

Sideline: Dos and Don'ts



Concussion Management for the Community

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Find Your Why?





Goals for Today:

- 1) Educate - How can you prepare yourself, your coaches, your athletes, your parents
- 2) Identify - How do I know it is a concussion?
- 3) Act - Ok, a concussion is suspected, now what?
- 4) Dos and Don'ts

Educate

Athletic Directors, Coaches, and Volunteers

- You are the boots on the ground
 - 9-22 years old
 - 15% of sports related injuries
 - 55% of pediatric athletes receive no medical care
 - Females > males
- Take the time!!
 - <https://www.cdc.gov/headsup/highschoolsports/index.html>
 - <https://www.mshsaa.org/SportsMedicine/>
 - <https://ksi.uconn.edu/emergency-conditions/traumatic-brain-injury/#>
- Communicate
 - School administration and guidance counselors
 - To your athletes
 - To your parents
- Know your sport
 - Ice hockey, soccer, football, lacrosse, wrestling

Athletes and Parents

- Self reporting
 - Extensive Study on Concussions in Youth Sports Finds 'Culture of Resistance' for Self-Reporting Injury; Not Enough Evidence to Support Claim That Helmets Reduce Concussion Risk
- Fear/Loss of playing time
- “Back in my day”

Identify

How do I know it is a concussion?

- It is an injury and should be treated like one
- Symptoms, Symptoms, Symptoms!!!
 - Nothing is too small
 - “The athlete just got their bell rung”
- SCAT 5
 - 22 symptoms to be aware of
 - KSI - 54% with 5 or more
 - Most Common
 - Headaches
 - Dizziness
 - Difficulty Concentrating
 - Sensitivity to Light
 - Sensitivity to Noise
- Physical Cues
 - Glassy/glazed look, shaking of the head, avoidance
- Red Flags (CDC)
 - Uneven pupil dilation
 - Severe Drowsiness or inability to wake
 - Severe, worsening headache
 - Slurred speech, weakness, lack of controlled movements
 - Repeated vomiting
 - Abnormal behavior
 - Loss of consciousness

STEP 2: SYMPTOM EVALUATION

The athlete should be *given the symptom form* and asked to *read this instruction paragraph out loud* then complete the symptom scale. For the baseline assessment, the athlete should rate his/her symptoms based on how he/she typically feels and for the post injury assessment the athlete should rate their symptoms at this point in time.

Please Check: Baseline Post-Injury

Please hand the form to the athlete

	none	mild	moderate	severe			
Headache	0	1	2	3	4	5	6
"Pressure in head"	0	1	2	3	4	5	6
Neck Pain	0	1	2	3	4	5	6
Nausea or vomiting	0	1	2	3	4	5	6
Dizziness	0	1	2	3	4	5	6
Blurred vision	0	1	2	3	4	5	6
Balance problems	0	1	2	3	4	5	6
Sensitivity to light	0	1	2	3	4	5	6
Sensitivity to noise	0	1	2	3	4	5	6
Feeling slowed down	0	1	2	3	4	5	6
Feeling like "in a fog"	0	1	2	3	4	5	6

Feeling like "in a fog"	0	1	2	3	4	5	6	
"Don't feel right"	0	1	2	3	4	5	6	
Difficulty concentrating	0	1	2	3	4	5	6	
Difficulty remembering	0	1	2	3	4	5	6	
Fatigue or low energy	0	1	2	3	4	5	6	
Confusion	0	1	2	3	4	5	6	
Drowsiness	0	1	2	3	4	5	6	
More emotional	0	1	2	3	4	5	6	
Irritability	0	1	2	3	4	5	6	
Sadness	0	1	2	3	4	5	6	
Nervous or Anxious	0	1	2	3	4	5	6	
Trouble falling asleep (if applicable)	0	1	2	3	4	5	6	
Total number of symptoms:							of 22	
Symptom severity score:							of 132	
Do your symptoms get worse with physical activity?							Y	N
Do your symptoms get worse with mental activity?							Y	N
If 100% is feeling perfectly normal, what percent of normal do you feel?								

Act

I'm Educated, I've Identified, Now What?

- When in doubt sit them out!
- Know the red flags and activate EMS
- Non-negotiable
- Seek Medical Guidance
 - 55% of pediatric athletes receive no medical care
 - Athletic Trainer, Pediatrician, Family Medical Doctor, Nurse Practitioner, Neuropsychologist
- Communicate
- Wait
 - Return to Learn
 - Return to Play
 - The avg. concussion takes 2 weeks to fully recover from

The Dos and Don'ts

Do:

- Educate (yourself, coaches, players, & parents)
- Have a plan (CDC)
 - https://www.cdc.gov/headsup/pdfs/custom/HeadsUpConcussion_ActionPlan.pdf
- Identify the Red Flags
- Communicate
- Seek Medical Guidance

- Follow RTP/RTL
- Allow for full recovery
- Proper Nutrition and Hydration
- Encourage Normal Routine*
- Encourage Movement*
- Wait... It takes time
- Listen
- Use your gut!!

as long as symptoms are not exacerbated

The Dos and Don'ts (cont.)

Don't:

- Isolate - Dark room, school, technology
- Have to go to the ER
- Assume
- Give medication (48 hr rule/acetaminophen)
- Have to wake every 2-3 hrs
- Rush back (complete the RTP)
- Judge the severity
- Don't down play
- Don't degrade

It's Bigger Than . . .

References and Resources

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- National Athletic Trainers' Association
- Korey Stringer Institute and The University of Connecticut
- Centers for Disease Control - Heads Up Program
 - https://www.cdc.gov/headsup/pdfs/custom/HeadsUpConcussion_ActionPlan.pdf
- Missouri State High School Athletic Association
 - <https://www.mshsaa.org/resources/PDF/CURRENT%20MSHSAA%20Concussion%20Return%20to%20Play%20Form.pdf>
 - <http://www.mshsaa.org/resources/pdf/Returntolearn.pdf>
- National Federation of State High School Associations

Thank You!!!

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