

Concussion Information

What is a concussion?

A concussion is a type of traumatic brain injury (TBI) that occurs when the brain is shaken or jolted inside the skull. This can happen as a result of a blow to the head, a fall, or any other event that causes the head and brain to move rapidly back and forth. When a concussion occurs, the brain can be temporarily disrupted in its normal functioning, leading to a variety of symptoms. Most people recover from a concussion with rest and time, but in some cases, more serious or long-lasting symptoms can occur. It's important to seek medical attention if you suspect a concussion or have any concerns about a head injury.

Responding to a Concussion

1. INJURY

Injury has occurred. STOP the activity.

2. FIRST AID

Follow basic principals of First Aid.

3. RED FLAGS

Assess for Red Flag Symptoms. If any are present seek help and call 911.

4. REMOVE

Remove person from the activity.

5. ASSESS

Assess for other common signs and symptoms of a concussion.

6. MONITOR

Symptoms may appear up to 48 hours post injury.

7. RETURN

Gradually return to pre-injury activities over 1-2 weeks.

A Red Flag Symptom means that you should seek immediate attention. Seek help and call 911.

- Neck pain or tenderness
- Double vision
- Weakness/tingling or burning in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Vomiting
- Becoming increasingly restless, agitated or combative

WHEN IN DOUBT SIT IT OUT

- Returning to activity too early can result in worsened symptoms, longer recovery and even permanent brain damage or death
- After an impact remember to gradually return to your pre-injury activities
- If anything increases your symptoms, STOP and reduce your load

Recovery from a Concussion

The recovery from a concussion can vary depending on the severity of the injury and individual factors such as age and overall health. In most cases, the brain will heal on its own with rest and time. However, it's important to follow your doctor's recommendations and avoid activities that could cause a second concussion before the first one has fully healed.

Here are some general guidelines for recovering from a concussion:

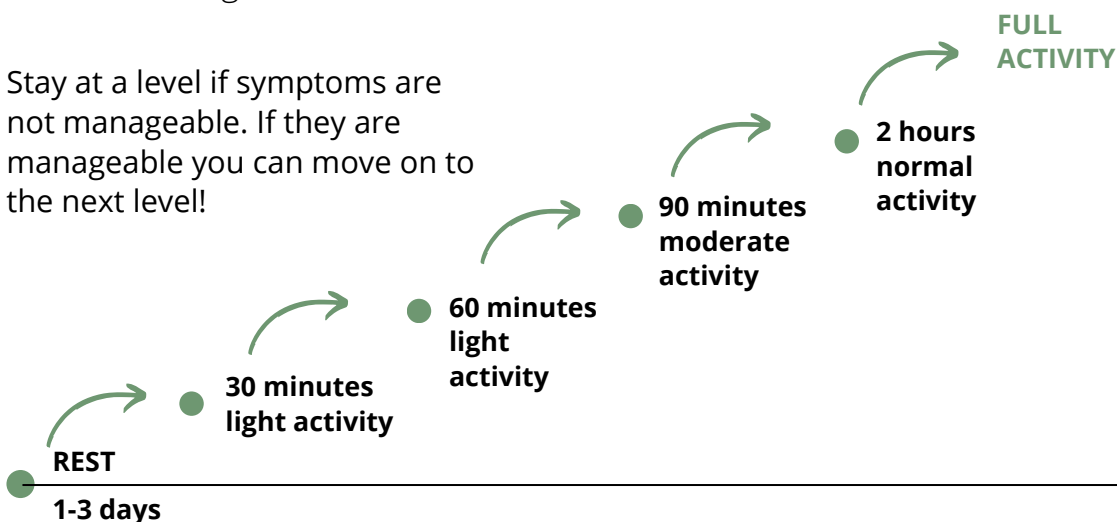
- **Rest:** Get plenty of rest, both physically and cognitively. Avoid activities that require concentration or physical exertion, such as sports, schoolwork, or work projects.
 - **Restful cognitive and physical activities include:**
 - Sleep is one of the best ways to let your body heal!
 - Walking - keep intensity low
 - Audiobooks and podcasts
 - Listening to music
 - Meditation
 - **Activities to avoid:**
 - Use of screens - cell phones, computers and TV.
 - Stressful and emotional situations
 - Busy and loud environments
- **Monitor symptoms:** Keep track of your symptoms and report any changes or new symptoms to your doctor. It's important to be honest about how you're feeling, even if you're worried it will delay your return to normal activities.
- **Gradually return to activities:** Once your symptoms start to improve, you can gradually return to activities. Start with light exercise and easy tasks, and slowly increase the intensity and duration as your symptoms continue to improve.
- **Seek medical attention if symptoms worsen:** If your symptoms worsen or don't improve, it's important to seek medical attention. Your doctor may recommend further evaluation or treatment.
- **Prevent future concussions:** To prevent future concussions, wear appropriate safety equipment when participating in sports or other activities, and avoid activities that could put you at risk for a head injury.
- **Seek community support:** VBIS offers virtually and in person peer support, one on one support and educational course to assist you in recovery.



Remember, everyone's recovery from a concussion is different, and it's important to work with your doctor to develop a treatment plan that's right for you.

Recovery from a Concussion

Recovery from a concussion is often not a linear process. It is important to challenge yourself when symptoms are manageable but when they become unmanageable, your body is asking you to slow down. Here's what a progression back to life might look like:



Concussions and Pressure

There can be outside pressures that discourage people from reporting a concussion. Some common pressures include:

- Fear of losing playing time: Athletes may feel pressure to continue playing despite a potential concussion, especially if they are competing at a high level or trying to earn a scholarship or contract.
- Stigma or shame: There may be a stigma attached to concussions or brain injuries, with some people perceiving them as a sign of weakness or a lack of toughness.
- Fear of losing a job: People in certain professions, such as military or law enforcement, may feel pressure to continue working despite a potential concussion.
- Lack of awareness: Some people may not be aware of the signs and symptoms of a concussion, or they may not realize that a mild blow to the head can cause a concussion.

It's important to remember that reporting a concussion and getting appropriate medical attention is crucial for your long-term health and well-being. Continuing to play or work with a concussion can put you at risk for more serious or long-lasting symptoms, and it can also increase the risk of future concussions. If you suspect you or someone else has a concussion, it's important to seek medical attention and follow your doctor's recommendations for recovery.



Check out VBIS
Website!
<https://vbis.ca/>

CONTACT US

Interested in a presentation on concussions?

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