



CONCUSSIONS | And the Road to Recovery

Concussions and other acquired brain injuries (ABIs) such as brain tumors or a lack of oxygen can cause both temporary and long-term impairments regarding a student's ability to function in school and in daily life.

There are many resources to assist you on the road to recovery though. **BrainSTEPS** and **ConcussionWise** are teaming up to help students recover from brain injuries by focusing on a return to learning and a return to play.

RETURN TO LEARN



BrainSTEPS

BrainSTEPS (Strategies Teaching Educators, Parents, & Students) works with schools and families to educationally support students with ABIs. BrainSTEPS also offers schools the ability to train Concussion Management Teams for free.

If a student has experienced an ABI, you can go to **www.brainsteps.net** and make a student referral. For concussions, student referrals should be made 4-6 weeks post-concussion if not recovered (since 70% recover in that timeframe). BrainSTEPS will follow the student and provide recommendations for academic supports.

For more info on making a referral or training a Concussion Management Team, contact the Program Coordinator Brenda Eagan-Brown at **eaganbrown@biapa.org**.

RETURN TO PLAY



CONCUSSIONWISE

ConcussionWise is a series of concussion education courses from the PA Athletic Trainers' Society focused on prevention, preparation, response, and recovery following a concussion in order to facilitate a return to play.

If you have a group of students, parents, coaches, athletic trainers, nurses, or physicians who would be interested in concussion management education, visit **www.sportsafetyinternational.org/concussionwise-pennsylvania** to learn more and sign. Training to become an instructor is also available.

To request an information session, contact the president of the Pennsylvania Athletic Trainers' Society John Moyer at **president@gopats.org**.



Concussion Tips & Tricks for the Classroom

Toll-Free
1-800-444-6443

National Brain Injury
Information Center

Give the student breaks during the class time if needed.

Give written directions to student.

Delay any tests until symptoms have resolved.

Give additional time to complete tasks.

Minimal homework assignments, if any.



Cannot follow class work, inability to complete class work.



Trouble walking from class to class, dropping books, tripping.

Minimize note taking in class (to minimize up and down movement of eyes).

Have classmate walk with person or carry books to class.

Allow the student extra time to get from class to class.



Increase in other symptoms such as headache, irritability; inability to maintain attention in class.

Use of sunglasses, ball caps in class to reduce distracting stimulus.

Sensitivity to Light/ Noise

Fatigue

Falling Asleep in class, or trouble concentrating

Reduce time in school or in class.



Headache

Inability to maintain attention.

Slower to answer questions, word finding problems, more easily confused.

Minimize the “cognitive load”—allow for use of alternative formats for work.

Increased time to respond to classwork.

Increased breaks during the class



Allow breaks for student.

If possible allow student to take break in low stimulus environment (eg., room with lights out, low noise levels).



Trouble Paying Attention/
Organizing work

Cognitive Slowing

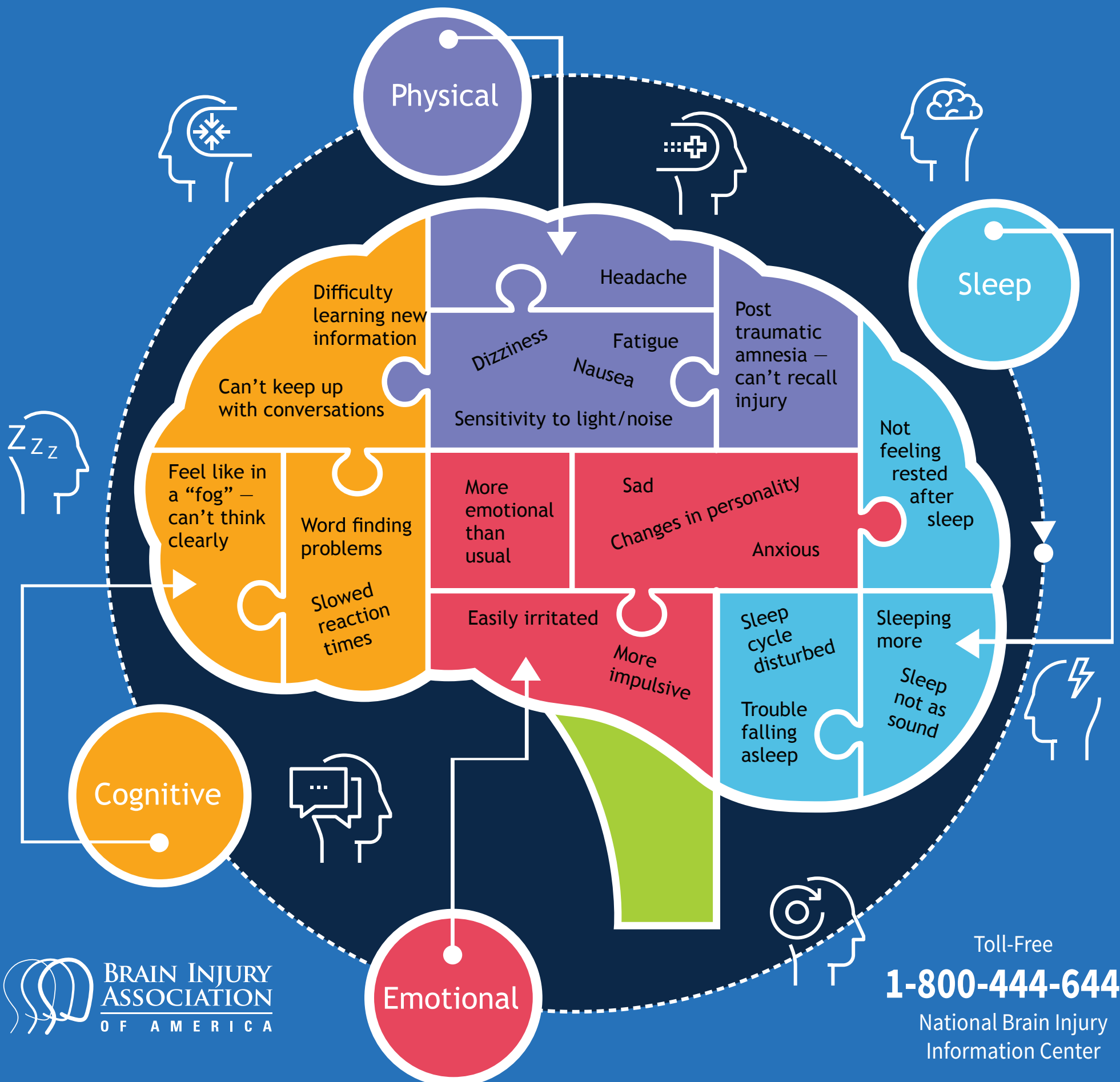


**BRAIN INJURY
ASSOCIATION
OF AMERICA**

1608 Spring Hill Road • Suite 110 • Vienna, VA 22182
1-800-444-6443 • www.biausa.org

Concussion Signs

Concussion can present in a number of ways. This infographic describes common issues people experience after a concussion.

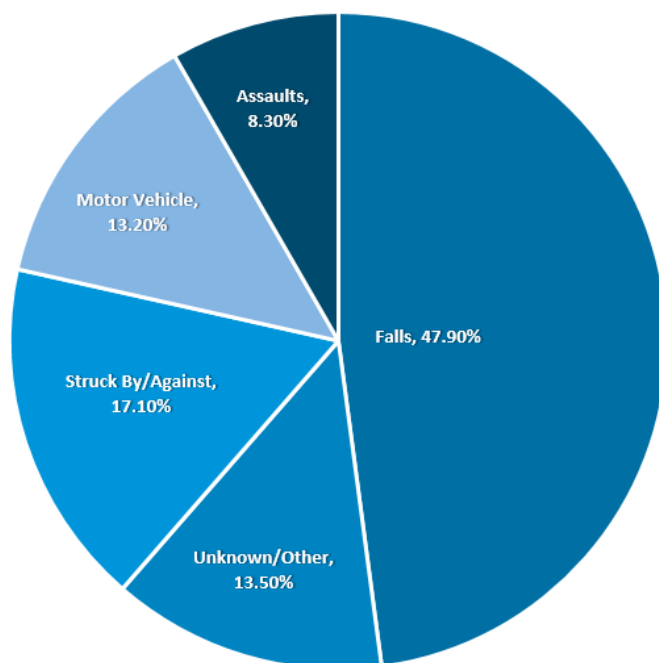


BRAIN INJURY FACTS & STATISTICS



- Every 9 seconds, someone in the United States sustains a brain injury.
- An acquired brain injury (ABI) is any injury to the brain that is not hereditary, congenital, degenerative, or induced by birth trauma.
- More than 3.5 million children and adults sustain an ABI each year, but the total incidence is unknown.
- Typical causes of ABI include:
 - Electric Shock
 - Infectious Disease
 - Lightning Strike
 - Near Drowning
 - Oxygen Deprivation (Hypoxia/Anoxia)
 - Stroke
 - Seizure Disorder
 - Substance Abuse/Overdose
 - Toxic Exposure
 - Tumor
- Traumatic brain injury (TBI) is type of ABI. A TBI is caused by trauma to the brain from an external force.
- The number of people who sustain TBIs and do not seek treatment is unknown.
- One of every 60 people in the U.S. lives with a TBI-related disability. The annual impact of TBI in the U.S. is significant:
 - At least 2.5 million people sustain a TBI
 - 2.2 million are treated for TBI in Emergency Departments and Trauma Centers
 - 280,000 are hospitalized
 - 50,000 die

Leading Causes of TBI



- Every day, 137 people die in the United States because of a TBI-related injury.
- At least 5.3 million Americans live with a TBI-related disability.
- When someone sustains a brain injury, many people are affected:
 - Survivors and their parents, spouses, siblings, extended families, and friends
 - Healthcare providers
 - Insurance companies
 - Attorneys
 - Educators
 - Government agencies
 - Employers of all types

BRAIN INJURY AWARENESS

DID YOU KNOW?

A concussion is a brain injury.

#ChangeYourMind

Learn more at www.biausa.org



BRAIN INJURY
ASSOCIATION
1-800-444-6443

