

## Parent/Guardian At-a-Glance Concussion Information for a Suspected Concussion

### **WHAT IS A CONCUSSION?**

#### **A Concussion:**

- is a brain injury that causes changes in how the brain functions, leading to symptoms that can be physical (e.g., headache, dizziness), cognitive (e.g., difficulty concentrating or remembering), emotional/behavioural (e.g., depression, irritability) and/or related to sleep (e.g., drowsiness, difficulty falling asleep);
- can occur even if there has been no loss of consciousness (in fact most concussions occur without a loss of consciousness)
- signs and symptoms of a concussion can occur immediately or take hours or days to appear

#### **Process after student has received a blow/hit**

<b>Scenario 1</b>	<b>Scenario 2</b>
Signs/Symptoms observed by school personnel	No signs or symptoms appear after initial incident
<input type="checkbox"/> C-2 Tools to Identify a Concussion – completed by school and provided to parent(s) <input type="checkbox"/> C-3 documentation of Monitoring/Medical Examination provided to parent(s) <input type="checkbox"/> Child to be taken to Medical Doctor/Nurse Practitioner with forms C-2 and C-3	<input type="checkbox"/> C-2 Tools to Identify a Concussion – completed by school and provided to parent(s) <input type="checkbox"/> C-3 documentation of Monitoring/Medical Examination provided to parent(s) <input type="checkbox"/> Child monitored for 24 hours at home and school using C-2 (NO physical activity for 24 hours)
<input type="checkbox"/> Parent(s) Complete(s) C-3 with results of diagnosis and returns form to the school.	<input type="checkbox"/> IF Signs or symptoms appear - Child to be taken to Medical Doctor/Nurse Practitioner with forms C-2 and C-3 <input type="checkbox"/> Parent(s) Complete(s) C-3 with results of diagnosis and returns form to the school.
	<input type="checkbox"/> If NO signs or symptoms appear after 24 hour monitoring period – Parent(s) complete(s) C-3 and returns form to school.