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Concussion

Grades of Concussion:

Grade 1 - Transient confusion, No LOC, Symptoms end in less than 15 minutes

Grade 2 - Transient confusion, No LOC, Symptoms last more than 15 minutes

Grade 3 - Any LOC

Look For: Vacant stare Disorientation Confusion
Memory Lapses ↓ Attention Delayed Responding
Slurred Speech Incoordination Overly emotional
*Any loss of consciousness

Listen For (complaints): Headache Dizziness Nausea/vomiting
Lack of awareness

How to Assess:

Mental Status

1. Orientation: Where are we field/park? What's your mother/father's name? What's today's date? What time is it?
2. Concentration: Say the months of the year or the days of the week backward. Spell the word WORLD backward.
3. Memory: Name three rival teams. Repeat these three words (apple, race, pencil), then ask again in five minutes. Ask "What play were we just running?"

Physical Assessment

5 push ups, knee bends, sit-ups, etc. → ask about symptoms
(Particularly headache, dizziness, nausea, unsteadiness, blurred or double vision, sensitivity to light, emotional signs).

Neurologic tests

1. Pupil's equal and reactive
2. Coordination: Touch the index finger to your index finger and their nose several times; observe gait → steady on their feet.
3. Sensation: Hold arms at shoulder height, in front, eyes closed (swaying or arm movement). Have them do the finger to nose touching with eyes closed.

Recommended Actions:

Grade 1 Assess → normal (at rest and after exertion) → return to the game.
If there is any further change in mental/physical status, no more play.

Grade 2 Assess → Remove from play that day.
Re-examine for changes. Evaluation by doctor next day to clear for play.

Grade 3 Any LOC → Transfer to the ER for evaluation.
No return to play until cleared by a neurologist.

Hydration

Recommended fluid intake is:

- 15-20 ounces 2-3 hours prior
- 8-10 ounces 10-15 minutes prior
- 8-10 ounces every 10-15 minutes during

Dehydration can result from:

- Excessive sweating
- Drinking only when thirsty
- Inadequate fluid intake
- Failure to replace fluid during and after exercise

Over-hydration (rare) Signs: Nausea Vomiting Headache Muscle spasms
Irritability Altered Mental State Hallucinations
Confusion Convulsions Muscle weakness
Fatigue Loss of Appetite