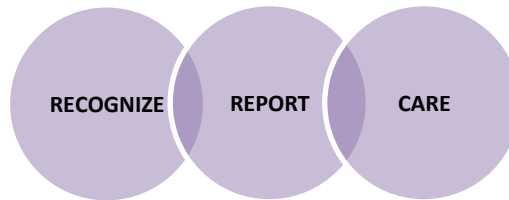




## Concussions

A **concussion** is an injury to the brain that occurs from direct or indirect forces to the head and alters the way your brain functions.

**Concussion occurs in EVERY activity, including performing arts!**



**DELAY IN CARE = DELAY IN RECOVERY**  
(Hainline, 2016)

### Recognizing a Concussion

(Guskiewicz et al, 2004, Guskiewicz et al, 2011, CDC 2009)

- No two concussions are alike and they affect each individual differently.
- Many individuals will hide the symptoms of concussion because they do not want to be removed from activity.
- **Concussion DOES NOT mean loss of consciousness!** Less than 10% involve loss of consciousness.
- Signs and symptoms include, but are not limited to:

Signs Observed by Others	Symptoms Reported by the Performer
Forgetfulness	Headache
Confusion	Nausea or vomiting
Can't recall events prior to or after the hit, bump, or fall	Fatigue, drowsiness, sleeping more or less than usual
Answers questions slowly or repeats questions	Blurry or double vision
Behavior or personality changes	Balance problems or dizziness
Appears dazed or stunned	Sensitivity to light or noise
Loss of consciousness	Numbness or tingling

### Reporting a Concussion

- Performers, company management, stage managers, professors, teachers, and staff should report ALL head injuries **immediately** to an onsite healthcare provider and/or a supervising physician who is trained in concussion management.
  - If the assigned healthcare provider is not available or there is no standing relationship with a provider, the performer should be removed from activity and referred to the nearest hospital emergency room.
- **Our concussion-trained healthcare provider:** \_\_\_\_\_
- **Our nearest hospital emergency room:** \_\_\_\_\_

### Immediate Care for a Concussion

(Guskiewicz et al, 2004, Guskiewicz et al, 2011, Herring et al 2011)

1. **Remove the performer from all activity immediately. THIS MEANS NO PERFORMING.**
2. Do not administer ibuprofen or other NSAID medications, consume alcohol, or use other drugs.
3. Have the performer assessed by a licensed health care provider who has been trained in concussion management and can give guidance on appropriate rest and return to activity.
4. **Be on alert for the following symptoms which suggest a more severe injury and require transport by ambulance to the nearest hospital emergency room (CALL 911):**
  - Performer remains unconscious
  - Decreasing level of consciousness and/or mental status changes: lethargy, difficulty maintaining consciousness, confusion, or agitation
  - Irregular pulse and/or breathing
  - Unequal or dilated pupils
  - Any signs of spinal injury or skull fracture
  - Seizures, convulsions, or fits

**There is NO same-day return to activity for a concussed performer, even if the symptoms resolve.**