

# Concussion Response Tool

Child's name: \_\_\_\_\_ Age: \_\_\_\_\_

Name of parent/guardian: \_\_\_\_\_

Name of person monitoring child at scene: \_\_\_\_\_

Date of incident: \_\_\_\_\_ Time: \_\_\_\_\_

Description of incident:  Blow to the head  Hit to the body

What happened? \_\_\_\_\_

## At the scene of the incident

### Step 1: Determine if this is a medical emergency

#### a) Follow basic first aid:

- Danger
- Response
- Airway
- Breathing
- Circulation

#### b) CALL 911 if the child shows any of these Red Flag Symptoms at any time.

### RED FLAG SYMPTOMS

| You see:  | The child complains of:   | The child is showing:  |
|---|---|--|
| <input type="checkbox"/> Repeated vomiting<br><input type="checkbox"/> Seizure or convulsion<br><input type="checkbox"/> Deteriorating or loss of consciousness | <input type="checkbox"/> Neck pain<br><input type="checkbox"/> Double vision<br><input type="checkbox"/> Weakness or tingling/burning in the arms or legs<br><input type="checkbox"/> Severe or increasing headache | <input type="checkbox"/> Unusual behavior<br><input type="checkbox"/> Increasing confusion or irritability |

#### c) If there is serious injury OR any of the Red Flags:

- Call 911
- Do not move the child
- Stay with the injured child and monitor them until Emergency Services arrives
- Do not remove the child's helmet unless you are trained to do so

### Step 2: Remove the child from play or activity

If the injury is NOT an emergency, remove the child from play and do not let them return to play that day. The child needs to be seen by a doctor as soon as possible. While the child is waiting to be taken to a doctor follow instructions in Step 3.

### Step 3: Monitor the child

Do not leave the child alone and ensure they are with a responsible adult at all times. In addition to the Red Flags, watch for the following signs and symptoms and check off any that appear.

#### a) Record what you see

- Loss of consciousness
- Lying motionless on ground
- Slow to get up
- Balance problems
- Uncoordinated movement
- Grabbing or clutching head
- Dazed, blank or vacant look
- Confusion

Comments:

#### b) Record what the child is saying

- Headache
- Dizzy
- Confused
- Double or fuzzy vision
- Sick
- Don't feel right
- Difficulty concentrating
- Numbness in arms or legs
- Tired or drowsy

Comments:

#### c) Ask these questions to test memory

Failure to answer any of these questions correctly may suggest a concussion. Repeat periodically and tick response.

| 5 to 12 years old                    | Time | Correct | Incorrect | Time | Correct | Incorrect | Time | Correct | Incorrect |
|--------------------------------------|------|---------|-----------|------|---------|-----------|------|---------|-----------|
| Where are we now?                    |      |         |           |      |         |           |      |         |           |
| Is it before or after lunch?         |      |         |           |      |         |           |      |         |           |
| What did you have last lesson/class? |      |         |           |      |         |           |      |         |           |
| What is your teacher's name?         |      |         |           |      |         |           |      |         |           |

| 13 years old and over                      | Time | Correct | Incorrect | Time | Correct | Incorrect | Time | Correct | Incorrect |
|--|------|---------|-----------|------|---------|-----------|------|---------|-----------|
| What venue are you at today?               |      |         |           |      |         |           |      |         |           |
| Which half is it now?                      |      |         |           |      |         |           |      |         |           |
| Who scored last in this game?              |      |         |           |      |         |           |      |         |           |
| What team did you play last week/<br>game? |      |         |           |      |         |           |      |         |           |
| Did your team win the last game?           |      |         |           |      |         |           |      |         |           |

### Step 4: Refer to parent/guardian

The parent or guardian should take the child to a doctor for assessment as soon as possible. Ideally this should be done on the same day as the injury and may require taking the child to an Emergency Department if they are unable to access their own doctor.

## At home

Do not leave your child alone. Keep them in a calm environment. Do not let your child drive or return to activities.

**Do not give your child any medication unless directed by a doctor.** There is evidence that some medications can worsen concussion symptoms and could increase potential risks associated with brain injuries.

**CALL 911 if the child shows any of these Red Flag Symptoms at any time.**

| RED FLAG SYMPTOMS   |  |   |
|---|--|---|
| <b>You see:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Repeated vomiting</li> <li><input type="checkbox"/> Seizure or convulsion</li> <li><input type="checkbox"/> Deteriorating or loss of consciousness</li> </ul> | <b>The child complains of:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Neck pain</li> <li><input type="checkbox"/> Double vision</li> <li><input type="checkbox"/> Weakness or tingling/burning in the arms or legs</li> <li><input type="checkbox"/> Severe or increasing headache</li> </ul> | <b>The child is showing:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> Unusual behavior</li> <li><input type="checkbox"/> Increasing confusion or irritability</li> </ul> |

### Monitor for signs and symptoms

If your child shows one of the following symptoms, seek medical attention as soon as possible.

| Thinking and Remembering   | Physical  | Emotional and Mood   | Sleep  |
|--|---|--|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Not thinking clearly</li> <li><input type="checkbox"/> Feeling slowed down</li> <li><input type="checkbox"/> Unable to concentrate</li> <li><input type="checkbox"/> Unable to remember new information</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Headache</li> <li><input type="checkbox"/> Fuzzy or blurry vision</li> <li><input type="checkbox"/> Nausea and vomiting</li> <li><input type="checkbox"/> Dizziness</li> <li><input type="checkbox"/> Sensitivity to light or noise</li> <li><input type="checkbox"/> Balance problems</li> <li><input type="checkbox"/> Feeling tired or having no energy</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Easily upset or angered</li> <li><input type="checkbox"/> Sad</li> <li><input type="checkbox"/> Nervous or anxious</li> <li><input type="checkbox"/> More emotional</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Sleeping more than usual</li> <li><input type="checkbox"/> Sleeping less than usual</li> <li><input type="checkbox"/> Having a hard time falling asleep</li> </ul> |

### Continue to monitor and record information

**Signs and symptoms can be delayed for several hours or even days following a concussion incident.** Problems caused by a head injury can get worse later that day or night. Your child should not be left alone in the first 24 hours.

If your child's symptoms are getting worse or they develop new symptoms seek medical attention as soon as possible.

### The first night

A child with a concussion should not be left on their own during the first night.

Throughout the night they should be checked regularly – but not woken. A parent should sleep in the same room as the child and check on them every two hours. Only wake the child if you have concerns about their breathing, colour, or how they are sleeping. If they are slow to wake or show any of the **Red Flag Symptoms** call 911.

If they are sleeping normally then let them sleep. Sleep is an important part of the recovery process.

You know your child best. If they are showing any unusual behaviour seek medical attention.