

(I think) my child has a concussion: Now what? A guide for parents and caregivers

* The following tips are meant as a reference guide for parents. They are NOT intended to replace medical advice from a physician.

RED FLAGS – Go directly to an emergency department if at any time your child:

- Loses consciousness
- Vomits repeatedly (more than once)
- Is extremely drowsy (cannot be awakened)
- Is extremely confused (does not know familiar people, self, what year it is, etc.)
- Has a severe headache that starts very suddenly

Event/Timing	What do I do right now?	Whom do I contact	What do I do next?
Loss of consciousness at the time of concussion	<p>If the athlete does not regain consciousness, call 911.</p> <p>If the athlete regains consciousness and does not have evidence of a spinal injury, go to a hospital emergency department.</p>	<ul style="list-style-type: none"> • Emergency department 	<ul style="list-style-type: none"> • Make an appointment with your child's doctor or a physician who specializes in concussion management.
NO loss of consciousness at the time of concussion	<ul style="list-style-type: none"> • Remove the athlete from physical and cognitive activity. This includes school, sports, practices, chores, texting, computer/TV time and homework. • If the athlete is a teenager, do not allow him/her to drive. • Monitor for change in status for about 2 hours. (See 'red flags' listed at the top of this page.) • Allow as much sleep as needed. 	<ul style="list-style-type: none"> • Coach if needed – inform of concussion • School – inform of concussion, excuse student until seen by a doctor • Doctor – inform of concussion 	<ul style="list-style-type: none"> • Make an appointment with a primary care physician or doctor who specializes in concussion management. • Monitor child's symptoms for improvement/worsening.

Care instructions continued on back ...



Event/Timing	What do I do right now?	Whom do I contact	What do I do next?
After appointment with the doctor	<ul style="list-style-type: none"> Follow the doctor's recommendations. Monitor symptoms. If any activity worsens the symptoms, stop the activity and rest. Allow low levels of activity that don't worsen symptoms. 	<ul style="list-style-type: none"> Coach if needed – inform of doctor recommendations School – inform of concussion, excuse student until doctor OKs a return to school 	<ul style="list-style-type: none"> Monitor child's symptoms. Increase activity per doctor's recommendations (always gradually) until the athlete is back to normal activity without symptoms. Get clearance from doctor before allowing the athlete to return to school/sports.
If symptoms continue for 3 weeks or more	<ul style="list-style-type: none"> Monitor symptoms. If any activity worsens symptoms, stop the activity and rest. Allow low levels of activity that don't worsen symptoms. 	<ul style="list-style-type: none"> Doctor – follow up and keep informed of progress and lingering symptoms School/coach – keep informed 	<p>For more information:</p> <ul style="list-style-type: none"> Providence Sports Care Center: 503-962-1900 Go to www.providence.org/rehab and click on the "Forms & Information" link.

Keeping young athletes in the game



Providence offers free heart screenings for children and teens.

Free youth heart screenings

Chances are that your child's heart is healthy – and yet a small percentage of young people have hidden heart defects that put their lives at risk, especially during physical exertion.

Providence Heart and Vascular Institute offers a painless, noninvasive screening to check the heart health of young people 12 to 18 years of age. The screening includes: electrocardiogram (EKG), heart health questionnaire, blood pressure reading, and an echocardiogram, if needed.

Two screening locations:

West Portland
Providence St. Vincent Medical Center

East Portland
Providence Heart Clinic-Gateway

For information or an appointment, please call 503-216-6800 or visit www.PlaySmartGetScreened.org.



www.ProvidenceOregon.org/HealthyKids