



POLICY AND PROCEDURE

APPROVED BY: _____ NUMBER: C1-69
Board of Trustees

DATE: 23 Jun 16 PAGE: 1 of 3

CATEGORY: CLIENT ISSUES REF:

Concussion Management and Prevention

POLICY:

Grandview Children's Centre is committed to promoting and maintaining the health of our community and believes that participating in physical activities can lead to better health. Most physical activities have an inherent risk of concussion. Grandview recognizes that concussions are a significant public health issue because of their potential short and long-term consequences. Grandview therefore enacts this policy and related protocols as tools to help prevent, recognize and properly treat concussions which may occur during physical activities.

Grandview Children's Centre recognizes the research that demonstrates that children and adolescents are among those at greatest risk for concussions. While there is potential for a concussion any time there is body trauma, the risk is greatest during activities where collisions can occur, such as during physical activity, play time, or sports activities.

Grandview Children's Centre staff play a crucial role in the identification of a suspected concussion as well as the ongoing monitoring and management of an individual with concussion. Awareness of the signs and symptoms of concussion and knowledge of how to properly manage a diagnosed concussion is critical in recovery and is essential in helping to prevent the injured person from returning to learning or physical activities too soon thus risking further complications.

Definition and Diagnosis of a Concussion

Concussion is the term for a clinical diagnosis that is made by a medical doctor or a nurse practitioner. The definition of concussion below is adapted from the definition provided in the concussion protocol in the Ontario Physical Education Safety Guidelines.

A concussion:

- is a brain injury that causes changes in the way in which the brain functions and that can lead to symptoms that can be physical (e.g., headache, dizziness), cognitive (e.g., difficulty in concentrating or remembering), emotional/behavioural (e.g., depression, irritability), and/or related to sleep (e.g., drowsiness, difficulty in falling asleep);
 - may be caused either by a direct blow to the head, face, or neck or by a blow to the body that transmits a force to the head that causes the brain to move rapidly within the skull;
 - can occur even if there has been no loss of consciousness (in fact most concussions occur without a loss of consciousness);
 - cannot normally be seen by means of medical imaging tests, such as X-rays, standard computed tomography (CT) scans, or magnetic resonance imaging (MRI) scans.
- It should also be noted that injuries that result from a concussion may lead to “second impact syndrome”, which is a rare condition that causes rapid and severe brain swelling and often catastrophic results, if an individual suffers a second concussion before he or she is free from symptoms sustained from the first concussion.

Concussions can only be diagnosed by a medical doctor or a nurse practitioner

Education Regarding: Prevention, Signs and Symptoms, Initial Response, Return to Play Protocol, Concussion Response Tool (CRT) Parent Resources.

Current and credible concussion resources will be accessible to all parents, staff and clients participating in sport based therapeutic recreation activities. The resources will include information on signs and symptoms, initial response, return to play protocol, a concussion response tool and parent resources. (See the Concussion Resource Package (CRP) (Form C1 – 69)

A link to the Province of Ontario, Ministry of Tourism, Culture and Sport Concussion Program website will be available on the Grandview Children’s Centre, Therapeutic Recreation webpage. http://www.health.gov.on.ca/en/public/programs/concussions/docs/mtcs_concussion_guide_en.pdf

a) Prevention:

Therapeutic Recreation staff will:

- Complete the Coaches Association of Canada's 90 minute free on-line module "Making Head Way Concussion eLearning Series" Proof of completion will be kept in the employees personnel file.
- Ensure that activities follow the rules of the game and that the rules will be consistently enforced in order to effectively ensure safe play.

b) Signs and Symptoms:

Therapeutic Recreation staff will receive training and education about signs and symptoms of concussion. Staff will be provided with current resources about concussion management.

c) Initial Response:

Staff will follow procedures for a diagnosed concussion as outlined in the CRP: Ministry of Tourism, Culture and Sport – Concussion Guidelines, Appendix A: Initial Response.

Grandview asserts that it is critical that any client, employee, volunteer, parent and visitor that has concussion signs and symptoms stop all activity immediately and be assessed by a medical doctor or nurse practitioner.

d) Return to Play Protocol:

Grandview recommends that a return to play protocol is followed. There should be no return to play until the client has been medically cleared and has successfully returned to school/learning. When returning to play once medically cleared, a stepwise supervised program should be followed with stages of progression. An example of return to play stages can be found in the CRP (Form C1 -69a)

e) Concussion Response Tool:

The Concussion Response Tool (CRT) will be available and implemented at all therapeutic recreation activities in case of a concussion or suspected concussion. The CRT will allow proper care for individuals when a suspected concussion occurs.

f) Parent Resources:

Parents of a child who is exhibiting signs and symptoms will be provided with the At home and Questions to Ask Your Doctor forms from the BC INJURY research and prevention unit. (Form C1 69 – b)