

Fallbrook High Sports Medicine

Athlete Care

First 24 hours:

When bringing your child home after a concussion is sustained, it is important that you monitor their symptoms. Each concussion is unique and may cause multiple symptoms. Some symptoms will appear immediately, while others may develop over the following days or weeks. Symptoms may be subtle and are often difficult to fully recognize. On the backside of this sheet you will find a symptom scale. Keep in mind that athletes may complain of any or all of the symptoms listed. Please use this sheet to help gauge whether they're feeling better or worse. Initially, you might need to monitor the athlete more frequently as their symptoms might be unstable. As a general rule, the less an athlete does, the better they will feel. Lastly, remember that the only time the brain is truly resting is when it is asleep.

RED FLAGS: Go to the emergency room immediately if symptoms appear to be getting worse, or they experience any of the following:

Headaches that worsen	Loss of consciousness	Inability to recognize people/places
Can't be woken up	Increasing confusion	Slurred speech
Trouble using arms or legs	Unusual behavior changes	
Repeated vomiting	Fluctuating level of consciousness	
Seizures/convulsions		

It is okay to:

Use acetaminophen (Tylenol) for headache
Eat a light balanced diet and drink plenty of water

Return to school (when able to tolerate 30 min of mental exertion)
Use an ice pack as needed for comfort
Rest and go to sleep

There is NO need to:

Check eyes with flashlight
Wake up every hour

Test reflexes
Stay in bed

Do not:

Take ibuprofen, aspirin, Aleve, Motrin, Advil or other anti-inflammatories
Leave athlete alone without responsible adult
Consume large amounts of sugar

Drive until medically cleared
Drink caffeine or other stimulants
Consume alcohol

Engage in activities that increase symptoms such as: TV, texting, video games, computer screens, etc.
Everyone is different, but if it increases symptoms, it should be avoided

Engage in physical activity until cleared

Please remind your son/daughter to report to the athletic training room the next day that they are at school or practice for a follow up evaluation and continued care. According to CIF guidelines, no athlete can return to play until they are asymptomatic, have completed a full return to play protocol monitored by the athletic trainer and have been cleared by a doctor. Attached is a doctor referral/clearance note and a return to play checklist of steps that need to be taken for the student athlete to return to athletic participation.

Please feel free to contact the athletic trainer with any questions you may have. Cassie Nichols, MS, ATC can be reached at (707) 599-7260 or via email cassandranichols@fuhsd.net

Symptom Evaluation

The student athlete should score themselves on the following symptoms based on how they feel right now and compare it to their symptoms at diagnosis.

Total number of symptoms (at diagnosis): _____

Total symptom severity (at diagnosis): _____

	None	Mild	Mild	Moderate	Moderate	Severe	Severe
Headache	0	1	2	3	4	5	6
Pressure in head	0	1	2	3	4	5	6
Neck pain	0	1	2	3	4	5	6
Nausea or vomiting	0	1	2	3	4	5	6
Dizziness	0	1	2	3	4	5	6
Blurred vision	0	1	2	3	4	5	6
Balance problems	0	1	2	3	4	5	6
Sensitivity to light	0	1	2	3	4	5	6
Sensitivity to noise	0	1	2	3	4	5	6
Feeling slowed down	0	1	2	3	4	5	6
Feeling like "in a fog"	0	1	2	3	4	5	6
Don't feel right	0	1	2	3	4	5	6
Difficulty concentrating	0	1	2	3	4	5	6
Difficulty remembering	0	1	2	3	4	5	6
Fatigue or low energy	0	1	2	3	4	5	6
Confusion	0	1	2	3	4	5	6
Drowsiness	0	1	2	3	4	5	6
Trouble falling asleep	0	1	2	3	4	5	6
Irritability	0	1	2	3	4	5	6
Sadness	0	1	2	3	4	5	6
Nervous or anxious	0	1	2	3	4	5	6

Total number of symptoms: _____

Total symptom severity: _____

Post-Concussion Return to Participation Checklist

1. Visit doctor for initial evaluation and get a note with diagnosis listed (next page)
2. Return doctors note to the athletic trainer
3. See athletic trainer on daily basis to monitor progress
4. Complete Return to Play Protocol through Step 6 (back page)
5. Return to doctor for final clearance for full contact (new doctor referral/clearance note from the athletic trainer)
6. Bring final clearance note to the athletic trainer