

Concussion Management Guidelines

Symptoms Reported Athlete	Signs Observed by Others
Headache (especially one that increases in intensity*)	Appears dazed or stunned
Nausea and vomiting*	Confused about surroundings/environment
Balance Problems/problems walking	Moves clumsily
Dizziness	Answers questions slowly (long delay)
Sensitivity to light	Behavior or personality changes
Visual problems	Can't recall events prior to injury
Sensitivity to noise	Can't recall events after injury
Feeling "foggy" or "groggy"	Pupil size difference or unchanging dilation*
Trouble Concentrating	Slurred speech
Memory issues	Seizure*
Confusion	Decreased or irregular pulse or breathing*
Ringing in ears	
Fatigue/too much sleep	
Trouble sleeping	
Numbness or tingling sensation	
Significant mood changes	

* Seek immediate medical attention at the nearest emergency department.

The best guideline is to **note symptoms that worsen**, and behaviors that seem to represent a change. If you have any question or concern at all about the symptoms you are observing, contact your family physician for instructions, or seek medical attention at the closest emergency department. Otherwise, you can follow the instructions outlined below.

It is OK to:

- Use acetaminophen (Tylenol) for headaches
- Use ice pack on head & neck as needed for comfort
- Eat a light diet
- Go to sleep
- Rest (no strenuous activity or sports)

There is NO need to:

- Check eyes with a flashlight
- Wake up every hour
- Test reflexes
- Stay in bed

Do NOT:

- Drink alcohol
- Drive while symptomatic
- Exercise or lift weights
- Take ibuprofen, aspirin, naproxen or other non-steroidal anti-inflammatory medications

Remember: this is a brain injury!

Source: ImPACT Inc. (Michael Collins PhD, Mark Lovell PhD)

Post-injury ImPACT Neurocognitive Test

If you have taken an ImPACT Baseline Neurocognitive Test and you are experiencing any of the physical signs and symptoms listed above after 24-72 hours, contact the Concussion Clinic at Bethesda Hospital to take a Post-Injury test at the our facility. Evaluation of physical signs and symptoms **and** cognitive test results are important to determine concussion management. The Post-Injury test must be taken at Bethesda Hospital and may be taken as part of a scheduled visit with our physician and neuropsychologists or independently for use by your own physician. If taken independently, a fee for the post-test may apply.

To take the Post-Injury ImPACT test, call the Bethesda Hospital Concussion Clinic:

651-326-4323