

November 9, 2011

Eastern Technical High School

Called to order at 7:04 p.m.

Attendance:

Stephanie Marks, Lorrie Erdman, Lori Rivieri, Tom Evans, Anita Bass, Tom Henry, Bill Ashton, Lauren Amberman, Dennis Egner, Lorraine Newborn-Palmer, Josh Lamont, Debbie Somerville

Motion to approve minutes from last meeting; approved.

Report by Stephanie Marks, NAEAC President

Joint Area Ed Adv Council Meeting is tomorrow night, 7 p.m., Greenwood. Dr. Joe Hairston to speak. Thanks to Principal Tom Evans for hosting tonight's meeting. Our meeting tonight will be about Sports Concussions with speakers from Life Bridge Health and BCPS Health Services.

Life Bridge Health Sports Medicine

Bill Ashton, Manager, and Lorraine Newborn-Palmer, MS, RN, CNRN, from Life Bridge Health started with a Concussion Quiz. This program is unique in Maryland. There are several branches of the Life Bridge Sports Medicine organization, tonight being Education and Outreach. Three programs working together for one common cause; ImPACT Testing, and treating concussions and Sinai Hospital Rehab Facility. Brain injuries are unlike any other type of sports injury. IT'S NOT A SPRAIN, IT'S YOUR BRAIN.

Myths:

- Concussions impacts a child's brain the same way as an adult brain. (The brain of an adolescent is still developing, up to age 24-25.)
- Only football players are at risk for concussions and helmets prevent concussions. (Football is a collision sport, not a contact sport; however, concussions occur in many types of activities.)
- If you do not lose consciousness when hit in the head, you do not have a concussion.
- Fact-Body replenishes itself when you sleep, so they should be assessed after a head injury by a professional.

Facts:

- Differences in age causes children and adult brains to respond differently to concussions. Children tend to have more brain swelling after a concussion. There is more room or space in a child's brain since brain isn't fully developed. Ounce of Prevention=Pound of Cure. Most people with concussions recover just fine with appropriate treatment. High-contact sports (football, boxing, lacrosse, hockey) pose a higher risk of head injury even with the use of protective headgear. If you suspect a friend/teammate has a concussion, you should tell an adult or coach immediately. Approximately every 21 seconds, someone in the U.S. has a serious head injury. 60% of sports concussions are caused by head-to-head hits. A concussion is a mild traumatic brain injury (m TBI).

Initial Symptoms:

- Headaches, seizures, fatigue, trouble sleeping, behavior or emotional changes, light and noise sensitive, dizziness, memory problems, blurred or double vision, hearing loss, loss of balance, trouble walking, vomiting, severe neck pain, unable to feel arm or leg, and weakness.

How do concussions happen?

- Hitting head on the ground, head to head contact, boxing, wrestling, hit with a baseball, hit head on surf board or hitting the water while surfing, motorcycle riding, cheerleader falling (flyers), ice skating, roller skating, etc.

What should you do?

- Dial 911 immediately

What is Second-Impact Syndrome?

- Most often occurs in athletes <24 yrs. following a prior minor concussion. Up to several days after initial injury; dysfunction of cerebral circulation; catastrophic increased intracranial pressure; neurochemical processes differ in the developing brain; predisposition secondary to viral encephalitis and infections such as mononucleosis.

With all injuries:

- Neurologic exam is important to diagnose symptoms such as loss of smell, eye movement, pupil size, balance, blood pressure, hearing, depression, focusing and vision. (The brain has 12 cranial nerves)
- ImPACT Testing, the first and most scientific validated computerized concussion evaluation system. Most widely used computer-based testing program in the world. Only one of the tools used by LBH physicians in the comprehensive management of concussions. ImPACT Testing=Immediate Post-Concussion Assessment and Cognitive Testing.
- Recovery-Sleep is key; the brain heals while sleeping. Complete rest meaning, complete bed rest doing nothing but eating (even junk food, milkshakes, etc.)—no TV, computer, texting, etc. NO sports/gym. Sometimes a sleeping pill is prescribed to knock them out for 2-3 days. Medications, therapy (physical, occupational, speech).
- School Therapy-temporarily delay all tests; time out of school, special lighting, extended time to take tests, extended time to do project/homework due dates, change classroom seating for closer monitoring and to reduce distractions, allow access to teaching notes.
- There is no set timeline for recovery.
- Safety and precaution are key. One Brain...One Life! Seek professional help following a head injury and possible concussion.
- Most insurance companies will cover treatment.

Deborah Somerville, Coordinator, Office of Health Services, BCPS

Eighteen months Dr. Hairston and Dr. Branch appointed an advisory group to look into a program about sports related concussions in schools. Communication was not being done well in schools. A program was initiated that complied with the state law, plus some. Some issues are that nurses leave at the end of the school day and sports are just beginning; some schools have athletic trainers/directors. Handout, *Policies and Programs on Concussions for Public Schools and Youth Support Programs*. Nurses leave at end of school day.

1. Every coach must complete concussion awareness training on-line, why it matters and what a concussion looks like. They must be CPR trained and complete a course in basic injury care.
2. Required student and athlete training in a more structured way.
3. Any athlete suffering a head injury are out of the game and must be assessed and file paperwork.
4. Communication must improve. Within 12 hours of paperwork being filed, student must be seen by a trained concussion professional—this is a gray area. No training is done in medical schools on concussions.
5. Nurse in the school is notified by email and contacts student's teachers. Usually recovered in 2-3 weeks if no complications and make modifications in the classroom.
6. Once student is cleared by the doctor to return to sports play, after 5 days with no symptoms, they can resume athletics.
7. There is a problem getting unclear messages from the medical community.

8. School system to publish medical providers that do concussion management, hopefully by January 2012. Johns Hopkins is doing a training program.
9. Looked at Impact Testing. In the NFL, it is the in thing. Pilot schools are Eastern Tech, Hereford and Pikesville High Schools.
10. Why is the baseline done in the schools? Doctors do not have software, so BCPS signed up for the pilot program.
11. Will wait for results of pilot schools and will be done on all kids over an 18 month period.

Adjourned 8:24 p.m.