

St Anthony's School, Castlebar, Co.Mayo

Concussion Policy

The information in this policy is a set of recommendations based on up-to- date international best standards and official sporting guidelines. The information is educational and does not constitute medical advice. Medical advice should always take priority when dealing with a concussion.

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1.Purpose: The purpose of this policy is to provide information and guidance to all staff members who are placed in a situation where a pupil in their care has potentially suffered a concussion.

2.Review History: This policy is to be reviewed on an annual basis and documented dates for each review.

3.Persons Affected:

- a) Pupils
- b) Teaching Staff
- c) PE Teacher
- d) Nurse
- e) SNA's
- f) Ancillary Staff: Catering, Caretaking, Administration
- g) Visiting staff

4. Procedure Statement

Any person with a suspected concussion should be immediately removed from sports play or wherever it took place and should not return to activity until they are assessed medically. Parents, Nurse, Principal or staff on duty should be informed of injury. Person should not be left alone.

5. Definitions- Signs and Symptoms

What is Concussion?

Concussion is a mild traumatic brain injury due to a direct blow to the head, face or neck. It's a functional disturbance rather than a structural injury. It may or may not involve loss of consciousness.

SYMPTOMS: Presence of any one or more of the following may suggest concussion;

- Loss of consciousness
- Seizure or convulsion
- Balance Problems
- Nausea or Vomiting
- Drowsiness
- Irritability
- Fatigue or Low energy
- Confusion
- Headache
- Dizziness
- Lying motionless on ground/slow to get up.

6. Recognise and Remove

Head impacts can be associated with serious and potentially fatal brain injury. **The Concussion Recognition tool 5 (CRT5) Steps 1-4** is to be used for the identification of suspected concussion. It is not designed to diagnose concussion.

STEP 1: RED FLAGS- Call an Ambulance.

If any of the following are reported then the person should be removed from the play/game/activity immediately.

Call an ambulance for urgent medical attention

- Neck Pain
- Weakness or tingling/burning in arms or legs
- Increasingly restless, agitated or confused
- Severe or increasing headache
- Seizure or Convulsion
- Loss of Consciousness
- Deteriorating conscious state
- Vomiting

Remember

- The basic Principles of First Aid (ABC) should be followed.
- Assessment for Spinal Cord Injury is Critical.
- Do not attempt to move person other than airway support unless trained to do so.

STEP2: OBSERVATIONAL SIGNS:

- .Lying Motionless on ground
- .Slow to get up after a direct or indirect hit to head
- .Disorientation or confusion, or inability to respond appropriately to questions
- .Blank or vacant look
- .Facial injury after head trauma
- .Balance, gait difficulties, stumbling

STEP3: SYMPTOMS: SEE ABOVE IN **YELLOW**

STEP4: MEMORY ASSESSMENT: [Older than 12yrs]

.Failure to answer any of these questions [NB. modified appropriately for each pupil] correctly may suggest a concussion:

>Where are we today?

>What day is it?

>What is their name? >What school do you go to?

7. Staff Responsibilities

1. Every sports coaching staff/teacher to be given Concussion Recognition Tool 5 Sheet.
2. Any person suspected of having a concussion is immediately removed, assessed, supervised until medical care is sourced.
3. A medical incident report form to be completed by witness as soon as possible.
4. School Nurse to be informed promptly
5. Ensure parents/guardians are informed
6. P.E Teacher /Sports Coach to post all incidents/dates of concussion and suspected concussion on staff room notice board and inform school Nurse.

7.Meeting with Parents following a diagnosed concussion to discuss helping person to return to school. This should be tailored to each student's specific circumstances and should be designed through a collaborative team approach involving the students, family, health care provider, school staff, and social worker if needed. (see protocol for Return to Learn After a Concussion)

Students with a concussion may:

- Miss class time until they are cleared by a doctor
- Need to avoid physical education class or other physical activities
- Need extra time for instructions

- Need rest breaks
- Need more time to complete homework
- Need to wear sunglasses

8. Medical practitioner clearance certificate to be held by Principal and School Nurse and Sports co-ordinator given a copy.

9. Concussions occurring at away venues- staff on duty should contact host School Nurse (if present). Complete incident report form. Inform School Nurse and Principal on return to school.

8. Procedures:

All pupils suffering a concussion event or suspected concussive event will be entered into graduated return to play (GRTP) protocol and not allowed to return to participate until cleared by a Medical Practitioner. Recovery time depends on how long the symptoms last and personal history. Young people take longer to recover sometimes 14-28 days.

NB. Advise parent/guardian that their child receives medical assessment by a healthcare professional trained in concussion identification and management.

Treatment is usually physical and cognitive rest.

Signed:

Mary G. Falley School Nurse

Date: 11/11/24

Joe Turner Board of Management

Date: 04/11/2024

Dave Smy Principal

Date: 4/11/2024

Concussion Policy to be reviewed yearly.

Revised: October 2024

