistent messages between stakeholders



RETURN TO LEARN

Provide teachers/students with the tools to design an appropriate Return to Learn Plan



RETURN TO PLAY

Students will obtain a medical clearance prior to returning to sport. Ensure a safe and timely recovery.



WHAT IS A CONCUSSION?



- Any force to the head or body that causes shaking to the brain.
- Chemical release – ‘think’ exploding bag of flour.
- It takes time for the body to 'clean up' the chemical release.
- Concussion can only be diagnosed by a doctor.

Concussion Red Flags

- Any player who is knocked unconscious, or experiences the following, should be sent to ED right away
 - Neck pain
 - Double vision
 - Increasing confusion
 - Repeated vomiting
 - Tingling in the arms
 - Bad or worsening headaches
 - Decreasing levels of consciousness



Symptoms are usually short lived, But can take days to appear...

What to look for:

- Can't recall events *prior to* or *after* a hit or fall.
- Appears dazed or stunned.
- Forgets an instruction, is confused.
- Moves clumsily.
- Answers questions slowly.
- Loses consciousness (*even briefly*).
- Shows mood, behavior, or personality changes.

What it feels like:

- Headache or “pressure” in head.
- Nausea or vomiting.
- Balance problems or dizziness, or double or blurry vision.
- Bothered by light or noise.
- Feeling sluggish, hazy, foggy, or groggy.
- Confusion, or concentration or memory problems.
- Just not “feeling right,” or “feeling down”.

Recognize. Remove. Recover. Return

What to do if you think have witnessed a suspected concussion

- Look out for your family, friends and teammates!
- Bring to the attention of a Coach, Teacher, Parent, Referee
- If 'in game,' remove them from play

Encourage them to :

- ✓ Seek Medical Attention via GP
- ✓ Take 48 hours immediate rest is the most important step (No Screentime)
- ✓ Undertake a Graduated Return to Learn/Play
- ✓ Symptoms will guide recovery and recovery timeframe



Returning to Learn: Concussion Recovery Timeframe

Stage	Activity at Each Step	Goals of Each Stage
1 Things that do not give you symptoms	Things you would normally do (e.g. reading, texting, screen time) as long as they do not increase symptoms (e.g. headaches, dizziness, fatigue). Start with 5-15 min at a time and gradually build up	No symptoms with things that you would do at home
2 School / work activities at home	Reading, checking emails, homework or other thinking tasks	No symptoms with school or work tasks completed at home
3 Return to school/work part-time	Gradually return to school/work. May need to start with a half day at school/work or take breaks during the day	Return gradually, guided by symptoms. Start part-time and take breaks when needed
4 Return to school / work full-time	Gradually return to school/work until a full day can be tolerated, may need to take breaks during the day to rest your brain	Return to school/work full-time guided by symptoms

- Most students fully recover within a few weeks.
- Hurrying/'pushing through' will delay recovery.
- 48 hours immediate rest is the most important step.
- Recovery should then be guided by symptoms.
- Return to class **MUST** occur before sport, drama, music etc.

Returning to Play: Concussion Recovery Timeframe

Stage	What to Do	Goals
1 Rest / No activity	Mental and physical rest	Avoid physical activity, thinking tasks and screens
2 Light to moderate exercise	Symptom-guided activities such as walking, jogging or stationary cycling	Increase heart rate
3 Moderate to high exercise	Running drills, no impact activities	Increased heart rate and movement
4 Non-contact training drills	Progression to more complex training drills: passing, catching, weight training	Exercise, coordination and thinking components
Obtain medical clearance from a doctor		
5 Full contact practice	May participate in normal training activities (contact training)	Restore confidence and assess function skills by coaching staff
6 After 24 hrs return to play	Player rehabilitated	Recover and return to play

Graduated return to play. You should stop all sports if you have a concussion.

- 1. Rest
- 2. Light exercise
- 3. High intensity exercise
- 4. Non-contact training
- 5. Medical clearance
- 6. Full contact training

If you feel symptoms at any stage, go back to the previous stage. Recovery and healing take time – not giving sufficient time risks longer term damage.

You must obtain medical clearance from a doctor before you return to play.

Thank you for Listening

Questions?