



For the Hope and the How




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CONCUSSION
AND YOUTH:
It's More
Than Just a
Bump on the
Head



1.6 to 3.8 million
concussions each year in the
United States



A photograph of a person in mid-air, having slipped on a banana peel. The person is wearing a black t-shirt, red shorts, and blue sneakers. They are upside down, with their legs and arms flailing. A banana peel is visible on the ground near their feet. The background is a plain, light-colored wall and a dark surface.

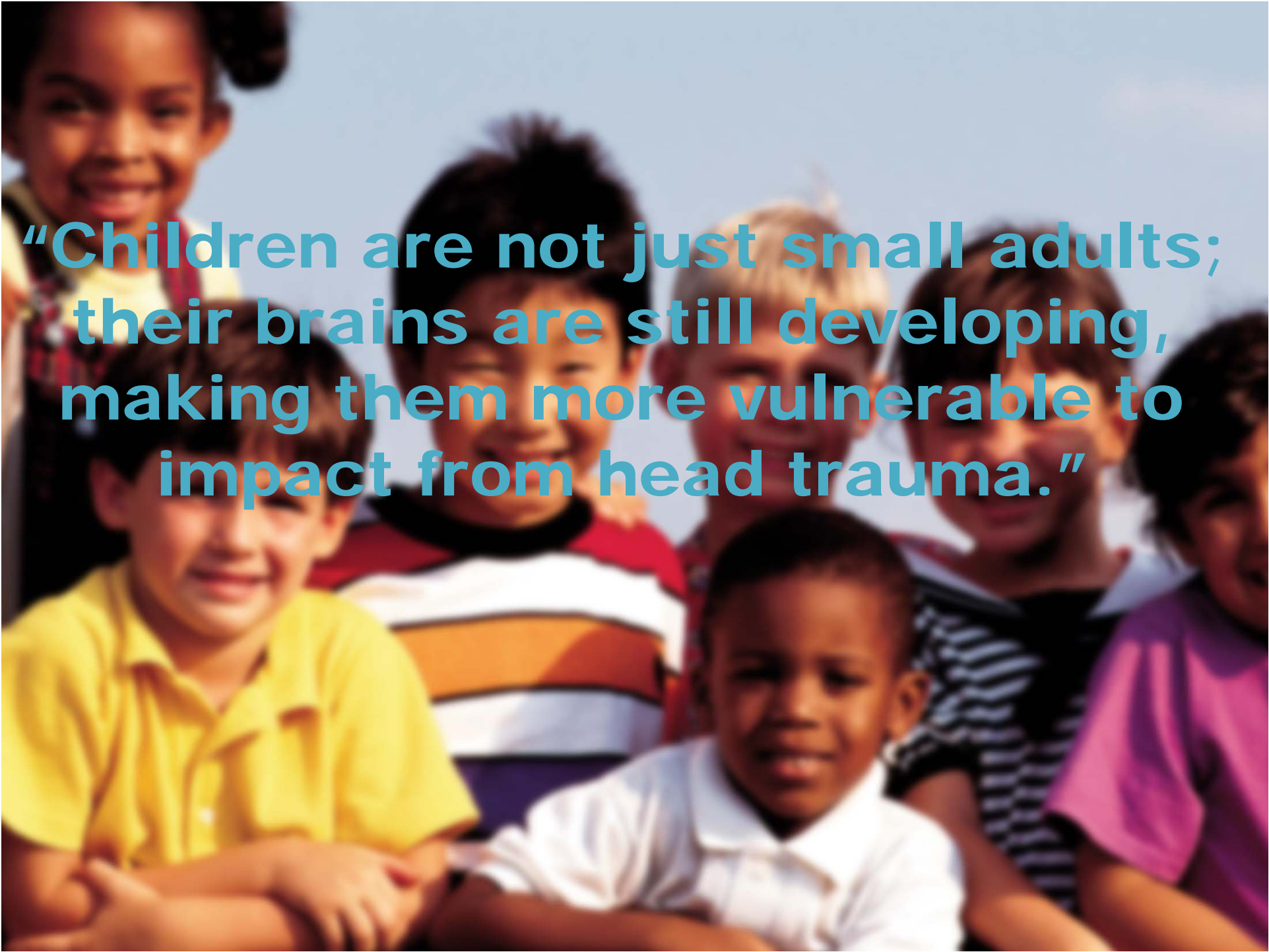
Falls, motor-vehicle
accidents, and assaults
are the most common
causes

20% are sports-related



A photograph of a male doctor in a white lab coat, blue shirt, and red patterned tie. He has a blue stethoscope around his neck and is sitting at a white desk with his hands clasped. On the desk are a clipboard with papers, a pen, and a pair of glasses. A gold watch is visible on his left wrist. The background is plain white. Overlaid on the image is blue text that reads: "It is a mild brain injury", "CT or MRI is almost always normal", and "Invisible injury".

It is a mild brain injury
CT or MRI is almost always normal
Invisible injury

A group of seven diverse young children are smiling and looking towards the camera. They are outdoors, with a clear blue sky in the background. The children are of various ethnicities and are dressed in casual clothing. The text is overlaid in the center of the image.

"Children are not just small adults;
their brains are still developing,
making them more vulnerable to
impact from head trauma."



What happens in a
concussion?

Physical Symptoms



사진 출처: 핀터레

Common Cognitive Symptoms

- Feeling 'dazed' or 'foggy' or 'fuzzy'
- Easily confused
- Slowed processing
- Easily distracted
- Memory problems
- Trouble organizing
- Poor mental stamina



Recovery Time



Emotional Symptoms



A close-up photograph of a person's face, slightly out of focus, holding a pair of thin-framed glasses. The person has dark hair and is wearing a red garment. The glasses are held up, showing the lenses and the bridge. The text "Vision Problems" is overlaid in a large, black, sans-serif font in the center of the image.

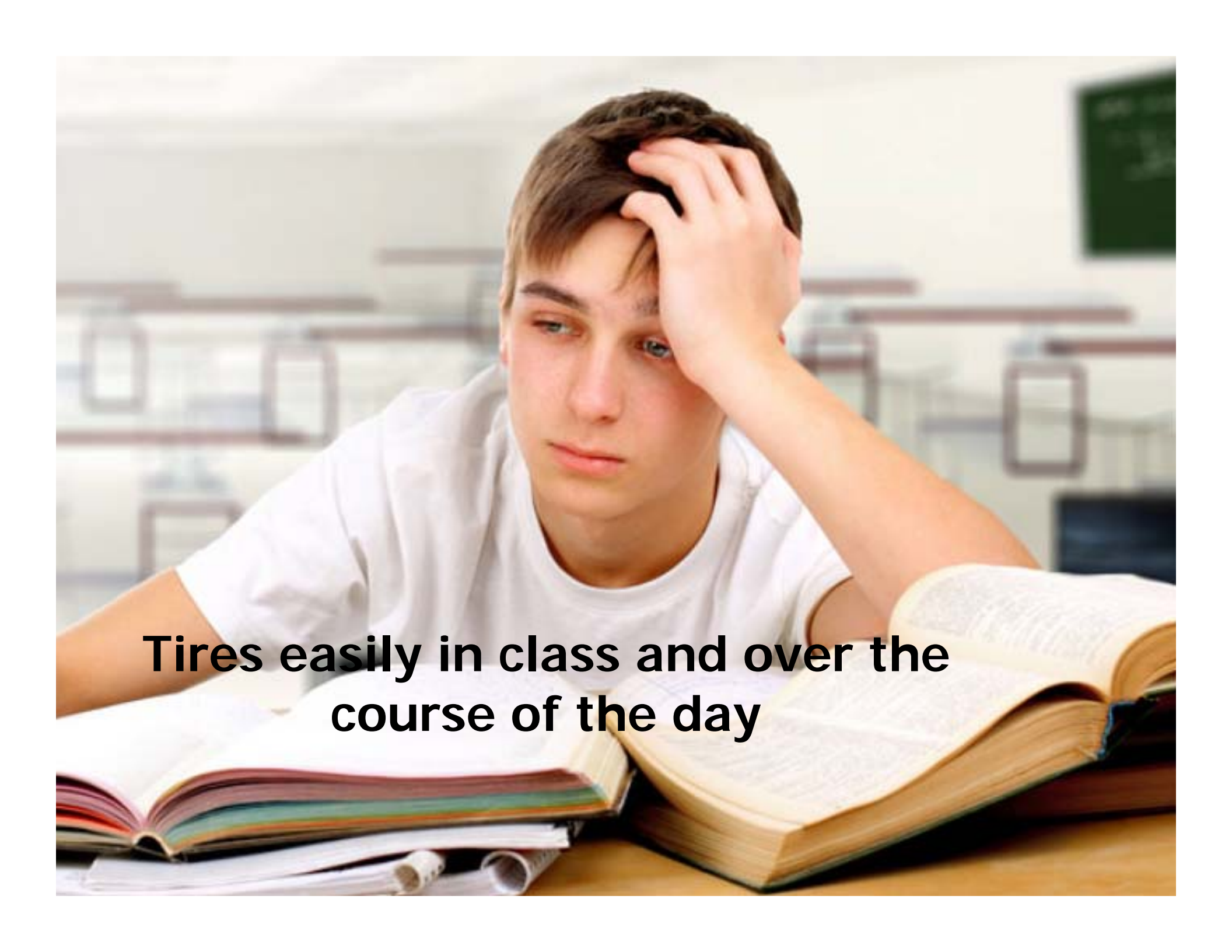
Vision Problems




■ Concussion in the Classroom



The concept of 'cognitive rest' was introduced with special reference to a child's need to limit exertion with activities of daily living and to *limit scholastic activities while still symptomatic*

A young man with brown hair and blue eyes, wearing a white t-shirt, is sitting at a wooden desk in a classroom. He has a weary expression, with his right hand pressed against his forehead. In front of him are two large, open textbooks. The background is a blurred classroom with rows of desks and a green chalkboard.

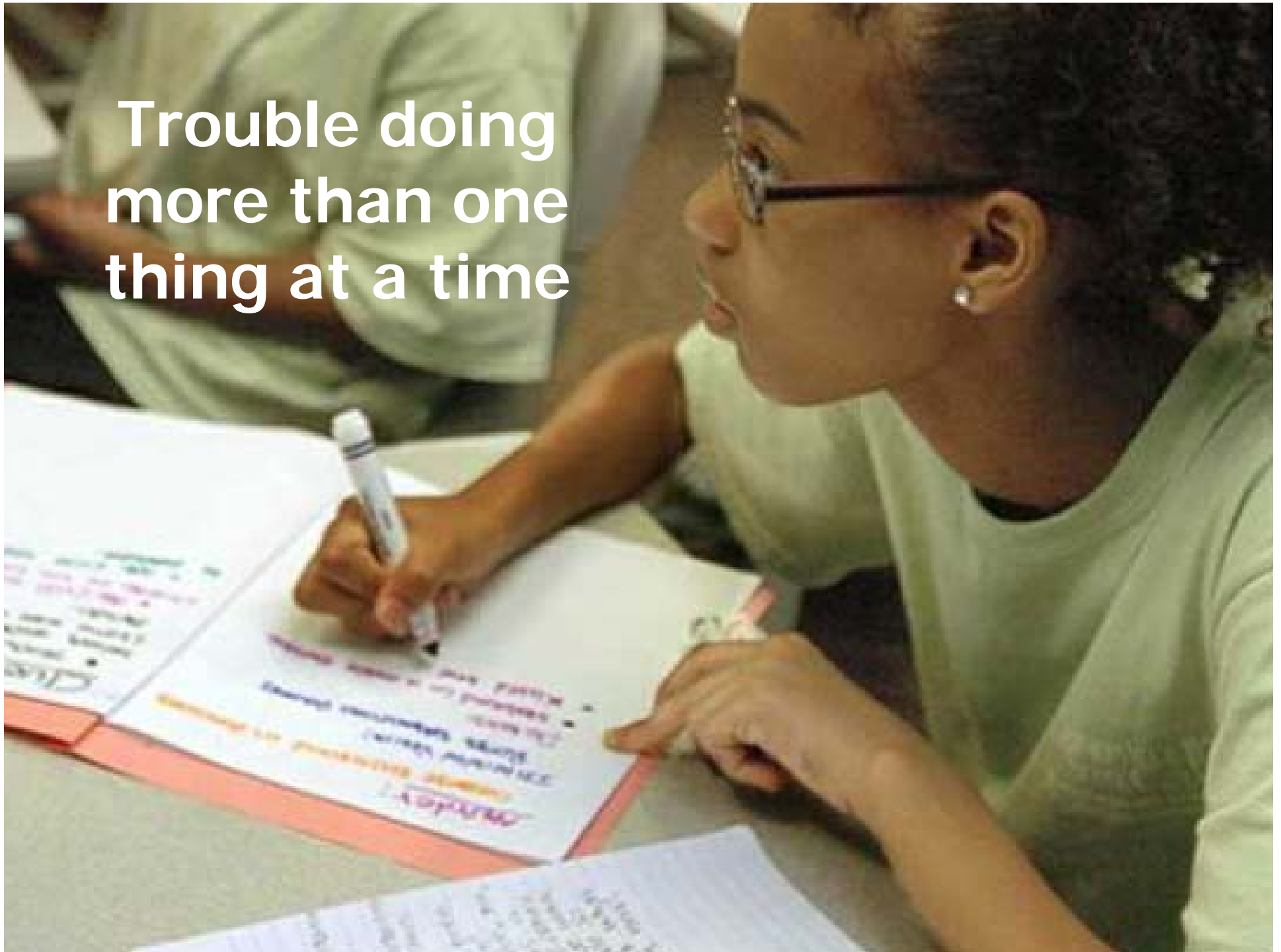
**Tires easily in class and over the
course of the day**



Bothered by bright or
fluorescent light



Trouble doing
more than one
thing at a time



Takes longer and more effort to
accomplish the same work

Concentration aggravates
symptoms

Clumsy in hallways or stairwells

Frequent visits to the nurse's office

Late or incomplete homework

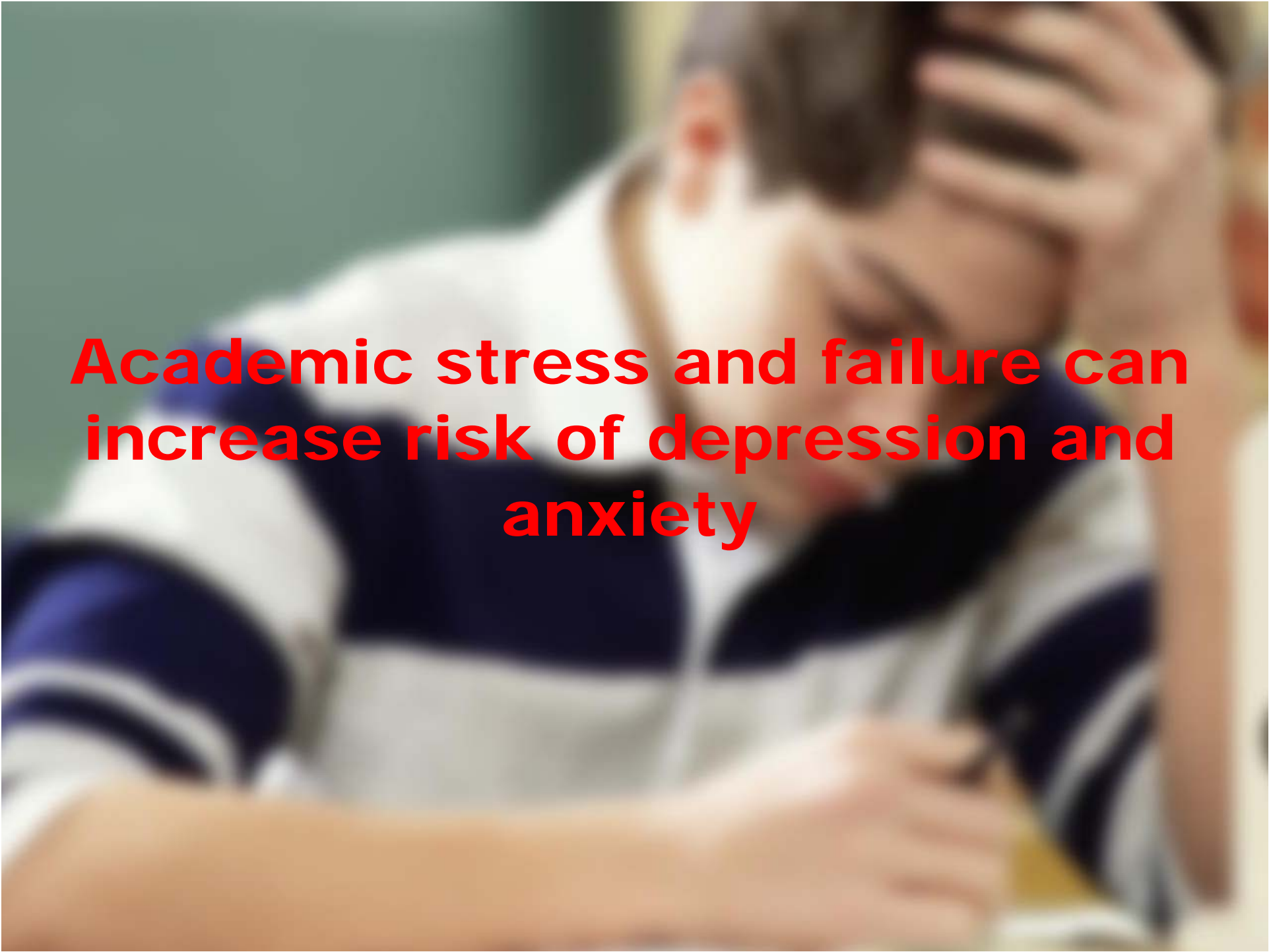




P.E. Accommodations

- **Avoid re-injury**
- **Avoid over-stimulation (noise and light)**
- **Minimize exertion at first, then increase activity gradually, as tolerated**
- **Don't substitute mental activity for physical activity !**

Physical education must be adapted to the physical needs of the student



Academic stress and failure can
increase risk of depression and
anxiety

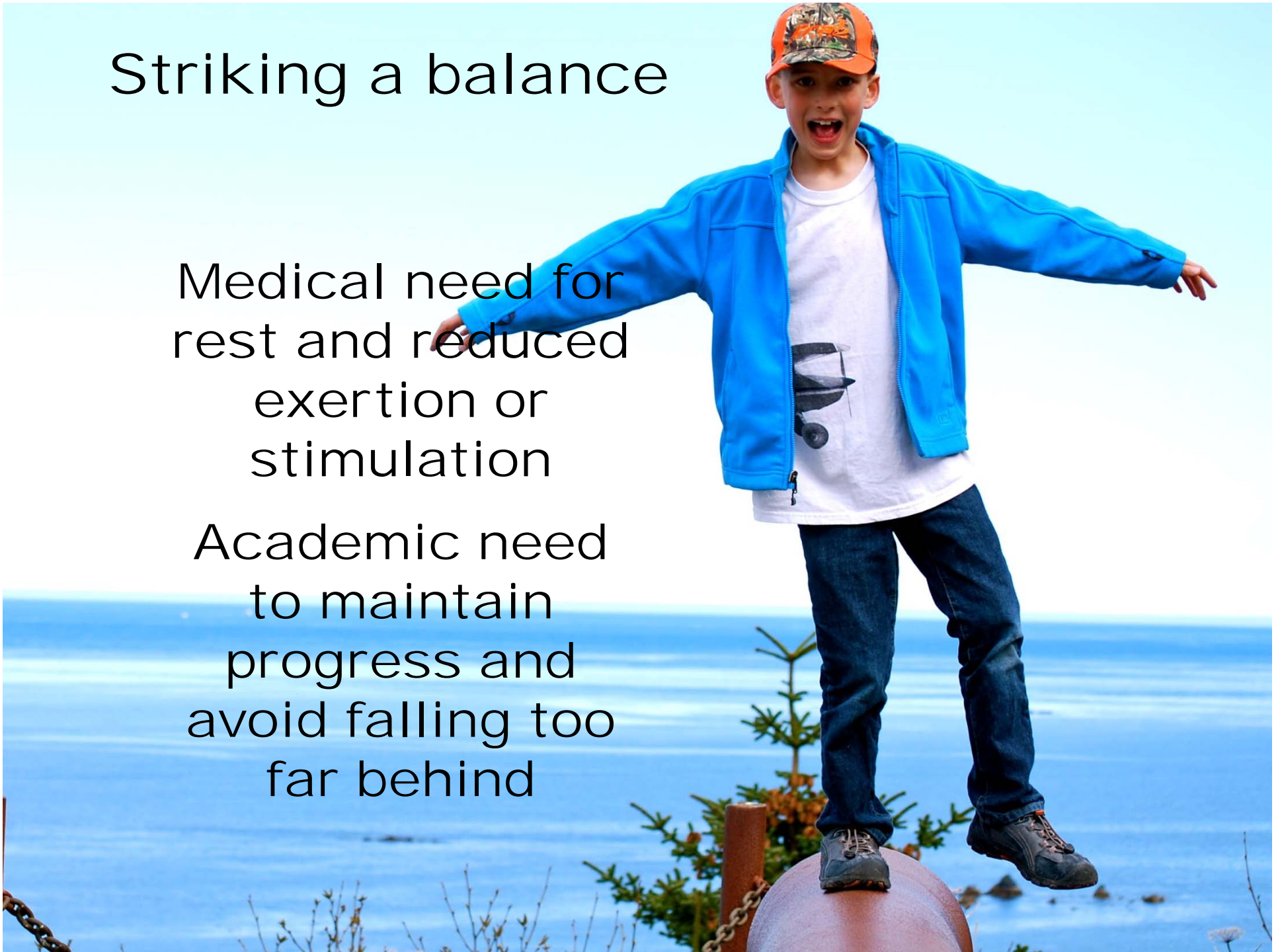


*Parents, school staff,
student and medical
professionals need to
work together !*

Striking a balance

Medical need for
rest and reduced
exertion or
stimulation

Academic need
to maintain
progress and
avoid falling too
far behind



Accommodation ideas



Post Concussive Disorder



A silhouette of a person in a crouched position, holding their head with one hand and their back with the other, suggesting physical pain or distress. The background is a gradient of blue and white, resembling a cloudy sky.

Pre-existing conditions
increase chances of PCD


Depression
Substance abuse
Previous concussions/TBI
Seizures
Pre existing Migraines



Guidelines for Return to School after Concussion

A photograph of a man and a young man sitting at a desk in a library, looking at a document. The man on the left is older, with thinning hair, wearing a grey patterned button-down shirt over a white t-shirt. He is pointing at the document with his right index finger. The young man on the right has dark hair and is wearing a white polo shirt with a red collar and purple trim on the sleeves. He is looking down at the document. In the background, there are shelves filled with colorful binders or books. A stack of papers is on the desk to the right.

Out of school at first if necessary,
and then gradual re-entry as
tolerated



Avoid re-injury in
sports, gym class and
crowded hallways or
stairwells

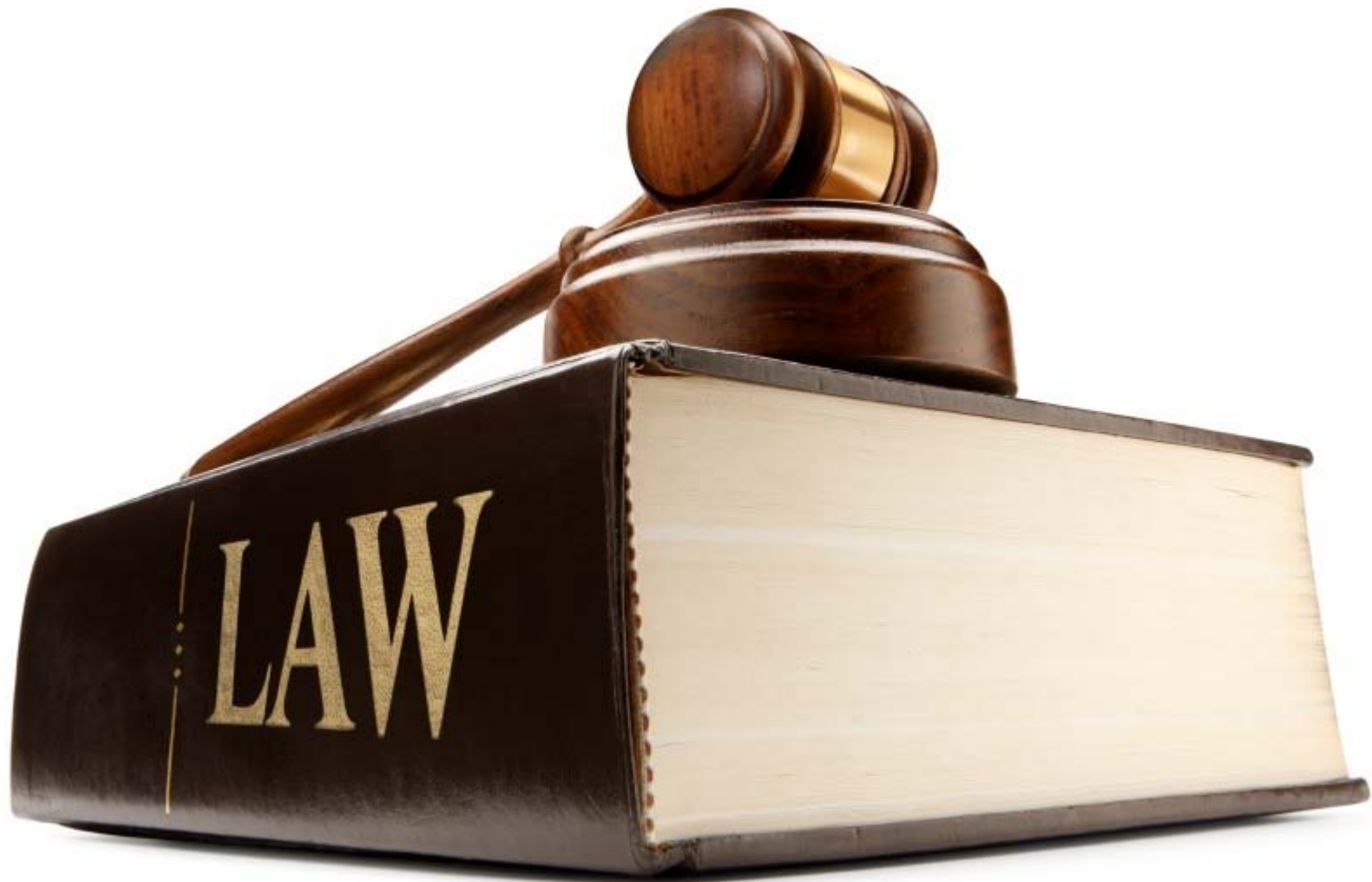


Neuropsychological/Testing

Test results can assist in
return-to-play decisions



The Concussion Management and Awareness Act: Chapter 496 of the Laws of 2011



Concussion Management and Awareness Act



Requirements of School Districts

School coach, physical education teacher, nurse, and athletic trainer will have to complete an approved course on concussion management

Specific Guidelines

1. School staff such as coaches and teachers will be trained on symptoms of MTBI
2. Information regarding cause, symptoms and signs
3. Signed consent forms will be necessary for children to participate in school sports
4. Immediate removal from activity of a student thought to have a concussion

Creating a wider safety net for all students in school



https://bianys.org/wp-content/uploads/2015/05/REAP-New-York_FINAL-REVISED.pdf



Membership organization of individuals with brain injury, family members, professionals, clinicians, providers and advocates

NYS affiliate of the Brain Injury Association of America (BIAA)

Statewide organization with a volunteer Board of Directors

WHAT WE OFFER:

- Family Help Line (800) 444-6443
- Family Advocacy, Counseling & Training Services Program (FACTS)
- Assistance with accessing support services (OPWDD and DOH waiver programs)
- Education/Training
- Support Groups
- Project LEARNet web site
- REAP
- Annual Conference and Professional Symposium



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