

CONCUSSION FACT SHEET FOR PARENTS

What is a concussion?

mTBI: Mild Traumatic Brain Injury
(also known as concussion)

- A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious.
- You can't see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

What are the signs and symptoms of concussion?

If ANY of the symptoms are present following a brain injury, a doctor should be contacted and informed of the symptoms present & the injury.

- Temporary loss of consciousness or unresponsiveness; lack of awareness to surroundings
- Impairment in memory, concentration
- Nausea, vomiting
- Dizziness, vertigo
- Feeling stunned or dazed
- Numbness or tingling sensation
- Difficulty in following conversations and directions
- Balance and orientation problems
- Headache
- Fuzzy, double, blurry vision
- Sensitivity to light or noise
- Change in emotion and personality; increased irritability, depressed mood, or increase in anxiety
- Changes in sleep patterns; sleeping more / less than usual, trouble sleeping, drowsiness



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Managing a concussion.

When signs and symptoms of concussion are present following head trauma:

- Immediately cease activity; if the affected individual is unconscious, stabilize head & neck
- Seek medical attention and monitor the individual for deterioration for at least 24 hours; seek urgent medical attention if individual suffers from seizures, severe headaches, cannot be woken up, vomits more than three times, is weak and unsteady on feet, has unequal pupil size, or passes out
- Obtain a medical evaluation and do not allow the individual to return to work or other activities prior to rehabilitation

Second Impact Syndrome: DO NOT allow individual to return to work or activity following signs of concussion; even a mild blow to head when post-concussion symptoms are present may result in swelling of the brain.

Rehabilitation

mTBI management should be supervised by a medical professional. Rehabilitation should adhere to the following general steps:

- No activity, complete rest. Only proceed to next step once the individual is asymptomatic.
- Proceed with light aerobic exercises, such as walking or stationary biking until asymptomatic for duration of aerobic exercises.
- Work or activity related skill may be practiced, such as carrying equipment at work or skating for hockey.
- Activities that do not have risk of collision or further trauma may be performed, such as non-contact drills in sports.
- Return to work and other activities allowed once cleared by a medical doctor; however, the time required to progress from minimal-trauma activities to normal activity depends on severity of concussion.
- Return to normal work or other activities. If medical clearance is not granted, go to one of the previous steps or obtain a referral to a neurological specialist.

Preventing a concussion.

In the workplace:

Always follow safety rules and regulations

Wear correct safety equipment - replace damaged/worn equipment

During Sports:

Properly use and maintain sports equipment, such as helmets & pads

Follow the rules of the game Practice good sportsmanship

At home and elsewhere:

Use seat belts in motor vehicles, and proper child seating

Do NOT drive under the influence of drugs or alcohol

Wear a helmet and safety equipment during fast moving activities

Make living areas safer for seniors and children

Use safety rules to keep children away from dangerous situations

Practice common sense: be aware of possible risks



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