Concussion Management Plan

**Education**

1. Texas Lutheran University will provide on an annual basis the following parties with educational material about concussions. The student-athletes, coaching staff, athletic training staff, physicians, and Director of Athletics. Educational material regarding the signs and symptoms and management of concussions will be delivered at the annual NCAA Student-athlete Meeting.
2. Texas Lutheran University will require student-athletes, coaches, athletic training staff, physicians, and Director of Athletics to sign a concussion acknowledgment form, in which each party acknowledges they have read and understand the material.
3. Student-athletes will sign a document in which they take the responsibility for reporting their injuries and illnesses to the athletic training staff, including signs and symptoms of a concussion (attachment A).

**Pre-participation Assessment**

1. Each student-athlete will receive a baseline concussion assessment which includes the following components: Brain injury or concussion history, symptom evaluation, cognitive assessment, and balance assessment.
2. The team physicians will determine if a need for additional testing is needed or if the student-athlete will receive clearance for participation in intercollegiate athletics.
3. Student-athletes at a high risk for concussion or those with multiple concussions will receive yearly baseline evaluations prior to beginning participation in intercollegiate athletics.

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| **Symptoms of a concussion may include one or more of the following:** |
| * Headache or “pressure” in head
* Nausea or vomiting
* Neck pain
* Balance problems/dizziness
* Blurred, double or fuzzy vision
* Sensitivity to light
* Sensitivity to noise
* Feeling sluggish, hazy, foggy or groggy
* Drowsiness
* Change in sleep patterns (more or less than usual, trouble falling asleep)
 | * Amnesia
* “Don’t feel right”/Stunned or Dazed
* Fatigue or low energy
* Sadness/Depression
* Nervousness or anxiety
* Irritability
* More emotional
* Confusion
* Concentration or memory deficits (e.g., forgetting game plays)
* Repeating the same question or comment
* Numbness or tingling in face
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**Recognition and Diagnosis of Concussion**

1. Any student-athlete that exhibits signs and symptoms of a concussion must be removed from practice or competition by either the athletic training staff or coaching staff and be evaluated by an athletic trainer or physician.

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| **Signs of a concussion observed by teammates, coaches, athletic trainers and coaches include:** |
| * Appears dazed, distant stare
* Vacant facial expression
* Loss of consciousness, even briefly
* Confused about assignment, drill, activity, etc.
* Forgets plays, rules, etc.
* Is unsure of game, score or opponent
* Moves clumsily or displays unusual lack of coordination
* Answers questions slowly
* Slurred speech
* Shows behavior or personality changes
* Can’t recall events prior to injury
* Can’t recall events after injury
* Seizures or convulsions
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1. If a student-athlete is removed from practice or competition by a member of the coaching staff the student-athlete may not be allowed to return until evaluated by an athletic trainer or physician.
2. A concussion evaluation will include the following components
	1. Symptom evaluation
	2. Physical and neurological exam
	3. Cognitive assessment
	4. Balance exam
	5. Assessment for cervical spine injury, skull fracture, intracranial bleed, etc.
3. If a concussion is diagnosed the student-athlete will be withheld from practice, competition and class from the remainder of the day.

**Concussion Management**

1. Texas Lutheran University will have on file and annually review and update, if needed, an emergency action plan for each athletic venue to respond to student-athlete catastrophic injuries and illnesses, including but not limited to concussions, heat illness, spine injury, cardiac arrest, respiratory distress, and sickle cell trait collapses.
2. Further medical care will be required if the student-athlete presents with any of the following
	1. Glasgow Coma Scale < 13
	2. Prolonged loss of consciousness
	3. Focal neurological deficit suggesting intracranial bleed
	4. Repetitive emesis
	5. Persistently worsening of mental status or other neurological signs or symptoms
	6. Spine injury
3. Student-athletes with concussions will receive serial monitoring for deterioration. Continued evaluation by the athletic training staff will occur until it is reasonable for the student-athlete to be discharged, preferably to a roommate, guardian, or someone that can follow instructions.
4. The student-athlete and/or individual the student-athlete has been discharged to will be provided with written home instructions (attachment B)
5. The student-athlete will continue to be evaluated and monitored for recurrence of symptoms from physical and mental exertion, such as reading, texting, computer games, watching film, athletic meetings, working on a computer, classroom work, taking a test, etc.
6. Student-athletes with continued symptoms will be referred for further evaluation.
7. A concussion sustained as a result of a non-athletic related event will be managed in the same manner had it occurred as a result of an athletic event.
8. Texas Lutheran University and its medical and athletic training staff hold the right to temporarily or permanently disqualify a student-athlete from participation in intercollegiate athletics at Texas Lutheran University.

**Return to Play**

1. Final authority for return to play shall reside with the team physician or team physician’s designee.
2. Each student-athlete will follow a progressive return to play protocol that will not begin until the student-athlete is asymptomatic for 24 hours.
3. The return to play protocol can be altered based on duration of symptoms, number of concussions, timing of concussions, as well as other factors.
4. The basic progression for return to play is as follows
	1. Asymptomatic period
	2. Light aerobic exercise ie, bike, walking on treadmill, etc.
	3. Sport specific exercise without head impact
	4. Non contact practice with progressive resistance training
	5. Unrestricted training
	6. Return to competition

**Return to Learn**

1. Student-athletes initial ability to return to classroom instruction will be based upon input from the athletic training staff.
2. The Office of Student Life and Learning will be consulted regarding accommodations and a student-athletes ability to attend class and complete assignments or homework.
3. Student-athletes will be withheld from classes the day a concussion is sustained.
4. Student-athletes will be allowed to attend class and complete assignments as tolerated without an increase in symptoms.
5. A gradual increase in cognitive workload will be allowed as tolerated by the student-athlete.
6. Student-athletes with continued symptoms (beyond two weeks) may receive extended accommodations based on the joint decision from but not limited to the following individuals.
	1. Athletic trainer
	2. Team Physician
	3. University psychologist or counselor
	4. University professors
	5. University administrators
7. Student-athletes who experience increased symptoms with minimal cognitive workload may be referred to a physician for further evaluation.

**Reducing Risk of Head Trauma**

1. The athletic training staff will be empowered to determine management and return to play of any ill or injured student-athlete.
2. The athletic training staff and other allied healthcare providers (ie. Physician, physician assistant, etc) will practice within the standards as established for their professional practice.
3. Texas Lutheran University will have on file a written concussion management plan that outlines the roles of the healthcare staff.
4. The coaching staff will take a safety first approach to sport.
5. The coaching staff will adhere to established guidelines for contact within the sport of football.
6. The coaching staff will minimize unnecessary head and bodily impacts within all sports.
7. The coaching staff will adhere to and teach proper technique within each individual sport.
8. The coaching staff will encourage safe play within each individual sport.
9. The coaching staff will emphasize that purposeful or flagrant head or neck contact in any sport should not be permitted.
10. During competition injuries occurring on the field of play will be under the purview of the official and rules of the sport. These rules will be followed and medical situations will be attended within the context of these rules.
11. Student-athletes from other universities will be managed in the same manner as a student-athlete from Texas Lutheran University.
12. Conflicts about concussion recognition, diagnosis, or management will be forwarded to the Head Athletic Trainer or Director of Sports Medicine for remediation.
13. The athletic training staff will document the incident, evaluation, continued management, and clearance of the student-athlete with a concussion.

Approved by: \_\_\_\_\_ \_\_\_\_\_\_\_\_ Director of Sports Medicine

 David Starch, M.D.

Approved by: \_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_ Head Athletic Trainer

 Matt Matocha, LAT, ATC

**Texas Lutheran University
Athletic Training**

**Concussion, Injury, and Illness Acknowledgement and Assumption of Risk in Intercollegiate Athletics**

I,  , acknowledge that I have to be an active participant in my own healthcare. As such, I have the direct responsibility for reporting all of my injuries and illnesses to the sports medicine staff of my institution (e.g., team physician, athletic training staff). I recognize that my true physical condition is dependent upon an accurate medical history and a full disclosure of any symptoms, complaints, prior injuries and/or disabilities experienced. I hereby affirm that I have fully disclosed in writing any prior medical conditions and will also disclose any future conditions to the sports medicine staff at TLU.

I am also aware that playing, practicing or trying out in any sport can be a dangerous activity involving **MANY RISKS OF INJURY**. I understand that these dangers and risks include, but are not limited to, death; serious neck or spinal injuries, which may result in complete or partial paralysis; brain damage; serious injury to virtually all bones, joints, ligaments, muscles, tendons, and other aspects of the neuromusculoskeletal system; and serious injury or impairment to other aspects of my body, general health, and well-being. I understand that participation in athletic activity may also impair my future abilities to earn a living, to engage in other business, social, recreational activities, and generally enjoy life.

I further understand that there is a possibility that participation in my sport may result in a mild traumatic brain injury, concussion, or head injury. I have been provided with education on head injuries and understand the importance of immediately reporting symptoms of a these injuries to the athletic training staff.

**Signs and Symptoms** of a **mild traumatic brain injury or concussion** include but are not limited to the following:

*Headache, dizziness, nausea or vomiting, ringing in the ears, balance disruptions, amnesia,*

*feeling in a fog, feeling slowed down, decreased coordination, difficulty concentrating,*

*altered vision or hearing, sensitivity to noise or light, and fatigue*

By signing below, I acknowledge that Texas Lutheran University has provided me with specific educational materials on what a mild traumatic brain injury or concussion is and has given me an opportunity to ask questions about areas and issues that are not clear to me on this issue.

I, , have read the above and agree that the statements are accurate.

 Student-Athlete Name

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**Texas Lutheran University
Athletic Training**

**Concussion Patient information sheet**

You have had a concussion and need to be watched closely for the next several days until you have completely recovered. The following information is regarding your treatment and recovery.

**What is a concussion?** A concussion is a brain injury that is caused by a blow to the head or body. A concussion can change the way your brain normally works. It can range from mild to severe and presents itself differently for each athlete. **A concussion can happen even if you do not lose consciousness.**

**What are the symptoms of a concussion?** You can’t see a concussion, but you may notice some of the symptoms right away. Other symptoms can show up hours or days after the injury. Concussion symptoms may include:

* Amnesia • Sensitivity to light or noise
* Confusion • Nausea (feeling that you might vomit)
* Headache • Feeling sluggish, foggy or groggy
* Loss of consciousness • Feeling unusually irritable
* Balance problems or dizziness • Difficulty getting to sleep or disrupted sleep
* Double or fuzzy vision • Slowed reaction time
* Concentration or memory problems

(forgetting game plays, facts, meeting times)

**How do you recover from a concussion?** Your brain needs time to heal. Exercise or activities that involve a lot of concentration, such as studying, working on the computer, or playing video games may cause concussion symptoms (such as headache or tiredness) to reappear or get worse. **Until you completely recover from your concussion, you will be held from all athletic activity.**

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| It is OK to: | There is no need to: | **DO NOT:** |
| * Use Tylenol (acetaminophen)
* Use an ice pack on head/neck for comfort
* Eat a light meal
* Go to sleep
 | * Check eyes with a light
* Wake up every hour
* Stay in bed
 | * Drink Alcohol
* Eat spicy food
* Drive a car
* Use aspirin, Aleve, Advil or other NSAID products
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**WATCH FOR ANY OF THE FOLLOWING PROBLEMS:**

* Worsening headache
* Vomiting
* Decreased level of consciousness
* Dilated pupils
* Increased confusion
* Stumbling/loss of balance
* Weakness in one arm/leg
* Blurred vision
* Increased irritability

If any of these problems develop, call your athletic trainer or seek medical assistance.