

Follow Up

If your child has been assessed by the district RN and is suspected of having a head injury, we will always recommend that that your child's primary care provider or a licensed medical provider of your choosing evaluate your child.

We also request that when they return to school the next school day, that your child sees the Health Staff at their school immediately to keep them informed or give them follow up information.

We also request that they fill out a symptoms sheet daily, if they are diagnosed, so we are able to treat your child properly and monitor their progress.

If your child is evaluated, we ask that you keep us informed so that we, as health staff, can make accommodations for your child, if needed, and provide them with the care that they need and deserve.

This ensures that teachers are informed and your child can start our Return to Learn and Return to Play protocols. The district Concussion Management Team may also be notified.

Resources

Nebraska Department of Education
www.education.ne.gov

Nebraska Department of Health and Human Services
www.dhhs.ne.gov/publichealth/concussion/Pages/Home.aspx

CDC: Concussion ABCs
www.cdc.gov/HeadsUp/schools.html

Information for Parents
www.brainline.org/landing_pages/categories/concussion.html
<http://cbirt.org/news/concussion-frequently-asked-questions-parents/>

Contacts

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Head's Up Tips for Parents



What you need to know about your child and their head injury or concussion.

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What is a head injury?

A head injury is any trauma that injures the scalp, skull, or brain. The injury may be only a minor bump on the skull or a serious brain injury. A head injury can include concussions, scalp wounds, and skull fractures. Head injuries are typically caused by accidents at home, work, outdoors, or while playing sports, falls, physical assaults, or traffic accidents. Symptoms occur right away or can develop over several hours or days.

What is a concussion?

A concussion is a traumatic brain injury which alters the way your brain functions. Effects are usually temporary, but can last longer; although, concussions are usually caused by a blow to the head, they can also occur when the head and upper body are violently shaken. These injuries can cause a loss of consciousness but most concussions do not. Because of this, some people have concussions and don't realize it. Concussions are common, particularly if you play a contact sport, such as football, but they can happen just as easily in other sports as well. Every concussion injures your brain to some extent. This injury needs time and rest to heal properly. Most concussive traumatic brain injuries are mild and people usually recover fully.

Signs and Symptoms:

These can occur right after the injury or may develop over a period of time: hours, days, weeks. If you notice any of these exhibited in your student, please notify the school or your medical provider.

- Increased difficulty with thinking or concentration
- Poor short-term memory
- Slowed responses or poor academic work
- Drowsiness or severe fatigue (more than normal)
- Headaches
- Fuzzy or blurred vision
- Dizziness or Balance problems
- Nausea/Vomiting
- Sensitivity to light and/or noise
- More emotional than normal, including: irritability, crying, nervousness, sadness, etc.
- Depression/Anxiety

Take your student to the hospital if:

- Your child begins to vomit
- They have severe and sudden changes in behavior
- They suddenly have problems talking and thinking clearly
- Their eyes are dilated
- They start having seizures
- They lose consciousness
- They are clumsy or have problems walking
- They have symptoms that worsen over time
- Lasting or recurrent dizziness

Tips for Parents

Enforce rest, both cognitively and physically! A child's brain needs time to heal and the only way it heals is with rest and decreased stimulation and activity. Ensure that the child sleeps and engages in a quiet environment.

Your child may need to stay home and be absent from school. We will encourage this, especially if they are having difficulties concentrating or having severe symptoms. We also always encourage following doctor's orders and restrictions given to you if/when your child is seen.

Refrain from any of these activities:

- Watching TV
- Texting
- Playing Video Games
- Driving
- Working/playing on the computer
- Use of cell phone, iPod/MP2 player, iPad, tablet, etc.
- Blowing on musical instruments
- Piano lessons