



## **Presbyterian College Sports Medicine Department**

### **CONCUSSION / TRAUMATIC BRAIN INJURY PROTOCOL**

#### **INTRODUCTION**

The Presbyterian College Sports Medicine Department recognizes and acknowledges that concussions or traumatic brain injuries (TBI) need immediate attention. The NCAA Executive Committee has developed a consistent, association-wide approach to Concussion Management. It is the responsibility of all student-athletes to report injuries and illnesses to their Athletic Trainer.

A concussion is defined as a generally short-lived impairment of neurological function brought on by a traumatic force applied to the head or body.

Symptoms are usually rapid in onset, but of short duration and generally resolve spontaneously. It is usually a functional disturbance and not a structural one.

Loss of consciousness may or may not be involved. Exact recovery periods from these types of head injuries are uncertain and will often vary.

The Presbyterian College Sports Medicine staff adheres to all the NCAA Concussion Policies and Legislation set forth. All members of the Presbyterian College Sports Medicine staff will practice within the scope of their professional practice. The Presbyterian College Sports Medicine Staff in conjunction with our Team Physician will determine whether or not a concussion has occurred. The Team Physician will make the final determination of return-to-play once asymptomatic and post-exertion assessments are within normal limits.

#### **PRESEASON EDUCATION**

- All Presbyterian College student-athletes are required to sign a statement in which the student-athlete accepts the responsibility for reporting their injuries and illnesses to the Presbyterian College medical staff, including the signs and symptoms of concussions. Prior to any start to athletic activity each student-athlete is presented with the NCAA Student-Athlete

Concussion Fact Sheet. Once reviewed they are required to sign a statement of acknowledgement and understanding of the information provided.

- All football players will be required to sign the Helmet Warning Sheet at the start of each preseason.
- All Presbyterian College coaches, strength and conditioning coaches and sports medicine staff are required to watch a course video called “Heads Up”. This course is part of the Centers for Disease Control and Prevention Learning Center. A “course completion certificate” is kept on file on each participant. In addition, the previous stated athletic department personnel is presented with the NCAA Coaches Fact Sheet. Once reviewed they are required to sign a statement of acknowledgement and understanding of the information provided.
- Although sports currently have rules in place; all athletics staff, student-athletes, officials should continue to emphasize that purposeful or flagrant head or neck contact in any sport should not be permitted. At the start of each preseason official meetings are held with football to go over these rules and proper techniques of tackling.

### **PRE-PARTICIPATION BASELINE ASSESSMENT**

- Student-Athletes in sports with an increased risk of concussion (i.e. football, baseball, basketball, cheerleading, lacrosse, soccer, softball and volleyball) or with a pre-participation history of concussions (which may be identified during the participation physical examination) will undergo a Standardized Concussion Assessment Test (SCAT) prior to the first practice of the year. This test is performed one on one with each student-athlete. This test collects data that includes orientation, memory, concentration, balance tests (BESS) and delayed recall.
- This test is performed every 2 years unless a concussion is sustained. Once a student-athlete is diagnosed with a concussion, this assessment will be used to aid in the determination of when the Student-Athlete may return to participation. In addition these Student-Athletes will receive a new baseline assessment every year (or more if deemed necessary by the Team Physician).
- The Team Physician determines all pre-participation clearance(s).

## **ASSESSMENT OF POSSIBLE CONCUSSION – HALT OF PHYSICAL ACTIVITY**

### ***SIGNS AND SYMPTOMS OF A POSSIBLE CONCUSSION (including but not limited to):***

- Amnesia
  - Confusion
  - Headache
  - Balance Problems
  - Double or Fuzzy Vision
  - Nausea/Vomiting
  - Feeling irritable
  - Slowed Reaction Time
  - Loss of Consciousness
  - Dizziness
  - Sensitivity to Light or Noise
  - Feeling Sluggish or Foggy
  - Concentration or Memory Problems
  - Difficulty Sleeping
- When a Student-Athlete exhibits signs, symptoms or behavior consistent with a possible concussion, they shall be removed from practice or competition and evaluated by a Certified Athletic Trainer and/or the Team Physician.
  - The Student-Athlete will be evaluated and monitored for a minimum of 15 minutes to determine their status as it relates to being concussed.
  - Once a Student-Athlete has been diagnosed with a concussion, he or she shall be immediately removed from all physical activity for the remainder of the day. In addition, the Student-Athlete will not be allowed to participate in any academic activities. NO athlete suspected of having a concussion is permitted to return to play while symptomatic.
  - At the time of injury, a clinical evaluation is performed along with a SCAT 3.  
The Team Physician is then notified.
  - If the concussion occurs when away from campus, the Student-Athlete will be examined by a doctor of the host school and shall then have a follow-up examination by PC's Team Physician upon return.
  - After the initial clinical evaluation, the symptom checklist should be repeated and a follow-up with the Team Physician may be indicated.
  - Upon discharge, the Student-Athlete's caregiver (parent, guardian, roommate) will be provided with an Concussion Take Home Instruction sheet.

- A letter and/or phone call will be placed to the Academic Coordinator/Assistant Director for Compliance. They will in turn send a letter to the Student-Athlete's professors. It is also the Student-Athlete's responsibility to follow-up with their professors as far classes/assignments missed.
- First day post injury, the Student-Athlete should have a follow-up clinical evaluation and symptom checklist completed.
- Follow-up clinical evaluations and symptom checklists are completed daily until the athlete is asymptomatic.
- Once the Student-Athlete is asymptomatic, a complete post-injury SCAT (including BESS) is taken. This is compared to baseline.
- Once the above variables are met, another clinical evaluation is performed by the Team Physician. The Team Physician in turn directs the Presbyterian College Sports Medicine staff to initiate the Return To Play Guidelines.

### **EMERGENCY ACTION**

- Presbyterian College Sports Medicine personnel will execute the Presbyterian College Sports Medicine **Emergency Action Plan** for further medical care and/or transportation as deemed necessary. This may include injury to the neck and/or spine, head trauma, and/or severe concussion signs/symptoms. A detailed **Emergency Action Plan** is in place for each athletics venue.

### **RETURN TO PLAY GUIDELINES (RTP)**

- In order to be cleared for return to full participation, a Student-Athlete must go through each of the Stages outlined below. These commence after examination by the Team Physician.
- The Student-Athlete must complete each Stage without triggering symptoms, before proceeding to the next Stage.
- If the Student-Athlete exhibits concussion symptoms at any Stage, the Team Physician shall be informed and the Student-Athlete must return to Stage 1 and begin the progression again.

- The Athletic Trainer and the Team Physician will monitor the progression of the Student-Athlete through the Stages. The Presbyterian College Sports Medicine staff will use memory, concentration and balance techniques, along with other examinations deemed appropriate during their evaluations of the concussed Student-Athlete to determine how quickly the RTP progression is performed.
- Each Stage must be completed and a minimum of **ONE DAY** will be devoted to each Stage.

**Stage 1:** Rest as much as possible until asymptomatic (Physical and mental rest. Team Physicians may withhold student-athletes from class until asymptomatic)

**Stage 2:** Light aerobic exercise after asymptomatic for 24 hours (e.g. stationary bike)

**Stage 3:** Sport-specific exercise

**Stage 4:** Non-contact drills only. Start light resistance training.

**Stage 5:** Full contact practice after medical clearance from Team Physician

**Stage 6:** Return to competition

### **MULTIPLE CONCUSSIONS**

- Any Student Athlete that has multiple concussions while at Presbyterian College will be given ongoing monitoring, and his or her status will be determined on a case-by-case basis.
- **ALL DOCUMENTATION** pertaining to the Student-Athlete's concussion assessment will be included in the Student-Athlete's medical records.