

Hauppauge Public Schools
Athlete Concussion Management Protocol

Overview

The Hauppauge Athletic Program recognizes that concussions and head injuries are a commonly reported injury in children and adolescents who participate in sports and recreational activity. Therefore, the district adopts the following guidelines to assist in the proper evaluation and management of head injuries.

Concussion is a mild traumatic brain injury. Concussions occur when normal brain functioning is disrupted by a blow or jolt to the head. Recovery from concussion will vary. Avoiding re-injury and over-exertion until fully recovered are the cornerstones of proper concussion management.

Any student demonstrating signs, symptoms or behaviors consistent with a concussion while participating in interscholastic athletic activity will be removed from the game or activity and be evaluated immediately and will not return to play that day. Hauppauge School District will notify the student's parents or guardians and recommend appropriate monitoring.

Concussion Management Team

The Hauppauge School District will assemble a concussion management team (CMT). The CMT will consist of the athletic director, school nurse, athletic trainer, and/or middle school and high school assistant principals, school physician, and/or outside consultants as deemed necessary. The District's CMT will coordinate the training for all coaches, parents and students.

Hauppauge Public Schools Concussion Management Plan

The concussion program consists of five components:

1. Education
2. *Baseline neurocognitive testing using the ImPACT product (when available)
3. Proper sideline management/guidelines
4. Proper Emergency Room follow-up
5. Proper Return to Play Protocol/Clearance back to athletics

*** If the student were given the baseline test this information will be utilized to help determine their return to play. School Physician will still need to approve the student to return to play.**

Education

Hauppauge Public Schools will provide a course of instruction relating to the recognition of symptoms of concussions and monitoring and seeking proper medical treatment for students who suffer such injuries. The course must include, but not be limited to the following content: the definition of a concussion; signs and symptoms of mild traumatic brain injuries and how such injuries may occur; practices regarding prevention; and guidelines for return to school activities after a pupil has suffered a concussion. The course is required to be completed on a biennial basis and shall be given to all school coaches, nurses, physical education teachers and athletic trainers. N.Y. Education Law 305(42)(a)(ii)

This education program can be provided by representatives of Orthopedic Associates of Long Island, St. Charles Hospital, trained school district representatives or Hauppauge's chief medical officer(s).

Public Information

Information relating to concussions will be posted on the school districts website. Additionally, information regarding where to locate information relating to concussion symptoms and return to play protocol will be included with the parent/guardian consent form required for a student's participation in interscholastic sports.

Baseline Neurocognitive Testing (ImPACT)

This testing is what allows for OBJECTIVE measurement of severity of injury and extent of return of function after a concussion is sustained. It is an approximately 30 minute computer based test that is administered to athletes who participate in contact/collision sports (Football, Soccer, Wrestling, Competitive Cheerleading and Lacrosse) before their athletic season starts.(Grades 7,9 & 11) Baseline testing is performed once every two years. It measures several subtle aspects of brain function. The software utilized is ImPACT. This is the same software used by the NFL, NHL, and MLB. It allows for testing of athletes 12-65 years of age. This portion of the program is being sponsored by St. Charles Hospital. They will arrange for a block of baseline tests to be purchased from ImPACT. The baseline tests would then be administered in the school district computer labs. District based personnel will be trained on how to proctor the testing. The data is then stored on an internet based server. Access to the data is only granted by the school district and the parents. It is recommended that only personnel prepared to process this data be allowed access to it. If a student isn't baseline tested all other return to play procedures will be implemented to ensure a safe return to activity.

Proper Sideline Management

Coaches, athletic trainers, and school physicians will be trained on the proper guidelines for removing a student-athlete from play. As per the NYSPHSAA regulation any student removed from play because of suspected head injury cannot return to play on that day unless cleared by the school medical officer(s) approved by the Hauppauge School District.

Proper Emergency Room Evaluation

It is imperative that an athlete who sustains a head injury be seen by trained medical officer familiar with concussion signs and symptoms. St. Charles Hospital is the only pediatric traumatic brain injury unit on Long Island. As part of the comprehensive concussion plan, all ER personnel at the hospital have in serviced on the most up-to-date information on concussions. Also as part of the program, the ER physicians would have access to the baseline ImPACT data to be used at the emergency room if necessary. It is therefore suggested that student-athletes be directed to St. Charles Hospital for evaluation if emergency room care is needed.

Proper Return to Play Protocol and Clearance

Once a student-athlete is diagnosed with a concussion, they should only be cleared back to athletics by an ImPACT certified physician. In addition to the Hauppauge School Districts Chief Medical Officer “Chief Medical Officers for Concussion” Have been appointed to allow our athletes access to a team of physicians that are certified concussion specialists.

No student should return to full athletics before going through a return-to-play protocol. This is usually a 3-5 day supervised program. Return to play following a concussion involves a stepwise progression once the individual is symptom free. There are many risks to premature return to play including: a greater risk for a second concussion because of a lower concussion threshold, second impact syndrome (abnormal brain blood flow that can result in death), exacerbation of any current symptoms, and possibly increased risk for additional injury due to alteration in balance. No student /athlete should return to play while symptomatic. Students are prohibited from returning to play the day the concussion is suspected. If there is any doubt as to whether a student has sustained a concussion, it should be treated as a concussion! (When in doubt sit them out.)

The following criteria will be utilized before any athlete is cleared to return to play:

1. Asymptomatic during rest
2. Asymptomatic during exertion
3. Acceptable signs on IMPACT neurological testing

The athletic trainer and nurse will oversee return to play protocol with the chief medical officer or the concussion certified physician. Final return to play decisions will be made by a Concussion Certified Physician and/or Chief Medical Officer. Please see the attached list for a listing of current concussion certified physicians approved by the Hauppauge School District.

Concussion Management is very dynamic topic at this time. The above five step program can be implemented immediately and modified if necessary.

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