



# ST. VRAIN VALLEY SCHOOL DISTRICT CONCUSSION EDUCATION

## Concussion Education for Staff and Parents

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# Objectives

- Basic Understanding of a Traumatic Brain Injury (TBI)/Concussion
- Recognition of Signs & Symptoms associated with a concussion
- Understanding where you can access information related to concussions

# Definition of Concussion/TBI

- A concussion, or traumatic brain injury (TBI)
  - CDE Definition: “an acquired injury to the brain caused by an external physical force, resulting in total or partial functional disability...that adversely affects a child's educational performance
  - a concussion (mild form of TBI) may or may not result in loss of consciousness (LOC is less than one minute)
  - Most TBI's effect the 'software' or processes of the brain and not the 'hardware' or structure of the brain
- TBI's result in a constellation of symptoms:
  - physical, cognitive, emotional and sleep-related.
- Duration of symptoms:
  - Variable, may last for as short as several minutes or as long as several days, weeks, months or even longer.

# Signs observed by staff, parents, or reported by students fall into four categories:

- Physical
  - Headache
  - fatigue
  - Dizziness
  - Sensitivity to light and/or noise
  - Nausea
  - Balance problems
- Emotional
  - Irritability
  - Sadness
  - Difficulty regulating emotions
  - Nervousness
- Cognitive
  - Difficulty remembering
  - Difficulty concentrating
  - Feeling slowed down
  - Feeling mentally foggy
- Sleep
  - Drowsiness
  - Sleeping less than usual
  - Sleeping more than usual
  - Trouble falling asleep

# Skills/processes commonly seen affected in the classroom with students who have TBI's:

- New Learning-ability to learn new info is more difficult
- Memory-words, facts, procedures, and skills
- Attention-sustaining attention for a class
- Initiation-ability to start on a task
- Mental Flexibility-shift between thoughts/tasks
- Organization-organize tasks and thoughts
- Processing Speed-ability to take in and process info quickly
- Sensory Processing-under or over stimulation to light, sound, touch
- Social/Emotional-regulate emotions and social skills

# Increased Risks if not properly identified and managed

- Symptoms may take significantly longer to resolve.
- Athletes are more likely to be re-injured.
- Academics will suffer: students will likely experience a decrease in assignment grades, tests grades, standardized test scores i.e. SAT/ACT.



# Roles For School Staff & Parents

- Coach - Sports related - Call On-Call District Nurse
- Parents - Contact Counselor/District Nurse/Communicate with Teachers
- District Nurse Consultant - Consult with School Staff/Parent/Physician - Individualized Health Plan - Health accommodations-monitor google apps
- School Counselor - Communicate with Parent/District Nurse/Teachers - use Google Apps
- School Psychologist - Resource/IEP/504/Accommodations
- Teachers - Communicate Counselor/Parents/District Nurse - provide/support accommodations in classroom-use google apps
- Physician -Communicate with Parent/District Nurse

# Outcomes

- Familiarity with concussion signs/symptoms is extremely important
- It is imperative to remember that each concussion needs to be dealt with on an individual basis and academic support is critical



# References

- Colorado Department of Education and Brain Injury Alliance-  
<http://cokidswithbraininjury.com>
- CDC - <http://www.cdc.gov/concussion>
- SVVSD Nurse Consultant Website -  
<http://www.stvrain.k12.co.us/departments/studentServices-/healthServices/>
- Prince William County High School Concussion Education  
14800 Joplin Road, Manassas, Virginia
- REAP-booklet can be downloaded at the bottom:  
<http://rockymountainhospitalforchildren.com/sports-medicine/concussion-management/reap-guidelines.htm>