

CONCUSSION MANAGEMENT GUIDELINES

24 - 48 HOURS POST-INJURY



Any athlete with a suspected concussion should be removed from play, medically assessed and monitored for deterioration. No concussed athlete should be returned to play on the same day of injury, even if they feel better.

During the 24 to 48 hours post-injury, continue to monitor symptoms and watch for any red flags. If any red flags present, immediately send the individual to the nearest emergency room.



Red Flags



- severe or increasing headache
- double vision
- increasing restlessness
- agitation or combativeness
- vomiting
- weakness or tingling/burning in arms or legs
- deteriorating conscious state
- seizure or convulsion
- neck pain or tenderness

Until cleared by a medical professional:

DO NOT

- drink alcohol
- use recreational drugs
- drive a motor vehicle
- take prescription or non-prescription drugs (especially sleeping tablets, aspirin, anti-inflammatory medication)



After 6 hours, once the signs and symptoms have stabilized:



SLEEP

Sleep as much as needed. The brain needs uninterrupted sleep to recover. Do not wake the individual every hour.



PHYSICAL REST

Complete physical rest. Do not return to school, work or sport.



COGNITIVE REST

Complete cognitive rest. No mental activities such as screen time, watching tv, reading, listening to loud music, etc.



SOCIAL INTERACTION

Maintain contact with supportive friends and family, but not through messaging applications. Actually talk to those in your close social network. Share your experiences and how you are feeling. Make it a story and not a memory that is only in your head!



NUTRITION

Maintain a regular eating schedule with healthy foods. If nauseous or not hungry, try to supplement with nutritional supplements/shakes. The body needs nutrients to assist in the healing phases after injury. Avoid inflammatory foods such as fried foods, refined carbohydrates, processed meats and soft drinks.



HYDRATION

Drink at least two litres of water per day. Dehydration can cause symptoms similar to a concussion.



RECORD SYMPTOM JOURNAL

Document your sleep, nutritional intake, fluid intake and any changes in symptoms. Include what you were doing when the symptoms changed. You can also include notes on how you are feeling and goals you'd like to accomplish. This can be useful information to share with your healthcare provider.

