

Return to play

If symptoms occur during any of these steps, return to the first step and rest until symptoms have gone. If symptoms continue, call your doctor. No symptoms? Try the next step the next day.

STEP 1: NO ACTIVITY. Refrain from physical activity and schoolwork until symptoms are gone. Once symptoms are gone, see a doctor to begin a step process.

STEP 2: LIGHT EXERCISE such as walking.
The activity should be supervised by
someone who can look for symptoms.

STEP 3: SPORT SPECIFIC ACTIVITY such as skating or throwing a ball . There should be no body contact.

STEP 4: DRILLS without body contact. The time needed to go from non-contact exercise will vary with the concussion and child. Proceed to Step 5 only after seeing a doctor.

STEP 5: ON FIELD practice with body contact, once cleared by a doctor.

STEP6: GAME PLAY

Remember, it may take days to complete one step



Return to learn

STEP 1: No school activity is helpful after a concussion for up to a few days. This means no school, homework or screen time. As symptoms improve, slowly reintroduce activities such as TV and drawing as long as symptoms don't worsen.

STEP 2: Light academic activity is resumed once your child has symptom improvement at rest. Your child may tolerate 15 minutes of work at a time. Stop activity if symptoms develop. If symptoms do not worsen, or symptoms improve within 30 minutes, your child may increase the length of activity.

STEP 3: Increase academic activity when feeling better. Your child should try to do some schoolwork at home for 30 minutes.

STEP 4: Full-time attendance. When your child is able to do 1 hour of homework at home for 1-2 days they may try to return to school. They should have less classes, homework, and extra time to complete tasks. If symptoms occur while at school, they should take a break in a quiet area until symptoms improve. When symptoms improve, they may return to

Additional information

<http://www.cdc.gov/headsup/>

<http://www.braintrustcanada.com>

<http://www.protectyourhead.com>

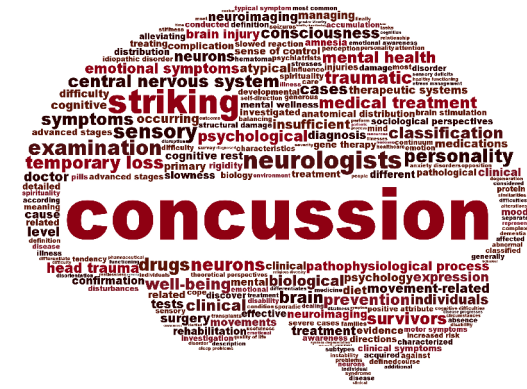
<http://hubpages.com/health/concussion-recovery>

<https://canchild.ca> --> Menu --> Diagnosis (Concussion)



Created: February 2016

NOT
JUST
A
"CONCUSSION"



Concussion information

(It is important to see a doctor if you suspect your child has a concussion. If unsure, call the nurses hot line 24 hours a day at 8-1-1 with any questions)

Created by UBCO 3rd year
nursing students: Jane Corbett,
Sunny Kim, Megan Lentz, and
Shianne Martin

What is a concussion?

A concussion is **brain trauma caused by a bump, fall or hit with or without losing consciousness**. This causes the brain to hit the skull and swell. The brain must work longer and harder to complete everyday tasks.

Some common ways to receive a concussion are playground injuries, sports injuries, and car or bike accidents.

If you notice,

Your child is confused, answering questions slowly, can not recall events prior to or after the fall, loses consciousness, or shows personality changes, **take them to see a doctor right away.**



Signs and symptoms

Manageable symptoms:

- Headache
- Feeling mentally foggy
- More emotional than normal
- Trouble falling asleep
- Dizziness/blurred vision
- Sleeping more/less
- Balance problems
- Difficulty concentrating
- Nervous, irritable, or sad
- Nausea/vomiting
- Difficulty remembering
- Fatigue
- Sensitivity to light/noise

Symptoms that require immediate medical attention:

- Headache that does not go away or gets worse
- Weakness, numbness, tingling, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Extreme drowsiness or you cannot wake them
- One pupil is larger
- Seizures
- Trouble recognizing things
- Increasing confusion, restlessness, or agitation
- Loss of consciousness
- Bloody or clear fluid from the nose or ears

Recovery

After seeing a doctor, they may suggest both **physical and mental rest**, with gradual progression back to activity.

Your child should avoid screen time and activities that make the brain work harder. These can worsen symptoms and slow the recovery process.

Use ice on any swelling for 10-20 minutes at a time.

After seeing a doctor, use pain medicine as directed.

If your child is becoming bored with physical and mental rest, try some light activities such as basic board games, crafts, a walk, and listening to quiet music.

