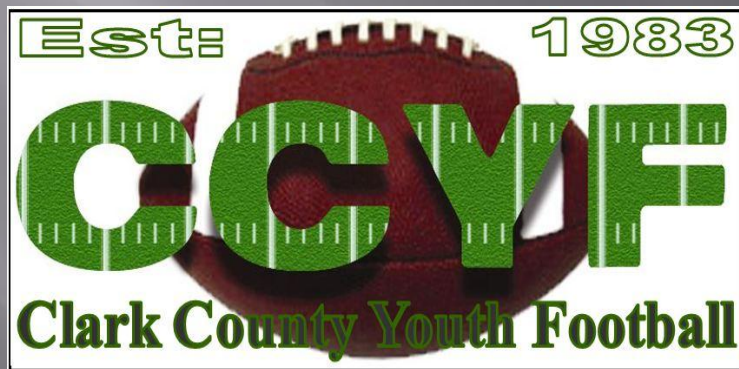


CONCUSSION MANAGEMENT TRAINING FOR COACHES

Keep your players' heads in the game



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Concussion Risk & Facts

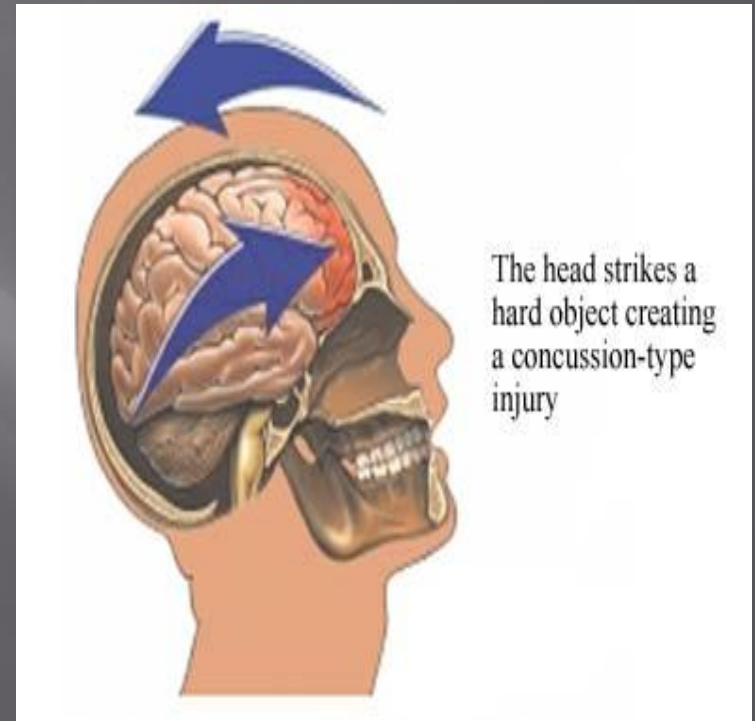
- ❖ Risk comes with being an athlete.
- ❖ With proper techniques, equipment and coaches monitoring their athletes, many risks can be reduced, not eliminated entirely.
- ❖ Over 300,000 sports related concussions per year (>62,000 from high school sports)
- ❖ Still not being recognized and underreported.
- ❖ Kids may hesitate to report symptoms, believing their injuries are no big deal, trying to tough it out and return to the game, or fearful of coaches.
- ❖ There may even be pressure from parents or other adults to keep playing.

Concussion Risk & Facts

- ❖ Continuing to play with a concussion can cause permanent brain damage--or even death.
- ❖ The majority of teenage athletes who suffer devastating brain damage have had previous concussions.
- ❖ ~ 40% of those athletes with deadly consequences were still playing with symptoms of a previous concussion. You have to stop sports participation until the signs and symptoms of concussion disappear.

What is a Concussion?

- ❖ A blow to the head or body that causes brain to move rapidly inside skull, crashing into skull
- ❖ “Getting your bell rung” or “Dinged” means that you have a concussion
- ❖ Concussions may cause long term brain damage or even death



Second Impact Syndrome (SIS)

- ❖ Rare, but often fatal condition
- ❖ Brain swells rapidly if 2nd concussion is sustained before 1st symptoms have subsided
- ❖ If not killed, then severely disabled
- ❖ Unlike concussions, SIS is entirely preventable



Preston Plevretes



Zackery Lystedt

- ❖ Injured in a game in 2006
- ❖ Made a tackle just before halftime and back of helmet hit the ground
- ❖ Zack laid on the field for a moment holding his head in pain
- ❖ Had to be helped off the field
- ❖ Sat out last 3 plays of 1st half
- ❖ Returned in 3rd quarter (total recovery time ~ 15min)



Zackery Lystedt

- ❖ Made game saving tackle in 4th quarter
- ❖ Another big hit to his head on the tackle
- ❖ Caused a brain hemorrhage
- ❖ Collapsed on the field
- ❖ Needed emergency surgery
- ❖ In and out of a coma for 3 months
- ❖ Lives in a wheelchair, re-learning daily tasks



How Do I Recognize a Concussion?

- ❖ An athlete does not have to lose consciousness to have suffered a concussion (“old school” thinking).
- ❖ Only about 10 percent of athletes sustaining a concussion will lose consciousness.
- ❖ Signs and symptoms of a concussion vary depending on what part of the brain is involved.
- ❖ Signs of concussion are what you observe in an athlete; symptoms are what players tell you they are feeling.

How Do I Recognize a Concussion?

Signs of concussion may include:

- ❖ Appears dazed or confused
- ❖ Acts confused about assignments
- ❖ Forgets plays
- ❖ Is unsure of game, score, or opponent
- ❖ Moves clumsily
- ❖ Answers questions slowly
- ❖ Shows mood, behavior or personality changes
- ❖ Can't recall events prior to hit
- ❖ Can't recall events after hit

How Do I Recognize a Concussion?

Symptoms of concussion may include:

- ❖ Headache or “Pressure” in head
- ❖ Nausea and/or Vomiting
- ❖ Sensitivity to light or noise
- ❖ Balance problems or dizziness
- ❖ Double or fuzzy vision
- ❖ Feeling sluggish, hazy, foggy or groggy
- ❖ Concentration or memory problems
- ❖ Confusion
- ❖ Not “feeling right”

What Do I Do if I Suspect a Concussion?

- ❖ Any athlete suspected of having a concussion should be REMOVED from the game or practice immediately
- ❖ If you see an athlete receive a hard blow *to the head*, REMOVE him/her from the game or practice
- ❖ If you don't witness a hit or blow, but see signs of a concussion, REMOVE the athlete from the game or practice
- ❖ If you don't witness a hit or blow, but the athlete complains of symptoms of a concussion, REMOVE the athlete from the game or practice

What Do I Do if I Suspect a Concussion?

Practices:

- ❖ Assess the player (this is your baseline)
 - Ask the athlete to repeat three words, such as *red*, *sailboat*, *computer*
 - Have the player say the months of the year in reverse
 - Have the player repeat 3 digits in reverse (Ex: 5-7-2, player repeats as “2-7-5”)
 - See if the player can repeat the 3 words from 1st test again
- ❖ Continue to monitor the player after your initial evaluation, every 5 minutes
- ❖ Make sure the athlete is supervised for at least one or two hours after you suspect a concussion
- ❖ Call the parents, notify them of situation

What Do I Do if I Suspect a Concussion?

- ❖ Any LOC (even slight) is an automatic 911 call
- ❖ If the symptoms worsen from your baseline assessment, call 911
- ❖ Do not allow the athlete to return to play until you have received **unconditional written clearance** from a licensed health care provider trained in the evaluation and management of brain injuries
 - Medical Doctors (MD)
 - Doctor of Osteopathy (DO)
 - Advanced Registered Nurse Practitioner (ARNP)
 - Physicians Assistant (PA)
 - Licensed Certified Athletic Trainers (ATC)
- ❖ Lystedt Law – July 2009
 - RCW 28A.600.190

What Do I Do if I Suspect a Concussion?

Game Days:

- ❖ ATC is in charge, send injured player to them
- ❖ Once player goes over to ATC (for any injury), that player belongs to the trainer
 - Your player may **ONLY** return to play when cleared by the trainer
 - No CCYF coach is trained to return a player to the game, especially if a concussion
 - Trainer's assessment and advise is **FINAL**

What Do I Do if I Suspect a Concussion?

Game Days:

- ❖ EFOA – state emphasis on concussions
 - If they see obvious signs of a possible concussion, they will send the player off the field to the HC
 - ATC will evaluate player and is the only one who can return the player to the game
 - ATC's decision is FINAL

Who Cannot Return a Concussed Player?

- ❖ Coaches
- ❖ Parents
- ❖ The injured player
- ❖ ATCs at CCYF game sites
- ❖ Safety Officer
- ❖ Officials
- ❖ Other Medical Professionals not approved by Lystedt Law

CCYF Concussion Return to Play Policy

- ❖ New this year, approved by Board in Feb 2011
- ❖ Call Safety Officer after practice (that night!) if you have a suspected concussion
- ❖ Inform your parents about the policy
- ❖ Policy can be found at www.ccyf.com under “Paperwork” link on right
- ❖ Also on website is Concussion Medical Release form:
 - ❖ Meets requirement of Lystedt Law and policy
 - ❖ Just print it up and take it in to get signed

CCYF Concussion Return to Play Medical Release Form

Concussion Return to Play Medical Release Form

Date: _____

Patient: _____

Patient was examined by me today for evaluation of a suspected concussion. Patient is cleared to return to full contact football with no restrictions effective _____

(enter date)

Sincerely,

X _____
(signature)

Print Provider Name & Credentials:

Provider's Address & Phone Number:

Be a Leader

- ❖ Stand Tall and Make the Call
- ❖ No badge of honor for head injuries
- ❖ Encourage your kids to report symptoms
- ❖ Educate your players, coaches and parents
- ❖ Be a Leader: These kids look up to you
- ❖ Better to sit out one game, even one season....than an entire lifetime!
- ❖ Have an Action Plan for your team (examples)

“WHEN IN DOUBT – SIT THEM OUT”

Questions?

