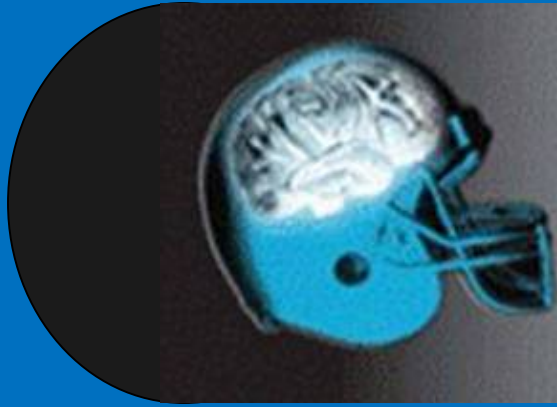


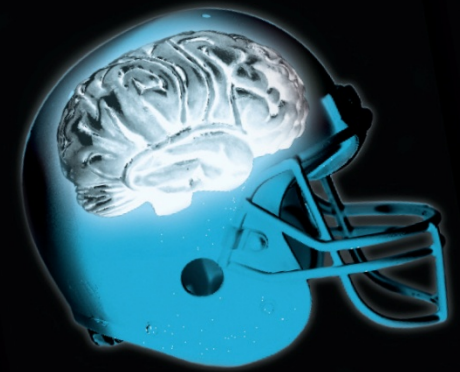
AdventHealth



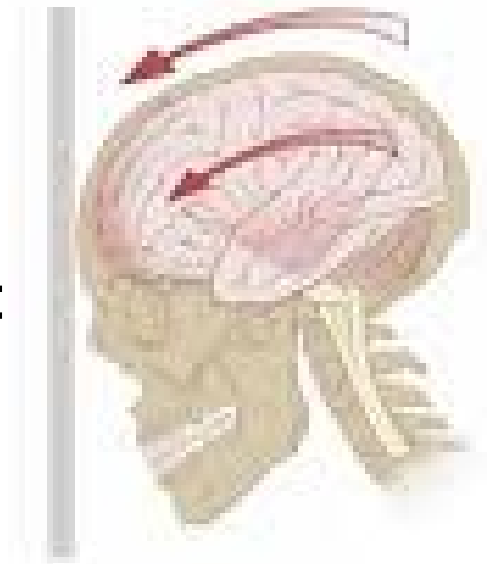
SPORTS CONCUSSION PROGRAM

Information for Parents
and Athletes

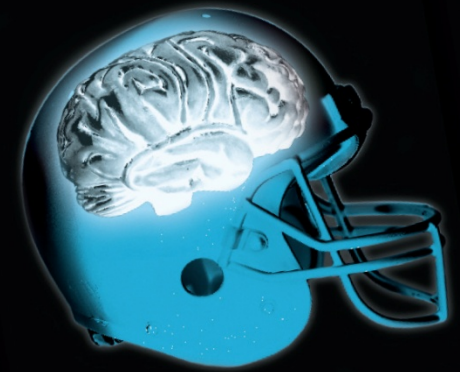
What is a Concussion?



- A concussion is an injury to the brain
- From a blow to OR a shaking of the head:
 - rotation
 - contact with ground or object
 - contact with another person
- May affect changes in brain functions:
 - memory
 - reaction time
 - balance and coordination.



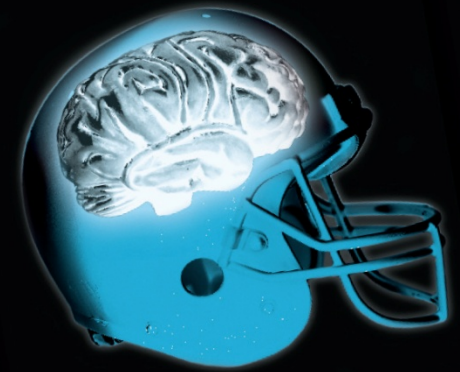
Signs and Symptoms



- Headache
- Loss of memory
- Dizziness/ loss of balance
- Ringing in ears
- Blurry or double vision
- Sensitivity to light and/or noise
- Nausea or vomiting
- Feeling foggy or groggy
- Altered behavior/personality
- Loss of consciousness
- Seizures

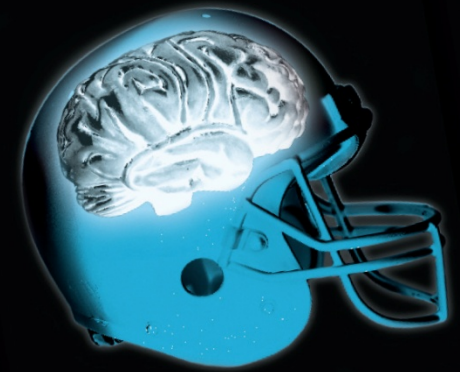


Did You Know?



- Most concussions occur without the loss of consciousness

Statistics



- 53% of Concussions in High School go unreported
- Reasons not reported:
 - Player dismisses symptoms thinking it was not a concussion
 - Player assumes it is not severe enough to warrant medical attention
 - Motivation to stay in the competition
 - Lack of awareness of probable concussion

Diagnostic Equipment



- Neurocognitive testing; use of the ImPACT software in Osceola County
- Test measures brain function
 - Memory
 - Reaction time
 - Mental processing speed
- Testing (Baselines) performed at start of season
 - Used as comparison is a concussion is suspected



Program Implementation...



- Baseline computer test
 - If previous concussion, perform balance testing
- If concussion suspected:
 - Field assessment: signs, symptoms, mental status
 - 'When in doubt, sit them out'
 - Refer to Physician
 - Recovery plan; ie) academic accommodations
- Return to Play
 - Must be symptom free
 - Normal computer test scores
 - Exertion test requires physician sign-off

Consent



- Parents will sign a consent for baseline testing
- Includes a release of information so the doctor can review the tests for validity

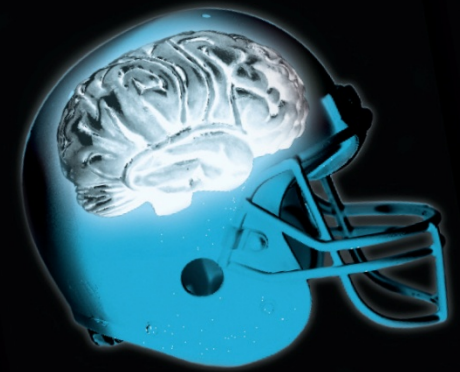


Baseline Testing



- For ALL sports
- At the beginning of the season
- ATC's will coordinate with coaches for testing times
- Allow 45 minutes for total testing time

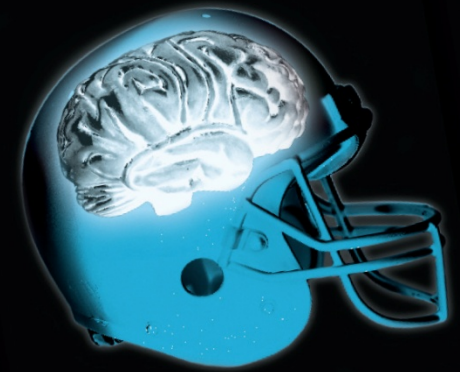
When there is a Concussion



- Report it
 - Athletes need to be honest with symptoms even if symptoms appear mild
- Do not return to practice/play on the same day you have a concussion
 - Playing with symptoms can prolong recovery
- “When in doubt sit them out”



During Recovery AVOID:



- Contact to head; including activities resulting in contact/collision (sports)
- Physical exertion (working out)
- Mental strain (reading, problem solving)
- Loud, noisy environment
- Bright light/ blue light (screen time)
- Multi-sensory overload (Movies, TV, video games)



Return to Play

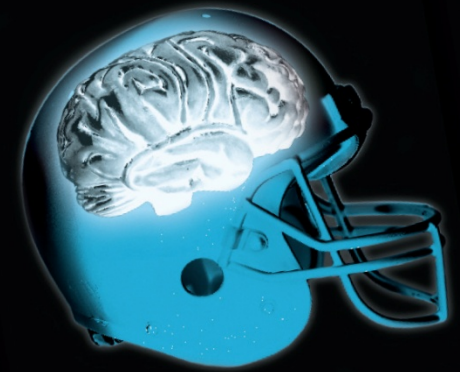


- Medically cleared
- Must be symptom free at rest
- Normal neurocognitive ImPACT tests scores
- No return of symptoms with exertion



For more information on return to play visit
www.adventhealthmedicalgroup.com/concussion

Contact Information



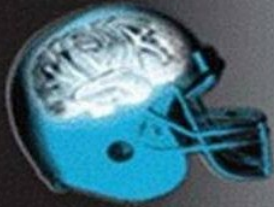
- Advent Health Sports Concussion Program



407-303-6136

- Program Coordinator Michael Dougherty at:
Michael.Dougherty@AdventHealth.com
- www.adventHealthmedicalgroup.com/concussion

AdventHealth



SPORTS CONCUSSION PROGRAM

Play smart and protect your brain!

