

## Our Lady of Lourdes High School Athletic Training Head Injury & Concussion Take Home Instructions

Dear Parent/Guardian,

Your child has been evaluated and was determined to have sustained a head injury during athletic participation. Please adhere to the following instructions:

- If your child was referred to their Primary Care Physician or sent to the hospital be sure to bring the *Concussion Checklist & Physician Evaluation Form* with you. This form **MUST** be returned to the Athletic Trainer, filled out in its entirety and signed, **BEFORE** your child will be allowed to begin the Return to Play Protocol or released back to athletic activity and physical education class. If the form is incomplete or not signed your child will not be allowed to start the progression.
- Please remind your athlete to report to the athletic training room for a follow up evaluation after school the next day in attendance, and every day after until cleared to return to play.
- Be aware that if your child is diagnosed with a concussion they will need to complete the 6-day return to play progression once symptom free, and be held from all sport activities for a *minimum* of 6 days.
- Please review the items outlined on the physician referral checklist below. If any of these problems develop or if symptoms worsen prior to your child's re-evaluation with the athletic trainer, please seek immediately medical attention by going to the local ER, contacting EMS, or contacting your family physician.

### Physician Referral Checklist

*Day of injury referral*

Loss of consciousness	Mental status change (lethargy/confusion/agitation)
Amnesia lasting more than 15 minutes	Seizure activity
Deterioration of neurologic function	Vomiting
Decreasing level of consciousness	Motor deficits increasing
Decrease/irregular pulse	Sensory deficits increasing
Decrease/irregular respirations	Balance deficits increasing
Increase in blood pressure	Post-concussion symptoms worsen
Unequal, unreactive, dilated pupils	Additional post-concussion symptoms occur
Cranial nerve deficits	Signs of associated trauma (fractures, etc)

*Delayed referral*

Any of the findings in day-of category	Increase in # of post-concussion symptoms
Post-concussion symptoms worsen	Symptoms interfere with daily activities

- The most important factor in recovering from a concussion is rest! It is extremely important avoid excess stimulation while symptomatic (video games, TV, computer, loud music, excessive reading). Otherwise, please adhere to the following instructions:

**It is OK to:**

- Use ice pack on head and neck
- Eat normally
- Return to school
- Go to sleep
- Rest

**NO need to:**

- Check eyes with flashlight
- Wake up every hour
- Test reflexes
- Stay in bed

**Do NOT:**

- Drink alcohol
- Take pain relievers
- Exercise
- Rough-house

If you have any questions please contact the athletic trainer at Our Lady of Lourdes High School

- **Cell: (845) 242-5822 or Athletic Training Room: (845) 463-0400 ext 1008**