

Concussion: It's More Than Just a Bump on the Head
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Behavioral Objectives/Outline

- III. Evaluation/diagnosis/initial management of concussion**
 - A. Imaging**
 - 1. Current guidelines for CT Use**
 - 2. What we don't see**
 - B. Rule out/manage other injuries**
 - 1. Recognize concussion (mild traumatic brain injury) based on mechanism of injury, post-injury history and presenting signs/symptoms**
 - I. Definition of Concussion (MTBI)**
 - II. Epidemiology of Concussion**
 - A. Incidence**
 - B. Mechanism of injury**
 - C. Immediate effects**
- 2. Facilitate appropriate evaluation and acute management of patient with concussion**
 - C. Symptom management – pain, dizziness, nausea**
- 3. Provide effective post concussion education to patients/families**
- IV. Immediate interventions**
- A. Rest – physical and mental**
 - B. Post-concussion symptom recognition**
 - Physical**
 - Cognitive**
 - Emotional/behavioral**
 - C. Symptom management**
 - Limiting stimulation**
 - Gradual return to activity – work, school**
 - D. Preventing further injury**
 - Out of sports/gym**
 - Avoiding other “risky” activities**
 - E. Medical follow-up**
 - Primary care provider**
 - ED return for worsening symptoms**
 - Specialty concussion care if symptoms linger**

4. Incorporate current research related to concussion into nursing practice

V. Recent research/guidelines

A. Sports concussion

- 1. Injury prevention**
- 2. Sideline evaluation**
- 3. Return to play**

B. Imaging guidelines for pediatrics

C. Long-term effects of concussion