

HOME CARE INSTRUCTIONS FOR A CONCUSSION

Name: _____ Date: _____ Time: _____

Dear Parent/Guardian,

Your child has suffered a concussion during athletic participation. Based upon my initial evaluation, I am issuing the following recommendations. Your son/daughter can be monitored at home with the follow instructions:

GO TO THE EMERGENCY ROOM IMMEDIATELY IF YOUR CHILD DEVELOPS ANY OF THE FOLLOWING SYMPTOMS:

- Increasing drowsiness or abnormal behavior
- Difficulty in arousing your child long enough to answer simple questions
- Vomiting
- Any abnormality of vision or speech
- Severe or worsening headache
- Blood or clear fluid dripping from ears or nose
- Weakness, numbness, or tingling of face or an extremity
- Seizures/Convulsions

Your Child’s Symptoms include:

Physical		Thinking	Emotional	Sleep
<input type="checkbox"/> Headaches	<input type="checkbox"/> Sensitivity to light	<input type="checkbox"/> Feeling foggy	<input type="checkbox"/> Irritability	<input type="checkbox"/> Drowsiness
<input type="checkbox"/> Nausea	<input type="checkbox"/> Sensitivity to noise	<input type="checkbox"/> Difficulty concentrating	<input type="checkbox"/> Sadness	<input type="checkbox"/> Sleeping more than usual
<input type="checkbox"/> Fatigue	<input type="checkbox"/> Numbness/Tingling	<input type="checkbox"/> Difficulty remembering	<input type="checkbox"/> Nervousness	<input type="checkbox"/> Sleeping less than usual
<input type="checkbox"/> Visual problems	<input type="checkbox"/> Vomiting	<input type="checkbox"/> Feeling more slowed down	<input type="checkbox"/> Feeling more Emotional	<input type="checkbox"/> Trouble falling asleep
<input type="checkbox"/> Balance problems	<input type="checkbox"/> Dizziness			

Additional recommendations (check those which apply):

- Athlete should avoid taking any medication that may mask the symptoms of a concussion, ESPECIALLY Ibuprofen, Aleve, or Aspirin for at least 72 hours. Athlete may take Tylenol to lessen intensity of headache if needed. Athlete must be symptom free without the use of medications that mask a concussion prior to beginning return to play protocol.
- No physical activity should be permitted at this time. This includes sport participation, PE participation, and tasks such as kicking, throwing, or catching a ball. Athlete will be gradually released to return to these activities as athletic trainer/physician deem appropriate.
- Athlete should avoid texting, computer usage, video game playing, and television watching at this time. Athlete should minimize duration of time reading books and screens to decrease symptom intensity. Athlete should avoid loud places.
- Cognitive rest or school modifications/accommodations may be necessary. Be sure to alert your child’s guidance counselor or contact all of your child’s teachers to make them aware of the situation.
- No driving should be permitted at this time.
- Athlete will require written clearance by his/her physician prior to returning to sport.

If you have any questions regarding your child’s injury, please do not hesitate to contact me.

Sincerely,

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