

**Concussion**

Weight (Kg):

**What is a concussion?**

- A form of minor head injury
- The brain floats in fluid inside the skull that protects it from regular bumps
- Injury to the head and neck, or other parts of the body can cause the brain to slide against the inner skull creating brain injury
- This injury cannot be seen on CT scans or MRIs

**How can concussions be diagnosed?**

Concussion is a clinical diagnosis largely based on the history of symptoms. The diagnosis is clear when the patient has suffered loss of consciousness (knocked out), amnesia (memory loss), and confusion. However, some signs and symptoms may be delayed after the initial impact and not appear until hours or days later.

It is important to remember that you do not need to be “knocked out” to have a concussion.

**What are other signs and symptoms of a concussion?**

1. Headache
2. Dizziness, off balance
3. Ringing in the ears
4. Nausea and vomiting
5. Feeling “slowed down” or “not right”
6. Mood changes
7. Difficulty concentrating
8. Bothered by light and noise
9. Difficulty sleeping

**How long will the symptoms last?**

They can last for hours, days, weeks, or longer. There is no specific timeline. Every child and injury is different.

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**What is the treatment for concussions?**

- Rest is the best treatment for a full recovery from a minor brain injury.
- Acetaminophen or ibuprofen can be taken for headaches.
- You should not be left alone for the first 24 hours following a concussion.
- You do not need to wake up your child during the night.

**When can you return back to normal activities and sports?**

It is a gradual progression or stepwise process. These steps can be found and easily followed in the **Think First** handout.

If you return back into your regular activities too soon, you risk further brain injury.

**Second Impact Syndrome:** occurs when you suffer a second concussion before recovering from the first. It is rare, but involved deadly swelling of the brain.

**Post concussion syndrome:** poorly understood complication but involves prolonged concussion symptoms.

**Call 911 if:**

1. Your child is drowsy or unconscious (passed out)
2. Your child is seizing (jerking of the face, arms, legs)
3. Your child has clear or bloody fluid from the nose or ears
4. You are worried for any other reasons

**Go to the Emergency Department if:**

1. Your child's headache is getting worse
2. Your child's repeatedly vomiting
3. Your child's confused
4. Your child has difficulty seeing, walking, or talking

You can also call the HealthLine if you are ever worried or have any questions about your child.

***Saskatchewan Health Line: 811***