



# Aledo ISD Concussion Protocol

Presented by:

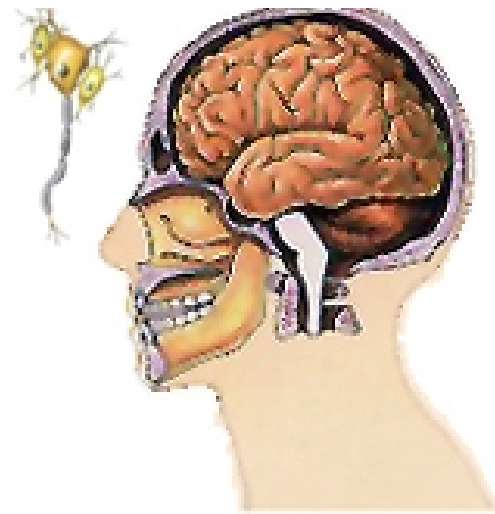
Tim Buchanan, Athletic Director

Troy Little, Head Athletic Trainer

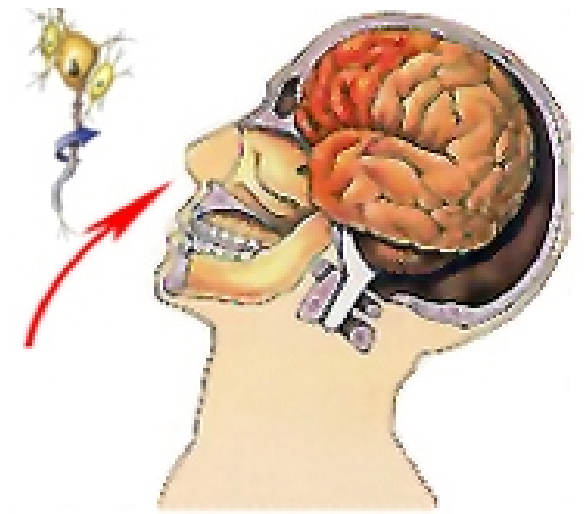
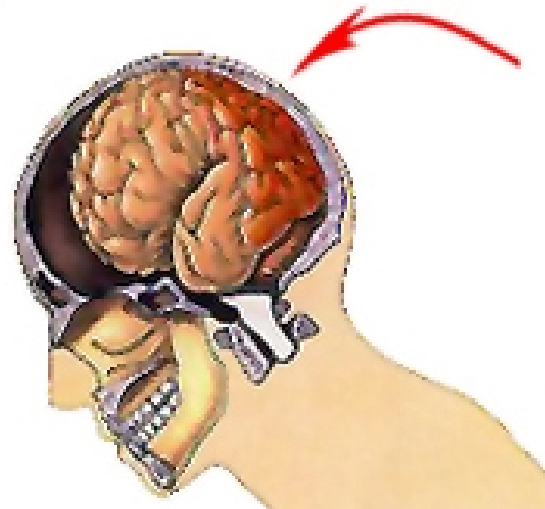
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## Definition of a Concussion

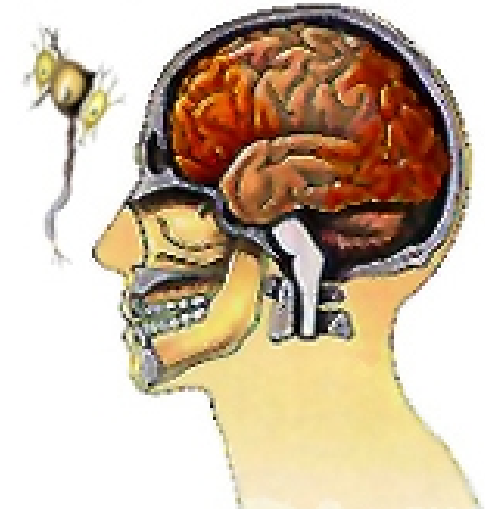
- NATA: trauma-induced alteration in mental status that may or may not involve loss of consciousness.
- TEC: complex pathophysiological process affecting the brain caused by a traumatic physical force or impact to the head or body, which may:
  - Include temporary or prolonged altered brain function resulting in physical, cognitive, or emotional symptoms or altered sleep patterns; and
  - Involve loss of consciousness.



Secondary impact: Contre-coup



Post-injury



# Signs and Symptoms of Concussion

- Observed by parents, friends, teachers and coaches
- Dazed or stunned
- Confused about what to do/forgets plays
- Unsure of game, score or opponent
- Moves clumsily
- Answers questions slowly
- Behavior or personality changes
- Reported by athlete
- Headache
- Nausea
- Balance problems or dizziness
- Blurry vision
- Sensitivity to light and/or noise
- Feeling sluggish, groggy, slow
- Concentration or memory problems

# What Happens When a Concussion Happens?

- According to TEC section 38.156 a student “shall be removed from an interscholastic athletics practice or competition immediately if one of the following persons believes the student might have sustained a concussion:
  - A coach;
  - A physician;
  - A licensed health care professional (AT);
  - The student’s parent or guardian or another person with legal authority to make medical decisions for the student.”

# When Does the Athlete Return to Play?

- According to the TEC section 38.157, “a student removed from an interscholastic athletics practice or competition may not be permitted to practice or compete again following the force or impact believed to have caused the concussion until:
  - The student has been evaluated by a treating physician;
  - The student has successfully completed each requirement of the return-to-play protocol;
  - The treating physician has provided a written statement indicating safe return to play;
  - The student, parent/guardian, and person in charge of the RTP have signed a consent form indicating a safe return to play.”

# Aledo ISD Concussion Protocol

- Prior to beginning participation in athletics, all athletes and parents are required to sign a UIL Concussion Acknowledgement Form (see packet).
- All Aledo ISD coaches are required to attend two hours of concussion continuing education training every two years and submit proof to Troy Little.
- Several teams are put through baseline ImPACT concussion testing prior to season in order to have accurate individual numbers.
  - Immediate Post-Concussion Assessment and Cognitive Testing
  - Measures attention span, working memory, sustained and selective attention time, response variability, non-verbal problem solving and reaction time.

# An Athlete is Suspected of a Concussion...

- Can be seen first hand in game or practice by the AT
  - Athlete is pulled from participation and questioned on mental status;
  - Balance, memory and vision tests on the field are performed;
  - Athlete is closely monitored for new or worsening symptoms.
- Can also be reported by
  - Hosting school's AT
  - Athlete's coach
  - Campus nurse
  - Parent/guardian
- Once off the field or when initially evaluated, SCAT 3 symptom tracking sheet is completed (see packet).
- Sent home with Concussion Home Care sheet and protocol explained to parent/guardian(see packet).

# An Athlete is Suspected of a Concussion...

- SCAT 3 symptom form is completed on a daily basis.
- Teacher contact with possible modifications is sent to all teachers, principals, counselor, head coach, nurse and parent (see packet).
- Once symptom free, athlete will take ImPACT online test.
- Scores are sent to Dr. Matthew Stine for interpretation.
  - Passing scores or similar to an athlete's baseline test allow for start of return to play protocol.
  - Failing scores require administration of the test again in 48-72 hours.



# Return to Play Protocol

- Day One: Recumbent Bike for 20 minutes.
  - Day Two: One Mile on Track or 10 minute Jog in gym.
  - Day Three: Non-Contact Drills/Weight Lifting
  - Day Four: Full Practice
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- If symptoms arise during any of these steps, Return to Play Protocol is stopped until symptoms resolve and then started over from the beginning.

# Final Clearance

- Before athlete is returned to competition with sport, must be cleared by a treating physician and receive written clearance (see packet).
  - Can choose own physician or be referred to Dr. Matthew Stine, team physician.
- Parent must sign UIL Return to Play Form (see packet).

# Aledo ISD By the Numbers...

2013-2014

Campus/Gender	# of Concussions
MS Male	14/330
MS Female	2/321
HS Male	6/422
HS Female	9/292
<b>Total Athletes</b>	<b>1364</b>

Sport	# of Concussions
Football	17
Basketball	5
Soccer	2
Non-School Related	7
<b>Total Concussions</b>	<b>31 (2%)</b>

2014-2015

Campus/Gender	# of Concussions
MS Male	19/311
MS Female	11/267
HS Male	14/400
HS Female	10/289
<b>Total Athletes</b>	<b>1267</b>

Sport	# of Concussions
Football	28
Basketball	3
Soccer	2
Non-School Related	21
<b>Total Concussions</b>	<b>54 (4%)</b>

# Aledo ISD By the Numbers...

2015-2016 (as of Feb. 1<sup>st</sup>)

Campus/Gender	# of Concussions
MS Male	8/326
MS Female	7/268
HS Male	19/451
HS Female	10/306
<b>Total Athletes</b>	<b>1351</b>

Sport	# of Concussions
Football	22
Basketball	3
Baseball/Softball	2
Volleyball	3
Non-School Related	14
<b>Total Concussions</b>	<b>44 (3%)</b>

# Resources

- NATA Position Statement: Management of Sport Concussions, 2014
- Texas Education Code Chapter 38, Sub Chapter D
- UIL Implementation Information for Chapter 38, Sub Chapter D of the Texas Education Code
- House Bill 2038, Natasha's Law
- Aledo ISD Concussion Management Protocol