

The staff and Administration at North Bend Central would like to make you aware of the fact that potential for a brain concussion is present in all activities. We would like to provide you with some information about concussions so that appropriate steps may be taken if this situation presents itself.

What are the signs and symptoms of concussion?

According to emedicinehealth.com the signs and symptoms of concussion may be obvious or subtle. Much of the experience in caring for mild head injuries comes from the treatment of sports injuries. Football, hockey, and soccer have high potential for head injury, and player research has given insight into what symptoms may occur.

While dramatic, loss of consciousness or seizure are not common in concussion and do not predict severity. More common are mild confusion and disorientation. Symptoms tend not to be objective and may be hard to describe. As well, they may be delayed for many hours after injury, and sometimes the initial injury may have been forgotten or discounted.

Typical symptoms of concussion include:

- Headache
- dizziness
- Nausea
- Dazed feeling
- Visual symptoms
- Irritability

Physical Signs

Since, by definition, concussion does not damage the structure of the brain, the physical examination should be normal. More subtle findings may include:

- Slow to answer questions or follow directions
- Poor concentration
- Emotional liability (emotional changes or instability)
- Slurred speech

- Personality changes

How is a concussion diagnosed?

Physical Examination and Testing

See a sports trainer or physician

What is the treatment for a concussion?

Time is the ally in concussion treatment since most symptoms resolve within a week to 10 days. Treatment is directed at symptom control for headaches, nausea, dizziness, and insomnia. Discussion with employers may be needed to alert them to issues of poor work performance due to difficulty with concentration and comprehension.

A student diagnosed with a concussion is not permitted to resume their involvement in school activities until a doctor or trainer has released that student to return to practice.

What is the future of concussion testing & Awareness?

Newer computer-based testing products, like ImPACT™, may be able to predict when athletes can return safely to the field of play. The test requires a baseline measurement of the athlete's mental function and after injury can determine when the athlete's brain has returned to normal. It may be able to replace neuropsychologic testing, which is time intensive and not always available to the general population.

There are certain genes that predispose to poor outcome after minor head injury. Genetic issues that may predispose to poor outcome involve abnormal swelling of the brain in the early stages of concussion, while late complications may be related to chronic destruction of brain tissue.

* Source – emedicinehealth.com