

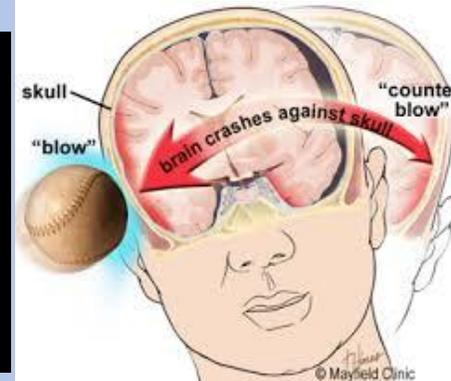
Return to Learn Policies for Sport Related Concussions

Christian et al.: Return to Learn Policies for Sport Related Concussions

Jennie Boisvert, Katelyn Christian, Lindsey Spitz



<https://www.acceleratedhealthcentre.com/concussion>



<https://covdblog.wordpress.com/2015/03/17/surprise-you-had-a-concussion/>

*A 2006 report on the epidemiology of traumatic brain injuries estimated that up to 3.8 million sport-related concussions occur each year in the United States (6).

Return-to-Play Policies:

The NCAA states that athletes who are suspected of having a concussion based on experienced symptoms and observed signs must be removed from play and examined by an experienced physician or athletic trainer. If a concussion diagnosis is given, the athlete is not permitted to return to competition or practice for the remainder of that day and further evaluation is required to determine the extent of the injury (7).

Return to Learn Policies?

In a 2015 study, surveys were sent to 327 NCAA universities regarding their policies surrounding concussion management for their student-athletes.

- 96.6% of these schools implemented return-to-play policies (8)
- 63.3% implemented return-to-learn policies (8)
- 3.1% of those universities included academic support in their concussion management protocols (8)

Standardized return-to-learn policies are difficult to enforce because of how each concussed athlete's situation varies



https://www.choc.org/wp/wp-content/uploads/2015/12/CHOC_Concussion_Road_to_Recovery_Web.pdf

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What is a concussion?

According to the Centers for Disease Control, concussions are the result of trauma such as a blow or jolt to the head which causes normal brain functioning to be impaired (1). Unlike other soft tissue injuries, a concussion is classified by biomechanical and metabolic reactions that occur after the sudden deceleration of the brain inside the skull (2). After a concussion has occurred, certain chemicals in the brain, called neurotransmitters, trigger the various chemical responses to take place (2). Calcium levels inside the cell increase, leading to the production of lactate, which alters the function of the neuron, or nerve cell⁵. During this process, blood flow also decreases and the ability to metabolize glucose is diminished (2).

Symptoms:

irritability, sadness, headaches, dizziness, difficulty sleeping, difficulty concentrating, sensitivity to light and noise, heightened emotions, feeling mentally "foggy", visual problems, and difficulty with memory (3)

Why does it matter?

- Premature participation in activities that use cognitive abilities can lead to extended brain impairment (4).
- Cases of prolonged recovery may last approximately 12 weeks (5).
- Students with concussions are at risk for falling behind in their studies and possibly failing their classes

Personal Experience by Jennie Boisvert

"I suffered a severe concussion in high school and had much assistance from my teachers. Once I was feeling better, I did half days which allowed me to catch up on work I missed while my brain was still recovering. I wish there was a better protocol in place for college students with concussions and hope professors are more flexible with these students in the future."