

WellStar Spalding Regional Hospital Concussion Home Instructions

Your son/daughter _____ has been evaluated for a concussion on _____ at _____ by _____
To make sure that he/she recovers properly please follow these recommendations.

First: The Concussion Protocol gives the following guidelines to generally determine the severity of a concussion, and the appropriate action and referral procedure.

Mild Concussion Signs/Symptoms

No Loss of Consciousness
Amnesia lasting less than 15 minutes
Nausea
Headache
Dizziness
Photophobia (sensitivity to light)
Tinnitus (ringing in ear)

Moderate to Severe Concussions Signs/Symptoms

Loss of consciousness
Amnesia lasting more than 15 minutes
Deterioration of neurological symptoms
Decreasing level of consciousness
Decreasing or irregular levels of respiration
Decrease or irregularity of pulse
Increase in blood pressure
Unequal, dilated, or unreactive pupils
Cranial nerve deficits
Seizure
Vomiting
Change in mental status
The increase of any Grade 1 Symptom

Referral Parameters

Mild Concussions require being seen and cleared by a medical doctor, documentation should be given to the school's Certified Athletic Trainer (ATC).

Moderate to Severe Concussions require immediate referral to a medical doctor (ER) and the athlete must have a medical doctor provide documentation for return to play. This documentation must be given to the school's ATC.

Athletes with multiple concussions within one year of each other require a medical doctor's release to return to play. Documentation of this must be given to the school's ATC.

Second: While at home it is

<u>Ok to</u>	<u>There is no need to</u>	<u>Do NOT</u>
Use acetaminophen (Tylenol) for headaches	Check eyes with flashlight	Eat spicy foods
Use ice for pain	Wake up every hour	Use Ibuprofen (Advil)
Eat a light meal	Test reflexes	
Return to school	Only stay in bed	
Rest or go to sleep		

Recommendations provided by: _____ Date: _____ Time: _____

Please feel free to contact me with any questions:

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