



McFarland Clinic

CHILD CONCUSSION INFORMATION

This patient has received an injury to the head. A careful medical examination has been carried out and no sign of any serious complications has been found. Recovery time is variable across individuals and the patient will need monitoring for a further period by a responsible adult. Your treating physician will provide guidance as to this time frame.

Problems could arise over the first 24 – 48 hours following a concussion. The child should not be left alone and must go to a hospital at once if they develop any of the following:

- New headache or headache gets worse
- Persistent or increasing neck pain
- Becomes drowsy or can't be woken up
- Cannot recognize people or places
- Has excessive nausea or vomiting
- Behaves unusually, seems confused, or is irritable
- Has any seizures (arms and / or legs jerk uncontrollably)
- Has new weakness, numbness or tingling (arms, legs or face)
- Is unsteady walking or standing
- Has slurred speech
- Has difficulty understanding speech or directions

Return to school

Concussion may impact on the child's cognitive ability to learn at school. **It is reasonable for a child to miss a day or two of school after concussion, but extended absence is uncommon.**

In some children, a graduated return to school program will need to be developed for the child. The child will progress through the return to school program provided that there is no worsening of symptoms. If any particular activity worsens symptoms, the child will abstain from that activity until it no longer causes symptom worsening. Use of computers and internet should follow a similar graduated program, provided that it does not worsen symptoms. This program should include communication between the parents, teachers, and health professionals and will vary from child to child.

Other important points:

- Following concussion, the child should rest for at least 24 hours.
- The child should avoid any computer, internet or electronic gaming activity if these activities make symptoms worse.
- The child should not be given any medications, including pain killers, unless prescribed or recommended by a medical practitioner.
- The child should not return to school until medically cleared.
- The child should not return to sport or play until medically cleared.



515-239-3410
515-817-1237 fax



Sports Medicine
1215 Duff Avenue
Ames, Iowa 50010



McFarlandClinic.com
MyChart.McFarlandClinic.com

Extraordinary Care, Every Day