

Nurses' Nook...Concussion Recovery Surprises

Over the last couple of years the district has worked hard at increasing awareness about concussions in students. This seems to be working as concussions are reported appropriately, but sometimes parents and students get surprised by how long it can take for recovery. Here is a little information about that:

HeadSmart™



HeadSmart™ Is a recovery protocol developed by physicians and school nurses to facilitate a student's healthy return to school and sports following a concussion. Each stage of recovery (beginning with **RED**) highlights, but doesn't dictate – the recovery process. Recovery time is very individual. Just because a student is told they have a "mild concussion" does not mean they will resume normal activities (**GREEN** stage) in a day or two. The time it takes for your brain to heal after trauma can take weeks or even months; understanding this can help the student, and their recovery team, have a healthier, more realistic approach to the long-term goal of protecting the brain. In each stage you will find information for: school attendance, for the student at home, for parents/guardians and for school personnel. There is even a recovery

action plan. To find out more go to:

http://www.concussiontreatment.com/images/HeadSmart_Handbook.pdf

for the full explanation of recovery stages, a concussion handbook, recovery action plan, resources and links

The CDC also informs us that “Rest is very important after a concussion because it helps the brain to heal. Ignoring your symptoms and trying to “tough it out” often makes symptoms worse. If your symptoms come back or you get new symptoms as you become more active, this is a sign that you are pushing yourself too hard. STOP these activities and take more time to rest and recover

(www.cdc.gov/traumaticbraininjury/recovery.html).”