



POWERED BY
LAFAYETTE GENERAL HEALTH

SPORTS MEDICINE DIGEST

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SPORTS-RELATED CONCUSSIONS

Approximately **1.6 million to 3.8 million** sports-related concussions occur every year, according to the Brain Injury Research Institute. All states have currently passed legislation regarding the management and treatment of athletes with head injuries and concussions. Concussion injuries are not only present during sports participation, as other common mechanisms include a fall, motor vehicle accident, and playground collisions. Louisiana Youth Concussion Act (Act 315) became effective June 28, 2011. This law impacts two specific groups:

- **The governing authority of each public and nonpublic elementary school, middle school, junior high school, and high school**
- **Each private club or public recreation facility which sponsors youth athletic activities**

Requirements of the Louisiana Youth Concussion Act include education provisions, immediate removal from play requirements, and an appropriate graduated return to play plan.

Your school system partners with Concussion Solutions, LLC to provide student athletes one of the most comprehensive concussion management programs in our area. Contact your school’s athletic trainer to learn more.

Education

- Provide pertinent information to all coaches, officials, volunteers, youth athletes, and their parents/legal guardian prior to beginning of each season
- Require each coach and every official of a youth athletic activity to complete an annual concussion recognition education course
- Require the youth athlete and the youth athlete's parents/legal guardian sign a concussion and head injury information sheet

Removal from Play

- The youth athlete shall immediately be removed from a game, competition, or practice if the youth athlete reports any defined sign or symptom of a concussion; the coach, athletic trainer, or official determines that the youth athlete exhibits any defined sign or symptom; or the athlete is reasonably suspected of having sustained a concussion.

Return to Play

- The youth athlete shall not return to play or participate in any supervised team activities involving physical exertion, including games, competitions, or practices, until the youth athlete is evaluated by a health care provider and receives written clearance from the health care provider for a full or graduated return to play.

COMMON CONCUSSION MISCONCEPTIONS



For more information on concussion management please visit the following websites: [CDC](http://www.cdc.gov) or [NFHS](http://www.nfhs.org).

- Helmets do not significantly reduce risks of concussions. Helmets in high velocity sports protect against structural head and facial injuries, such as fractures.
- A properly fitted mouth guard reduces dental injuries, but no consistent evidence is available to demonstrate a reduction in concussion injuries.
- Loss of consciousness is not required to have a concussion.

DID YOU KNOW?

Athletic trainers are commonly the first medical professional to evaluate concussion injuries and are integral in return to play decision making (Broglia et al., 2014).

Youth athletes under the age of 18 should be managed more conservatively due to different physiological responses and the immaturity of the developing brain when compared to adults.



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