

## Suspect a Concussion?

Concussions and other brain injuries can be serious and potentially life threatening. With appropriate care, most athletes can enjoy long careers in sports after a concussion. Research indicates that these injuries can also have serious consequences later in life if not managed properly. Lawrence Academy has procedures in place to ensure the safety and well-being of all student athletes. The full concussion management and medical protocols are available from the athletic trainer and will be used for Lawrence Academy student athletes suspected of sustaining a concussion.

Concussion management begins with pre-season baseline testing with one or several of the following: SAC, BESS, SWAY or ImPACT neurocognitive testing. Students in grades 9-12 at Lawrence Academy take a pre-season baseline assessment for concussion that will remain on hand in the event that the student receives a concussion. Baseline testing is completed every two years. Additional ImPACT testing is completed if a student receives a concussion.

A concussion occurs when there is a direct or indirect injury to the brain. As a result, transient impairment of mental functions such as memory, balance/equilibrium, and vision may occur. It is important to recognize that many sport-related concussions do not result in loss of consciousness and, therefore, all suspected head injuries should be taken seriously. Coaches, parents and fellow teammates can be helpful in identifying those who may potentially have a concussion, because a concussed athlete may not be aware of his or her condition or may be trying to hide the injury to stay in the game or practice.

- Did student check-in with the school nurse or athletic trainer?
- 24-48 hours may be required to stay at home/dorm or Health Center to rest.
- Have him/her REST/sleep as much as possible.
- NO physical activity of ANY kind.
- NO computer work or computer games, TV, etc.
- NO cell phone, texting, etc.
- NO heavy reading.
- Do homework in small time increments IF he or she is **asymptomatic**.(per MD instructions)
- If **symptomatic** with reading, math or other concentration work creates or increases symptoms, **STOP** and rest.
- When a student awakens without any symptoms and returns to school he or she is to see the school nurse and check in with the health office daily for a symptom checklist. (Students may have to attend school part-time as recommended by the treating clinician.)
- If academic accommodations are necessary, request a medical note specifying accommodations for the school.
- Day Students: If your child is symptomatic, keep him/her home from school until seen by your health care provider.

- When cleared to return to school by your health care provider, your son/daughter **MUST** see the school nurse before classes begin for the day and must also report to the athletic trainer later the same day. Your clinician must provide school with a detailed follow up care plan.

Additional Information on concussions may be found on [www.CDC.gov](http://www.CDC.gov).

If you have any questions please do not hesitate to call.

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