



Suspected concussion follow up care

The NSW Department of Education requires teachers to take immediate action when caring for students who have suffered or are suspected of suffering a concussion. Only doctors can diagnose a concussion and provide medical clearance for a student to return to play.

A concussion is a type of traumatic brain injury that can occur from a blow or jolt to the head or body that causes jarring of the head or neck. Signs and symptoms of concussion may appear immediately, hours or days after the injury.

Concussions require time to heal, as the brain needs rest and repair. Doctors must clear students to return to sport and physical activity as returning too soon can prolong the recovery time and increase the risk of repeat concussions.

This form has been completed for you to take to the doctor.

Observations (to be completed by school staff member):

Student's first and last name:

Date:

Time:

Suspected concussion from:

- a reported/observed knock to the head.
- a reported/observed heavy impact to body that results in jarring of the neck or head.

Concussion symptoms reported or observed:

- | | |
|---|--|
| <input type="checkbox"/> appearing dazed or stunned | <input type="checkbox"/> nausea/vomiting numbness/tingling |
| <input type="checkbox"/> repeating questions problems | <input type="checkbox"/> feeling tired/slowed down |
| <input type="checkbox"/> remembering before or after the injury | <input type="checkbox"/> sensitivity to light/noise |
| <input type="checkbox"/> confused about events | <input type="checkbox"/> visual problems, for example, double vision
drowsiness |
| <input type="checkbox"/> showing personality or behaviour changes | |

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- | | |
|---|--|
| <input type="checkbox"/> loss of balance | <input type="checkbox"/> does not “feel right” feeling more emotional, for example, sad or nervous |
| <input type="checkbox"/> headache or “pressure” in the head | |
| <input type="checkbox"/> dizziness/loss of balance | <input type="checkbox"/> trouble thinking clearly, concentrating or remembering |
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- None at the time this report is being completed.
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For the health and safety of your child and in accordance with the NSW Department of Education's concussion procedures, our school advises parents/carers to collect their child from school and take them to a doctor for a medical assessment.

Parents are advised to take the following actions:

1. Go to your General Practitioner or medical centre for assessment.
2. It's important to monitor for worsening signs and symptoms of concussion, new signs or symptoms, or any of the following, which indicate an immediate need to take your child to hospital.

<input type="checkbox"/> Worsening headache , seizure, unconscious	<input type="checkbox"/> Unsteady on feet, slurred speech
<input type="checkbox"/> Worsening eye problems	<input type="checkbox"/> Memory impaired , confused, disoriented
<input type="checkbox"/> Abnormal behaviour change	<input type="checkbox"/> Poor concentration , drowsy, sleepy
<input type="checkbox"/> Dizziness , persistent vomiting	<input type="checkbox"/> Something's not right (concerned about child)
<input type="checkbox"/> Balance dysfunction with weakness or numbness in legs/arms	
3. If your child is diagnosed with a concussion, please contact the school to inform us.

The most important treatment of a head injury is physical and mental rest. Return to school and learning should take priority over returning to sport. A concussed child should not return to sport until they have successfully returned to normal school activities. Students can not participate in sport or physical activity until they are completely symptom free and have received written clearance from a doctor to do so.