

# Concussion Review



Date: \_\_\_\_\_ Reviewed Staff: \_\_\_\_\_ ERT Facilitator: \_\_\_\_\_  
Other ERT Members: \_\_\_\_\_

**Situation: A student hit their head while participating at the REC.**

*Victim (ERT member): Sit up on the ground and pretend to be in pain when the staff member approaches. State that you have a headache and are dizzy.*

*Witness (another ERT member): Go up to a staff member and explain that your friend hit their head pretty hard and now they don't feel well.*

## **Checklist - (Facilitator/victim will verbalize bold words in parenthesis):**

- \_\_\_ Grab AED, first aid kit, radio and cell phone OR radio staff to bring these items to scene using correct radio language\*
- \_\_\_ Check the scene (***The scene is safe***)
- \_\_\_ Check the victim and ask "Are you okay?" ("**I am feeling fine**")
- \_\_\_ Tell victim you are first aid certified and want to help; obtain consent\*
- \_\_\_ Help the victim to a comfortable position (ask if more comfortable seated or lying down)
- \_\_\_ Interview the injured person. Ask the victim: What happened? What is your name? Where are you? What day of the week is it? Did you lose consciousness? How do you feel? Do you hurt anywhere else? Has this ever happened to you before? Make sure to ask and record SAM (signs & symptoms, allergies, medications & medical conditions) ("**I remember everything but I have a headache and feel dizzy**")\*
- \_\_\_ Monitor the student (***The student's symptoms remain the same***)
- \_\_\_ Inform the student that they are not allowed to participate for the rest of the day due to the fact that they have a suspected concussion\*
- \_\_\_ Stay with student and try to keep calm until they feel like they are ready to leave
- \_\_\_ Fill out an Injury/ Illness Report\*
- \_\_\_ Provide and go over the Concussion Handout. If a friend is with them, give a handout to them as well.\*
- \_\_\_ Explain that they should seek additional medical attention. Provide and go over the Injury Transportation Handout.\*
- \_\_\_ Make sure they have a ride home or to a medical facility\*

## **Questions**

- \_\_\_ What is the difference between a medical emergency and a medical incident?\*
  - Medical Emergency: A life-threatening medical emergency involves an injury or illness that if left untreated or not identified quickly, could lead to a life-changing condition, or someone's death. These types of emergencies result in the need for advanced medical attention or the calling of an ambulance transport.
  - Medical Incident: A non-life-threatening medical incident involves an injury or illness that is less severe and does not typically need more advanced medical attention. With the exception of medical needs due to a pre-existing injury or injuries that occur when a Rec Sports Athletic Trainer is on-site, all injuries, no matter their severity, must be reported when care or resources (ice, bandages, etc.) is provided via an Accident Report.
- \_\_\_ When would a possible concussion become a medical emergency?
- When the person exhibits red flag concussion symptoms:
    - Double vision
    - Neck pain or tenderness

- Severe or increasing headache
- Deteriorating conscious state
- Vomiting directly related to a head injury
- Increasingly restless, agitated, or combative
- Weakness, numbness, or tingling/burning in arm(s) or leg(s)
- Seizure or convulsion
- Loss of consciousness

\_\_\_ What would you do differently if this situation was upgraded to a medical emergency?\*

- Call EMS and University Police
- Notify the Chain of Command (Jeff and/or Neil)

\_\_\_ What are the signs and symptoms of a concussion that are not considered “red flag”?

Signs (observed or witnessed by others)

Symptoms (feelings reported by the person)

- Physical
  - Dazed or vacant look
  - Decreased playing ability
  - Facial injury following head trauma
  - Grabbing or clutching the head
  - Lying motionless on the ground or slow to get up
  - Poor coordination or balance
  - Slurred speech
- Cognitive-State of mind
  - Confusion
  - Difficulty concentrating
  - Easily distracted
  - Slow reaction/response time
- Emotional/Behavioral
  - Strange or inappropriate reactions

- Physical
  - Blurred vision
  - Dizziness or problems with balance
  - Fatigue or feeling tired
  - Feeling “off” or not right
  - Headache or pressure in the head
  - Nausea
  - Ringing in the ears
  - Seeing stars or flashes of light
  - Sensitivity to light or noise
  - Trouble falling asleep
- Cognitive-State of mind
  - Confusion
  - Trouble concentrating/remembering
  - Feeling dazed or “in a fog”
  - Slowed down, fatigue, low energy
- Emotional/Behavioral
  - Irritable, more emotional than usual
  - Nervous, anxious, depressed

\_\_\_ What are the six steps of the Rec Sports Incident Response Plan?

- CHECK, CALL, CARE, DOCUMENT, CHAIN OF COMMAND, CLEANUP & NEXT STEPS

*Write any comments below*

*If 3 (\*) missed, staff automatically does not meet requirements*

Met Requirements     Did not meet requirements (Facilitator: **Kylie will contact you**)

Signature of Facilitator: \_\_\_\_\_ Signature of Reviewee: \_\_\_\_\_