



St Marys School Concussion Protocol

CDC “Heads Up” Initiative

According to the CDC; “A concussion is a type of traumatic brain injury caused by a bump, blow, or jolt to the head or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, creating chemical changes in the brain and sometimes stretching and damaging brain cells.”

Students who experience an injury that could cause a concussion should be observed and evaluated by either the school nurse or other staff person if the nurse is not available. The observing staff will use the CDC’s **Concussion Sign and Symptoms Checklist** which consists of observing and interviewing the student at the time of suspected head injury and every 15 minutes for a total of 30 minutes observation time.

If at any point during the observation of the student he/she is identified to have one or more of the Danger Signs outlined on the second page of the Concussion Checklist they should seek immediate medical attention. The Principal and students' parents are to be contacted immediately.

Completed Checklists should be given to the Principal and a copy will also be maintained in the students health record. This form is confidential, please do not share completed forms with staff not involved. Questions regarding checklists and concussion care in general can be directed to the school nurse.