

Appendix F



Home Care Plan

Adapted from:
 Acute Concussion Evaluation Care Plan (Gerard Gioia, PhD and Micky Collins PhD, available at: <http://www.cdc.gov/concussion/headsup/>) and
 the National Athletic Trainers' Association Position Statement: management of sport-related concussion
 (Guskiewicz KM, Bruce SL, Cantu RC et al.; *J Athl Train* 2004;39(3):280-297)

Instructions:

Rest is the key. You should not participate in any high risk activities (e.g., sports, physical education (LFIT/PHYA), riding a bike, etc.), if you still have any of the symptoms below. It is important to limit activities that require a lot of thinking or concentration (homework, job-related activities), as this can also make your symptoms worse. If you no longer have any symptoms and believe that your concentration and thinking are back to normal, you can slowly and carefully return to your daily activities. Listen to the instructions of your team physician and athletic trainer about returning to daily activities.

Today the following symptoms are present (circle or check):

Physical		Thinking	Emotional	Sleep
Headaches	Sensitivity to light	Feeling mentally foggy	Irritability	Drowsiness
Nausea	Sensitivity to noise	Problems concentrating	Sadness	Sleeping more than usual
Fatigue	Numbness/Tingling	Problems remembering	Feeling more emotional	Sleeping less than usual
Visual Problems	Vomiting	Feeling more slowed down	Nervousness	Trouble falling asleep
Balance Problems	Dizziness			

RED FLAGS: Call your athletic trainer, or go to the emergency room if you suddenly experience any of the following:

Headaches that worsen	Look very drowsy, can't be awakened	Can't recognize people or places	Unusual behavior change
Seizures	Repeated vomiting	Increasing confusion	Increasing irritability
Neck pain	Slurred speech	Weakness or numbness in arms or legs	Loss of consciousness

Returning to Daily Activities:

1. Sleep
 - a. Get lots of rest. Be sure to get enough sleep at night- no late nights.
 - b. Keep the same bedtime weekdays and weekends.
 - c. Take daytime naps or rest breaks when you feel tired or fatigued.

2. Physical Activity, School and Work
 - a. Limit physical activity, because it can make symptoms worse. Physical activity includes most LFIT/PHYA activities, sports practices, weight-training, running, exercising, heavy lifting, etc.
 - b. Limit activities that require a lot of thinking or concentration, because these can also make symptoms worse. These activities include homework, class-work, job-related activities, using computers or even playing videogames.

- c. As symptoms decrease, you may begin to gradually return to your daily activities. If symptoms worsen or return, lessen your activities, and then try again to increase your activities gradually.
3. Nutrition
- a. Drink lots of fluids and eat carbohydrates or protein to maintain appropriate blood sugar levels.
 - b. Do NOT drink any alcohol or eat spicy foods.
4. Medications
- a. Do not take any pain medication, unless you are instructed to do so, by your team physician or athletic trainer.
 - b. You may use ice on your head/neck for comfort/pain control as needed.
5. During recovery, it is normal to feel frustrated and sad when you do not feel right and you can't be as active as usual.
6. Repeated evaluation of your symptoms is recommended to help guide recovery. Keep track of how the symptoms circled above change throughout the day and increase/decrease with certain activities.

Specific Recommendations:

Recommendations provided by: _____ Date: _____
Time: _____

Please feel free to contact me, if you have any questions. Please contact me immediately if you notice any of the "Red Flags" listed above. I can be reached at: _____

Signature: _____ Date: _____