

Concussions: The Hidden Injury

What are they?

How to treat them.

How to prevent them.

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Name - Age of kids – Why this presentation?



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Agenda

- What is a concussion?
- Signs and symptoms of a concussion
- Treatment of a concussion
- Prevention of a concussion

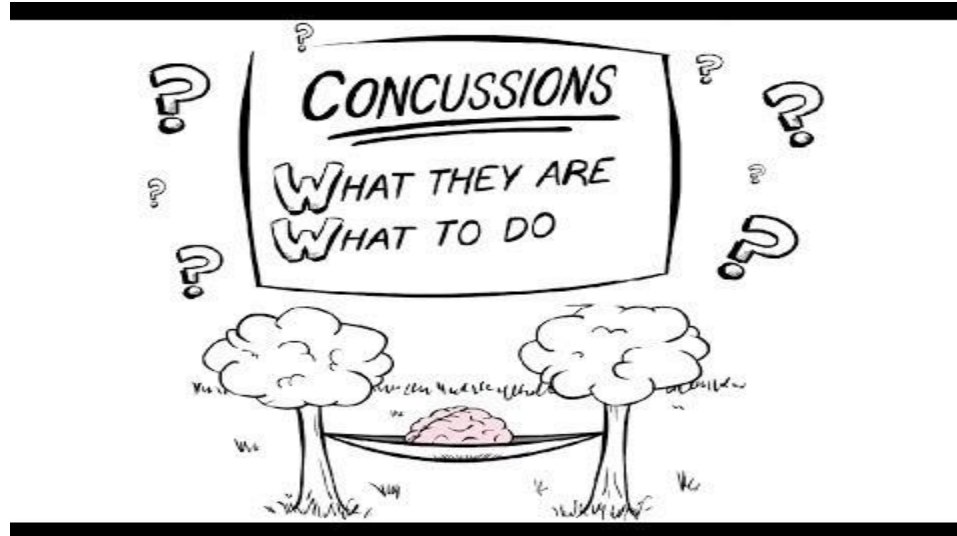


What do you know?

1. Get three sticky notes and a pen.
2. Write three things that you know about concussions each on a separate sticky note
3. Place your sticky note under title you think best fits your thought.
 1. Definition – what is a concussion?
 2. Signs or symptoms of a concussion
 3. Treatment – what do we do about it?
 4. Prevention – how to prevent concussions.



Concussion video



Treatment to learn

- Parachute
 - 6 step return to learn
 - KPRSB
 - 6 steps return to school
- ✓ Move forward to the next stage only when symptom free for 24 hours.
 - ✓ If symptoms reappear – regress to a previous tolerable activities.
 - ✓ Seek medical help if symptoms worsen.

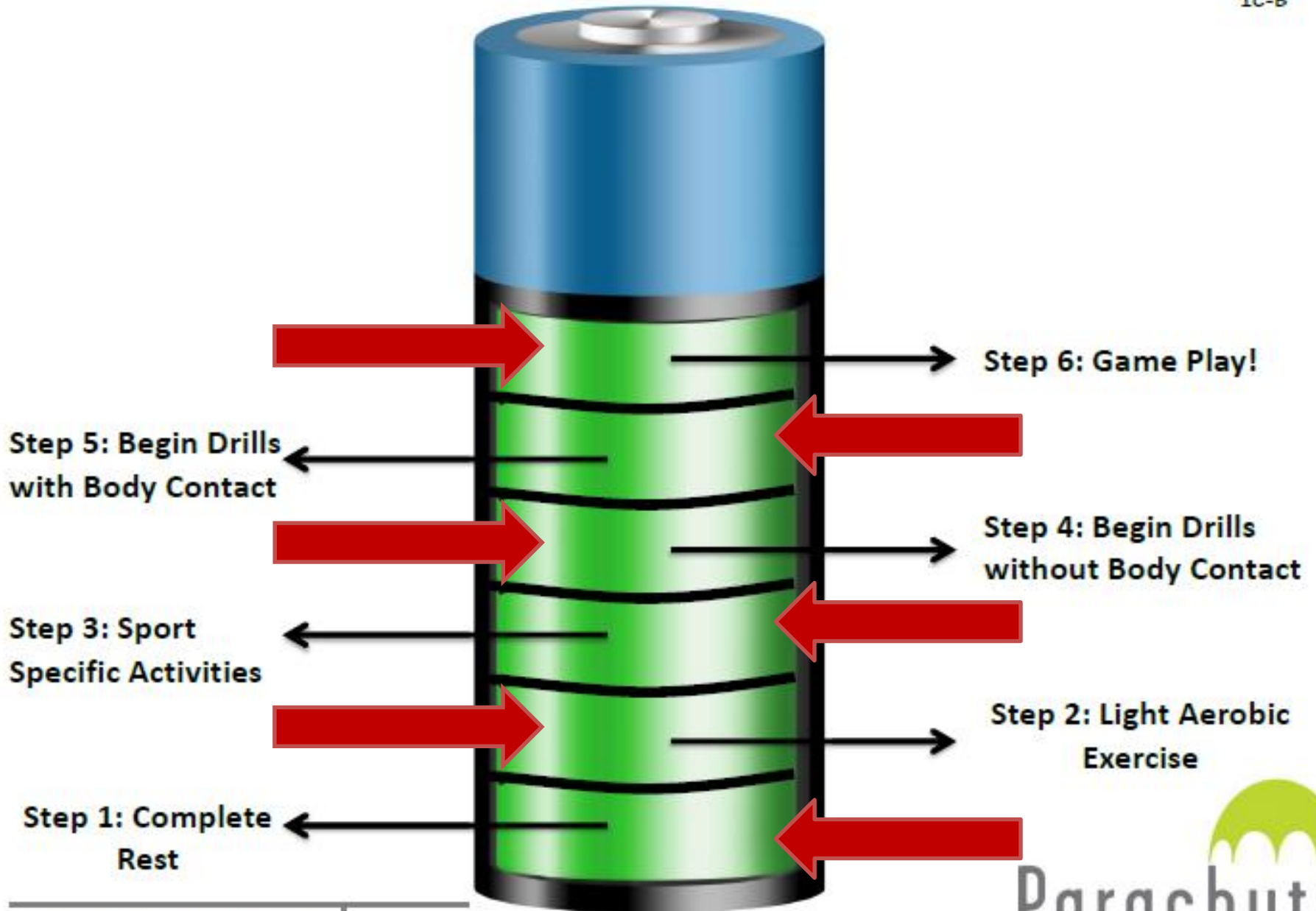


Chris was skateboarding after school when he tripped on the uneven path and fell. He hit his head on the road and suspects he might have a concussion.



Treatment return to play

IC-B



PREVENTION

How do you prevent a concussion?



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What?

What can my child do now?

So What?

So what can hurt my child?

Now What?

Now what can I do to keep my child safe?



Physical literacy

Fundamental movement skills

<ul style="list-style-type: none">•dodge•hop•skip•log roll	<ul style="list-style-type: none">•stork stand•jump•kick•dribble	<ul style="list-style-type: none">•overarm throw•catch•run•sidearm strike.
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If you can't

Catch
Jump
Run
Swim
Throw

You won't take part in

Soccer
Basketball
Volleyball
Track and Field
Squash
Badminton
Rugby
Tennis



If you can't

Catch
Jump
Throw
Swim
Run

You won't take part in

Baseball
Softball
Bowling
Soccer
Goalball
Football
Rugby



If you can't

Throw
Jump
Swim
Catch
Run

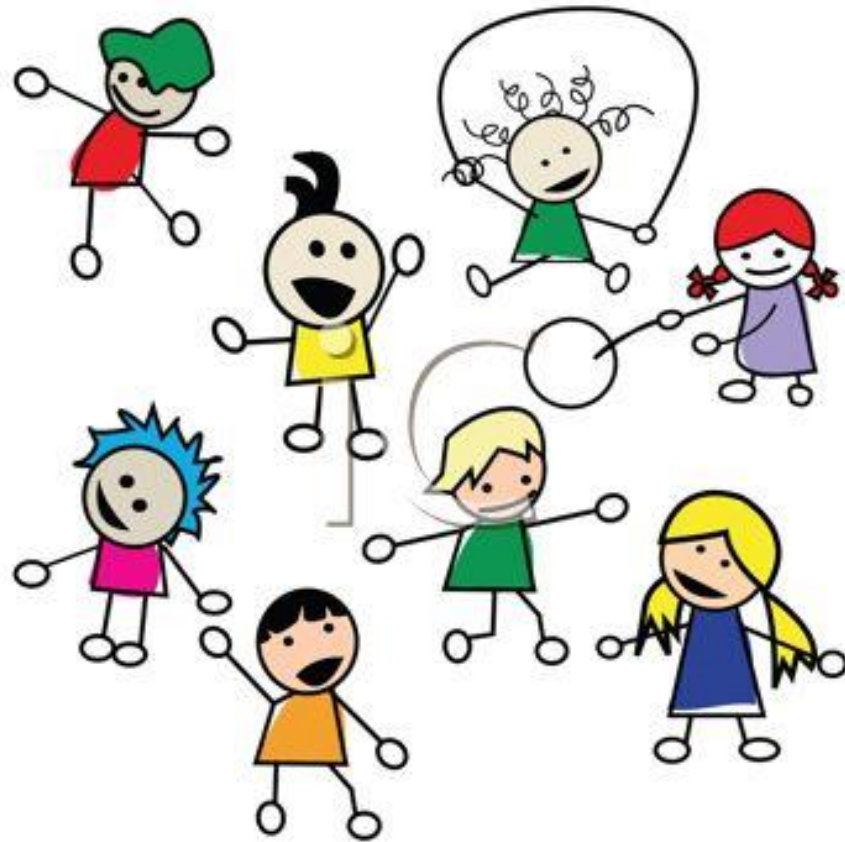
You won't take part in

Swimming
Diving
Water Polo
Scuba
Kayaking
Sailing
Surfing

Consequences of Missing a Fundamental Skill ([Canadian Sport For Life](#))



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CAN'T JUST TALK ABOUT PHYSICAL LITERACY



Golden Nugget



My Key messages:

- Get kids out and active
- Play within their ability
- Learn/ Teach the Fundamental Movement Skills
- Wear proper safety equipment
- Know the signs of concussion
- Treat early and finish the course of treatment

WHEN IN DOUBT – SIT THEM OUT!



- Questions?
- Thoughts?



Thank you

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