

Notice of a suspected concussion

A concussion is a brain injury and needs to be taken seriously

You received this form because while participating in a sports-related activity, your child was involved in an incident and was pulled from the sports activity; signs and/or symptoms of concussion were reported. A concussion is a mild brain injury (mTBI) that disrupts the way your brain functions. This document contains information that your doctor will find helpful in his/her evaluation of your child for concussion, and their ability to return to sports activity.

This section is to be completed by the coach. Date: _____ Sports Activity: _____
Coach's description of the incident that caused suspicion that a concussion might be present: _____

What were the initial signs of concussion observed at the time of the incident? _____
Did the child report any symptoms at the time of the incident? If yes, what symptoms? _____

Section to be completed by parent(s):

What should you do now?

- Observe your child for any signs of concussion.
- Ask your child how he/she is feeling.
- Use the symptom chart on the back of this form to record any symptoms reported by your child.
- Do not leave your child home alone for at least 24 hours.
- Allow your child to sleep. While your child is sleeping check on him/her with a gentle nudge to be certain he/she is responsive. Note: You do not need to wake your child to check on him/her.

IMPORTANT: Call the doctor or go to the emergency room if symptoms worsen.

This may be a sign of deteriorating neurological functioning. Examples: speech becomes slurred; child becomes confused/disoriented; child begins vomiting; child is unresponsive.

STOP ANY ACTIVITY THAT CAUSES SYMPTOMS TO WORSEN

Answer the following questions:

1. Has the child reported any symptoms on the day of the incident or any days after? YES NO If yes, use the Symptom Chart on the following page.
2. Have you, the parent or guardian, observed any signs of concussion? If yes, what did you observe? _____
3. Was the child taken to the emergency department? If yes, how long after the incident was he/she seen by the emergency physician? _____
4. Did the child receive any diagnostic tests such as a CT or MRI scan in the emergency department? If yes, which tests? _____
5. If the child did not go to the emergency department, describe the child's behavior and activities following the incident and up until today: _____

6. Was the child given any medication following the incident? YES NO If yes, list medications: _____
7. Has the child ever been diagnosed with a concussion in the past? If yes, when? _____
8. Does the child have an IEP or 504 Plan? YES NO

About imaging: A concussion will not show on a CT or MRI because they do not show damage or changes on a cellular level. CT and MRI scans will show structural damage like a fractured skull or a bleed in the brain. Emergency department physicians are cautious about exposing children to radiation and will typically request a CT scan only in cases of deteriorating neurological functioning.

SYMPTOM CHART

Record any symptoms you child reports on the chart below and bring this Notice with you to your doctor visit; the information you record will be helpful to the doctor for diagnosis, treatment, and management of concussion.

Use a scale of 0 through 6 with 0 = not reported and 6 = symptom is severe

Symptom	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Headache														
Pressure in head														
Neck pain														
Nausea or vomiting														
Dizziness														
Blurred vision														
Sensitivity to light														
Sensitivity to sound/noise														
Feeling slowed down														
Feeling like "in a fog"														
Don't feel right														
Difficulty concentrating														
Difficulty remembering														
Fatigue or low energy														
Confusion														
Drowsiness														
Trouble falling asleep														
More emotional														
Irritability														
Sadness														
Nervous or anxious														