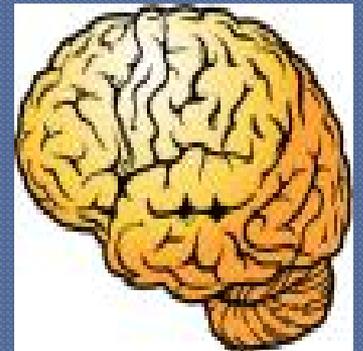
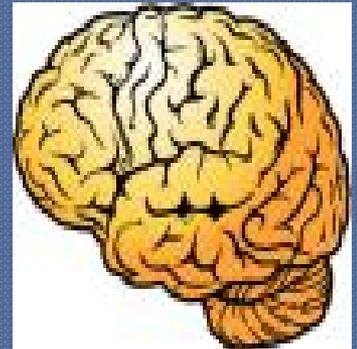


**Northwest Area School District  
Concussion  
Awareness Day**



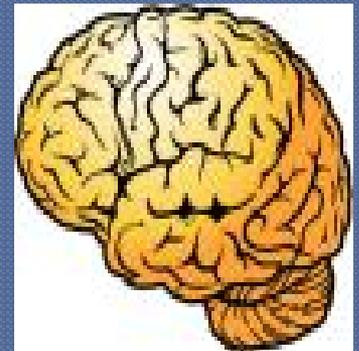
# Concussion Quiz— *TRUE OR FALSE??*

- 1) Concussion is a brain injury.
- 2) Concussions can occur in only certain types of recreational sports or activities.
- 3) Most concussions occur without loss of consciousness.
- 4) Athletes could return to play if they are still having symptoms of a concussion.
- 5) Only some concussions are serious.



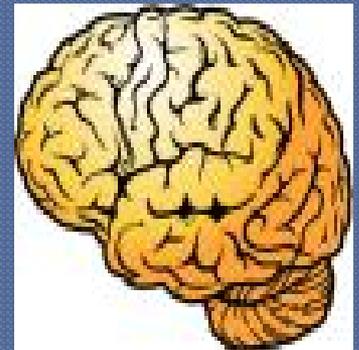
# What is a concussion?

Concussion is a type of **traumatic brain injury** or TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works. (CDC,2013)



# How to Recognize a Concussion—

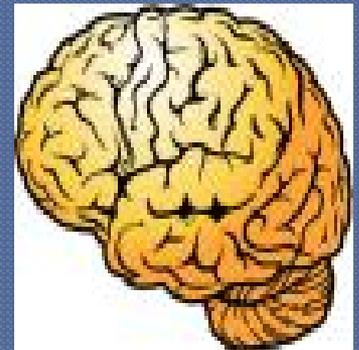
- **Headache or “pressure” in head**
- **Nausea or vomiting**
- **Balance problems or dizziness**
- **Double or blurry vision**
- **Sensitivity to light /sound**
- **Feeling sluggish, hazy, foggy, or groggy**
- **Concentration or memory problems**
- **Confusion**
- **Possible loss of consciousness (*even briefly*)**
- **Mood, behavior, or personality changes**
- **Can’t recall events *prior* to hit or fall**
- **Can’t recall events *after* hit or fall**



# Concussion Recovery

## Cognitive and Physical Rest From:

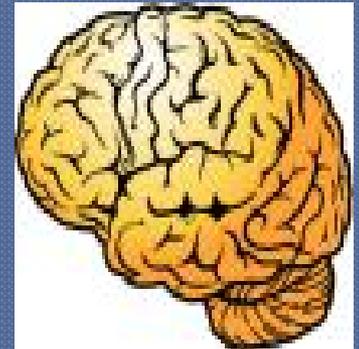
- **Physical exercise**
- **Computer use**
- **Video games**
- **Text messaging**
- **School work**



# Getting Back in the Game....

(Jason Schoonover—Athletic Trainer)

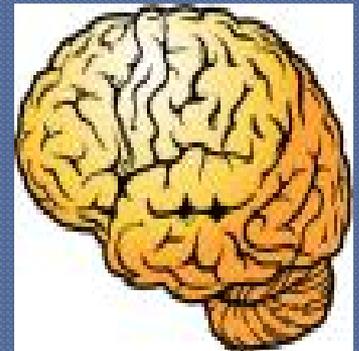
- **Determining safe return to play**
- **Gradual process**
- **Frequent monitoring**
- **Increased chance for “second impact syndrome”**



# Legislative Mandates

(Galen Miller—Athletic Director)

- **NASD concussion policy**
- **PIAA concussion policy statement**
- **Concussion training for coaches (CDC)**



# How Could We Prevent Concussions?



- **Coach Majer**
- **Coach Lou**
- **Coach Piestrak**
- **Coach Phillips**



# **Northwest Area School District Concussion Management Team (CMT)**

**Ms. Jennifer Oiler**

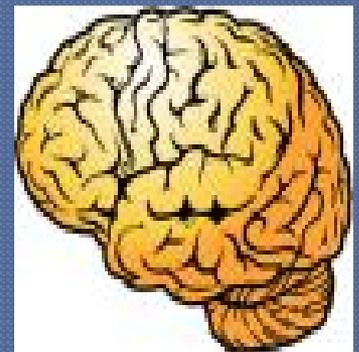
**Director of Special Education**

**Ms. Jaclyn Anne Mondell**

**School Psychologist**

**Ms. Carmela Shiptoski**

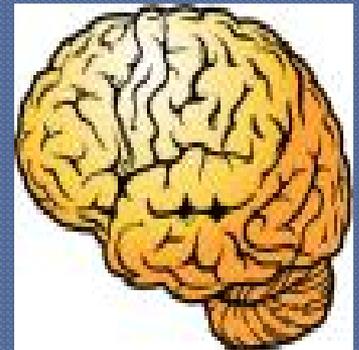
**Certified School Nurse**



# Northwest Area School District Concussion Awareness Day

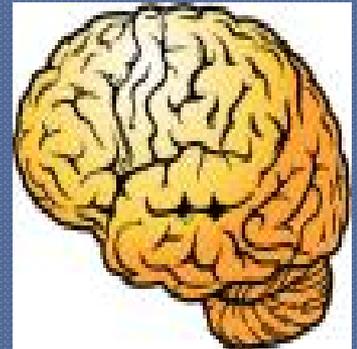
## The 3Rs:

- **RECOGNIZE!**
- **REPORT!**
- **REST!**



# Concussion Quiz— *True or False??*

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# **Northwest Area School District Concussion Awareness Day**

**Thank you—**

**Dr. Stephen Evans—NASD School Physician**

**Galen Miller—Athletic Director**

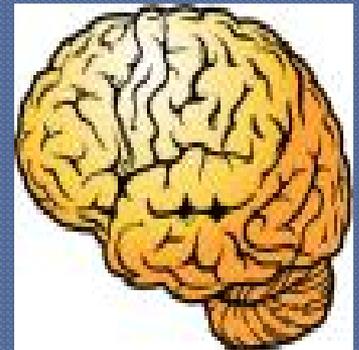
**Jason Schoonover—Athletic Trainer**

**Coach Majer**

**Coach Lou**

**Coach Piestrak**

**Coach Phillips**



# **Northwest Area School District Concussion Awareness Day**

**Thank you—**

## **NASD CMT**

**Ms. Jennifer Oiler—Director of Special Education**

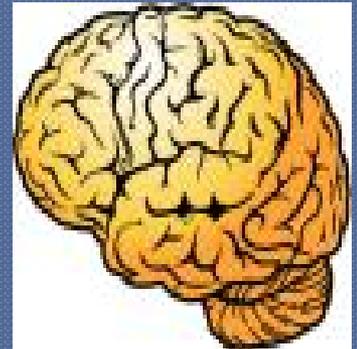
**Ms. Jaclyn Anne Mondell—School Psychologist**

**Ms. Carmela Shiptoski MSN, RN—Certified School Nurse**

## **DISTRICT NURSES**

**Mrs. Lori Diltz, LPN**

**Mrs. Wendy Thomas, LPN**



# Northwest Area School District Concussion Awareness Day

## RESOURCES:

<http://www.cdc.gov/concussion/HeadsUp/youth.html>

<http://www.brainsteps.net/orbs/about/index.aspx>

