

# Concussions – Information for Health Care Providers

A concussion is a brain injury. It can be caused by any blow to the head, face, neck or body that causes shaking or jarring of the brain inside the skull.

Concussions typically result in the rapid onset of neurological symptoms. However, some signs and symptoms of a concussion can evolve over a number of minutes, hours or days. Usually there is no loss of consciousness.

The symptoms may include one or more of the following:

Physical:	Cognitive:	Emotional:	Sleep:
Headache	Fogginess of thought	Irritability	Drowsiness
Nausea	Difficulty with concentration	Sadness	Sleeping more than usual
Vomiting	Difficulty with memory	Anxiety	Sleeping less than usual
Confusion	Forgetfulness	Emotional lability	Trouble falling asleep
Dizziness	Repeating questions		Trouble staying asleep
Balance problems	Answering questions slowly		
Visual problems			
Fatigue			
Light sensitivity			
Noise sensitivity			

Reference: Concussion Awareness Training Tool, 2020 <https://cattonline.com/medical-professional/> (retrieved January 9<sup>th</sup>, 2020).

## Red Flag Symptoms:

- Neck pain or tenderness
- Double vision
- Weakness or tingling in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness (knocked out)
- Deteriorating conscious state
- Vomiting more than once
- Increasingly restless, agitated or combative
- Growing confusion

If a patient experiences any of the “Red Flag” symptoms, this could be a sign of a more serious injury.

## Rowans Law

[Rowan's Law](#) imposes requirements to address concussion safety.

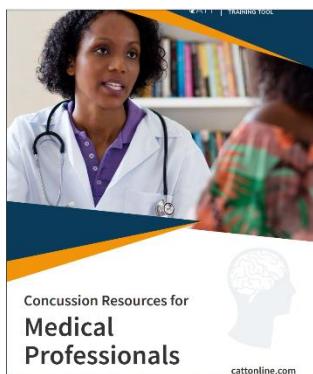
On July 1, 2019, new rules came into effect through *Rowan's Law*, to improve concussion safety in amateur competitive sport.

The Ministry of Education has a [concussion policy \(PPM 158\)](#) for school boards, school authorities and Provincial and Demonstration schools. This policy was updated by the Ministry of Education to be consistent with *Rowan's Law*, and new requirements for school boards will come into effect on January 31, 2020.

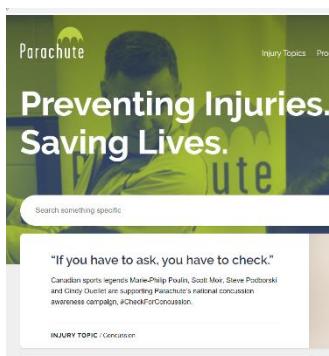
## Concussion Management

A concussion should only be diagnosed by a Physician or Nurse Practitioner. There are several resources available to assist medical professionals complete a thorough examination for concussion.

### Resources:



The [Concussion Awareness Training Tool \(CATT\)](#) is a series of online educational modules and resources with the goal of standardizing concussion recognition, diagnosis, treatment, and management.



Parachute Canada is a national injury prevention organization that focuses on the prevention of injury. The website provides a series of available [evidence-based concussion resources](#) for health care providers.



The Ontario Neurotrauma Foundation (ONF) works to prevent neurotrauma, and to ensure Ontarians with neurotrauma lead full, productive lives.

## School Resources:



Ontario Physical & Health Education Association (OPHEA) is a resource for school staff. OPHEA has created resources to assist with the implementation of The Ministry of Education's [\*\*Policy/Program Memorandum No. 158 \(2019\): School Board Policies on Concussion\*\*](#)

The Thames Valley District School Board (TVDSB) and the London District Catholic School Board (LDCSB) are required to follow legislative guidelines set out by PPM 158. Included in these guidelines is awareness of concussions and management. Both the TVDSB and LDCSB follow the OPHEA concussion guidelines for return to learn and return to activity.

\*When working with schools it is helpful to the school functioning to use board approved medical forms found here:



The medical assessment and clearance forms found on the [LDCSB website](#) and [TVDSB website](#) should be used during the management of all school age children & youth. The school boards require the use of these forms to be completed prior to a student returning to school and certain activities. The [C-6 form](#) 'Documentation of Medical Clearance' must be filled out by a Physician or Nurse Practitioner for full participation in non-contact physical activities and full contact practices.

## Other Resources:

- [Government of Ontario: Rowan's Law, Concussion Safety](#)
- [Holland Bloorview Concussion Centre](#)
- [McMaster University: CanChild \(Mild Traumatic Brain Injury/Concussion – Infants and Toddlers\)](#)
- [Ontario Brain Injury Association](#)
- [Parachute Canada \(National Injury Prevention Organization\)](#)

