



Vista Grande High School Concussion Management Protocol: Revised July 2017

- 1) A copy of evaluation given to parent/guardian with ATC contact information and concussion home instructions. Athlete is to follow up with ATC **every day**.
- 2) ATC will notify VGHS administration, all coaches and school nurse. Academic restrictions should be allowed for concussed athlete.
- 3) All athletes will take a **mandatory** baseline concussion test known as Impact (taken every two years). If it is found athlete has not taken test, athlete is not allowed to participate in sports until test is complete.
- 4) If athlete does not take ImPact test, athlete **cannot** participate in sports at VGHS.
- 5) All athletes will report their concussion history if any to the athletic trainer.
- 6) If a VGHS coach suspects a possible concussion, it is the duty of the coach to notify ATC.
- 7) It is the responsibility of the athletic administration and coaches to notify ATC of any changes regarding each sports roster.

Concussion Evaluation: ATC evaluates athlete's cognitive and neuromuscular status. Athlete's cranial nerves, dermatomes and myotomes are evaluated. The athlete will then take the post injury ImPact assessment to compare with his/her baseline results. This test will be performed on the computer inside the athletic training room. ImPact test is taken after 48 hours from the concussion diagnosis, taken when athlete is asymptomatic and taken on the 4th day of return to play phase protocol. ImPact results can only be read by a doctor, ATC will correspond with neurologists to determine the next steps depending on athlete's test scores, symptoms if any and other correlating tests.

Refer to Emergency Department if any of the following occur:

- Loss of Consciousness > 1 minute, vomiting, sudden increase in symptoms, significant alteration or deterioration in condition or mental status.

Management:

- Give and explain the Concussion Home Instruction sheet and go over warning signs and recommendations.
- Instruct the athlete to refrain from any and all physical activity until cleared. Limit cognitive, auditory and visual stimulus. Academic recommendations should be set up for the athlete if needed.
- The athlete's parents/guardians are responsible for scheduling an appointment with the athlete's primary care physician or referred concussion specialist. The appointment should be set up as per the parent/guardian's decision for a second opinion.
- When the athlete is evaluated by a doctor, the provider may release the athlete into the athletic trainer's care (return to play phases if recommended by ATC) or will continue to follow up with provider if concussion symptoms are not improving.

- **Every time the athlete has an appointment with his/her provider, a doctor's note must be brought to the athletic trainer.**
- Every day the athlete must fill out a concussion symptom checklist (ACE form) with the athletic trainer to monitor the severity of his/her concussion.
- Athlete will retake the ImPact test when asymptomatic. When retaken and athlete's score is better than baseline, then that score automatically becomes the athlete's new baseline.
- Athlete's ImPact scores are evaluated by a neurologist via Avizia One Pass which allows ATC to communicate with a neurologist to compare ImPact results and symptom screens.

Clearance: Athlete must be asymptomatic, neurological tests and special tests are normal or negative. Impact test is better than or in the same range as the baseline score. Return to Play Phases have to be complete (if doctor doesn't recommend return to play phases, ATC has the right to disagree with doctor, athlete is required to go through 5 phases of return to play activities). If post injury ImPact scores are deficit compared to ImPact baseline scores, the Avizia One Pass neurologist has the final decision in regard to full contact phase. If the parent/guardian disagrees with Avizia One Pass neurologist, he/she can obtain a second opinion from another neurologist who will make the final decision in whether or not athlete can complete full contact phase based on deficit post injury ImPact scores.