Saint Anselm College

Concussion Management

I. Guidelines and procedures for coaches:
   A. CALL FOR AT IMMEDIATELY IF AVAILABLE; IF NOT AVAILABLE:
   B. RECOGNIZE, REMOVE, REFER
      1. Recognize concussion
         a. All coaches should become familiar with the signs and symptoms of concussion that are described in Section II.
         b. Very basic cognitive testing should be performed to determine cognitive deficits.
      2. Remove from activity
         a. If a coach suspects the athlete has sustained a concussion, the athlete should be removed from activity until evaluated medically.
         b. Any athlete who exhibits signs or symptoms of a concussion should be removed immediately, assessed, and should not be allowed to return to activity that day.
      3. Refer the athlete for medical evaluation.
         a. Coaches should report all head injuries to the AT (or to other healthcare professionals if the AT is not available), as soon as possible, for medical assessment and management, and for coordination of home instructions and follow-up care.
   C. The AT should be contacted as soon as possible.
      1. Coaches should seek assistance from the host site AT if at an away contest.
      2. If the AT is unavailable, or the athlete is injured at an away event, the coach is responsible for notifying the Saint Anselm College athletic training staff.
      3. This call should happen as soon as the person to make the call is not tied up taking care of this or another athlete. If there is any question about the status of the athlete, or if the athlete cannot be monitored appropriately, the athlete should be referred to the emergency department for evaluation a Saint Anselm College athletic training staff member should be notified immediately.
      4. The Coach or AT should insure that the athlete will be with a responsible individual, who is capable of monitoring the athlete and understanding the home care instructions, before allowing the athlete to be taken home. Home care instructions should be provided to the individual responsible for monitoring the athlete.
   D. Remind the athlete to report directly to the athletic training room, on the day he or she returns to school after the injury.
   E. Athletes with suspected head injuries should not be permitted to drive home.
II. FOLLOW-UP CARE OF THE ATHLETE DURING THE SCHOOL DAY:
Responsibilities of the Athletic Trainer
The athlete will be instructed to report to the athletic trainer upon his or her return to school. At that point, the athletic trainer will:
A. Re-evaluate the athlete.
B. Provide an individualized health care plan based on both the athlete’s current condition, and initial injury information provided by the AT or parent.
C. Notify Director of Health Services to coordinate academic issues with the ARC, student’s academic dean and teachers of the injury immediately.
D. AT will communicate with the athlete’s treating physician/provider then keep the other apprised of physician wishes.
E. If the Health Services receives notification of a student-athlete who has sustained a concussion from someone other than the AT (athlete’s parent, athlete, physician note), the AT should be notified as soon as possible, so that an appointment for cognitive testing can be made.
F. Monitor the athlete on a regular basis during the school day.
G. Advocate for and develop appropriate accommodations during recovery.

III. Common signs and symptoms of sports-related concussion.
A. Signs (observed by others):
   1. Athlete appears dazed or stunned
   2. Confusion (about assignment, plays, etc.)
   3. Forgets plays
   4. Unsure about game, score, opponent
   5. Moves clumsily (altered coordination)
   6. Balance problems
   7. Personality change
   8. Responds slowly to questions
   9. Forgets events prior to trauma
   10. Forgets events after the trauma
   11. Loss of consciousness (any duration)
B. Symptoms (reported by athlete):
   1. Headache
   2. Fatigue
   3. Nausea or vomiting
   4. Double vision, blurry vision
   5. Sensitive to light or noise
   6. Feels sluggish
   7. Feels “foggy”
   8. Problems concentrating
   9. Problems remembering

All sports are included in neurocognitive baseline testing, including ImPACT and SCAT5. The Sports Medicine Department, will work with campus departments regarding Return to Learn protocols as well.