Concussion: It’s More Than Just a Bump on the Head
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Behavioral Objectives/Outline

III. Evaluation/diagnosis/initial management of concussion
   A. Imaging
      1. Current guidelines for CT Use
      2. What we don’t see
   B. Rule out/manage other injuries
1. Recognize concussion (mild traumatic brain injury) based on mechanism of injury, post-injury history and presenting signs/symptoms
   I. Definition of Concussion (MTBI)
   II. Epidemiology of Concussion
      A. Incidence
      B. Mechanism of injury
      C. Immediate effects

2. Facilitate appropriate evaluation and acute management of patient with concussion
   C. Symptom management – pain, dizziness, nausea

3. Provide effective post concussion education to patients/families

IV. Immediate interventions
   A. Rest – physical and mental
   B. Post-concussion symptom recognition
      Physical
      Cognitive
      Emotional/behavioral
   C. Symptom management
      Limiting stimulation
      Gradual return to activity – work, school
   D. Preventing further injury
      Out of sports/gym
      Avoiding other “risky” activities
   E. Medical follow-up
      Primary care provider
      ED return for worsening symptoms
      Specialty concussion care if symptoms linger
4. Incorporate current research related to concussion into nursing practice

V. Recent research/guidelines
   A. Sports concussion
      1. Injury prevention
      2. Sideline evaluation
      3. Return to play
   B. Imaging guidelines for pediatrics
   C. Long-term effects of concussion