

# After Head Injury: Monitor for Signs of Serious Brain Injury Requiring Immediate Hospitalization



The potential always exists after head injury for a more serious, life-threatening injury, such as bleeding between the skull and the brain.



If concussion is suspected but not yet diagnosed, check the athlete at least EVERY 15 MINUTES for the FIRST 4 HOURS for signs requiring an immediate trip to the ER.



After 4 hours you can let athlete sleep, but for extra level of assurance you can keep waking athlete.



An athlete **must** go to a hospital emergency room if they:

- ✓ Have a headache that gets dramatically worse
- ✓ Have persistent or increasing neck pain
- ✓ Are very drowsy or can't be woken up
- ✓ Can't recognize people or places
- ✓ Are nauseous or vomiting
- ✓ Behave unusually, seems confused, or is irritable
- ✓ Become increasingly restless or agitated
- ✓ Experience convulsions or seizures (arms and legs jerk uncontrollably)
- ✓ Have weakness, numbness or tingling in arms, legs or face
- ✓ Are unsteady walking or standing
- ✓ Have slurred speech
- ✓ Have difficulty understanding speech or directions
- ✓ Have one pupil which is larger than the other
- ✓ Lose consciousness (even briefly)
- ✓ Will not stop crying/cannot be consoled
- ✓ Symptoms get worse.

## Advice to Parents: Err On The Side Of Safety

Sources: Sports Concussion Assessment Tool 3. *Br J Sports Med* 2013;47:259; Child SCAT-3. *Br J Sports Med* 2013;47:267; Kutcher JS & Gerstner J. *Back in the Game: Why Concussion Doesn't Have To End Your Athletic Career* (Oxford University Press, New York 2016).