



## **SPECTRUM MEDICAL, INC**

### **HEAD INJURY INFORMATION FOR PARENTS**

As a parent, you are often in the best situation to determine if your child is experiencing signs and symptoms of a concussion. The following is information that can help you keep a close eye on your child's health.

The definition of a concussion continues to evolve as more knowledge is gained. It is a complex process affecting the brain due to direct or indirect forces to the head. The disturbance of brain function occurs from changes in the metabolic/chemical processes of the brain rather than a structural injury such as a "bruise". Even a "ding", or "getting your bell rung" can appear mild but can be serious.

### **CONCUSSION SYMPTOMS**

#### **PHYSICAL SYMPTOMS:**

- ✓ Headache
- ✓ Nausea
- ✓ Vomiting
- ✓ Abnormality in Balance or Walking
- ✓ Vision Issues (Blurred Vision, Double Vision, Light Sensitivity)
- ✓ Persistent Ringing in Ears
- ✓ Loss of Appetite

#### **COGNITIVE SYMPTOMS:**

- ✓ Feeling Foggy, off, slow or out of it
- ✓ Feeling Down
- ✓ Difficulty Concentrating or Following Directions
- ✓ Amnesia

#### **EMOTIONAL SYMPTOMS:**

- ✓ Changes in personality or mood swings
- ✓ Emotion not matching situations
- ✓ Sleep Changes

#### **DANGER SIGNS:**

- ✓ One pupil larger than the other
- ✓ Is Drowsy or cannot be awakened
- ✓ A Headache that not only does not diminish, but gets worse
- ✓ Weakness, numbness, or decreased coordination
- ✓ Repeated vomiting or nausea

#### **TREATMENT AT HOME:**

- ✓ Keep your child in a quiet, dark or dimly lit room.
- ✓ Do not allow reading or use of TV, computer, video games, cell phones, or radios.
- ✓ Keep a close eye on your child for the first two hours at home, then every couple of hours through remainder of the evening and night. During sleep, observe breathing and look for unusual restlessness or movement patterns.
- ✓ Only give acetaminophen for headache or other pain. Do not give medication for nausea or additional pain medication.

#### **WHEN DO I TAKE MY CHILD TO THE EMERGENCY ROOM (ER)?**

You will need to visit the closest ER room if the symptoms are worsening, the headache can't be controlled with acetaminophen, there is recurring vomiting and speech difficulty arises. Also, look for unusual eye movements, increasing confusion, balance issues or shaking, like with a seizure. Don't forget, you can also call 911 if you are unable to travel to the ER yourself.

#### **EVALUATION BY A HEALTHCARE PROVIDER**

There should be a follow-up with the athletic trainer or team physician the next day after the athlete has awakened and you have seen and spoken with them. If symptoms other than a headache persist the following day, then the athlete should be evaluated by a medical healthcare provider that is trained to handle concussions.