CONCUSSION MANAGEMENT

About Concussions: A concussion is a form of mild traumatic brain injury (TBI) that can be caused by a bump, blow or jolt to the head. Sports injuries, car accidents and falls are common causes of concussions. In most cases, additional testing (such as CT or MRI) is not necessary and does not show any signs of injury. The effects of concussion can have serious long term effects. If the effects of a concussion last more than a few days or you start to develop new and/or worsening symptoms you may need additional evaluation.

What to Expect: The signs and symptoms of concussion vary. Although most students recover quickly, symptoms can last for a few days, weeks, months, or even longer. Symptoms may include:

- Cognitive – difficulty thinking clearly, feeling slowed down, difficulty concentrating, difficulty remembering new information
- Physical – headaches, dizziness, vomiting, balance issues, fatigue, light or noise sensitivity, difficulty sleeping
- Emotional – irritability, sadness, anxiety, or heightened emotions

What to Do: It is important to rest and help your brain heal following a concussion. Ignoring symptoms and trying to “tough it out” often make the symptoms worse and can prolong recovery. You can:

- Rest your brain – avoid activities that need concentration or attention, including academic activities or computer use, until headache and any other symptoms have completely resolved. You may then restart the activities, gradually building up time and taking frequent breaks to avoid relapse. Minimize your exposure to busy places or crowded rooms.
- Rest your body – Get plenty of sleep and keep a regular schedule. Avoid exercise or too much physical activity. You may return to exercise slowly and gradually once headache and any other symptoms have completely resolved.
- Do not drink alcohol. Alcohol and other drugs may slow your recovery and put you at risk for further injury.
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<tr>
<th>It is OK to:</th>
<th>There is NO need to:</th>
<th>AVOID:</th>
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<tbody>
<tr>
<td>Go to sleep</td>
<td>Wake up every hour</td>
<td>Drinking alcohol</td>
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<td>Driving a car</td>
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<td>Use ONLY Acetaminophen (Tylenol) for headaches</td>
<td>Check eyes with penlight</td>
<td>A heavy diet and spicy food (reduce risk of vomiting)</td>
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<td>Studying</td>
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<td>Use ice pack on head or neck for comfort</td>
<td>Test reflexes</td>
<td>Using Ibuprofen (Advil/Motrin), Aspirin, or other NSAIDs</td>
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<td>Stay in bed</td>
<td>Social media and video games</td>
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<td>Television and/or intense visual stimuli</td>
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<td>Loud music and party atmosphere</td>
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<td>ALL physical activity</td>
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**ACADEMICS:** Students are urged to contact their professors and Sarah McKinney (Sarah.McKinney@Dartmouth.edu, 646-2980) to notify them of their injury and its possible ramifications to academic work during the recovery period. Students are encouraged to schedule an in-person meeting with their professors to discuss accommodations that may be needed and follow up when symptoms abate. Varsity athletes should also contact Katelyn McPherson (Katelyn.D.McPherson@Dartmouth.edu, 646-9378).

Graduate students are encouraged to contact their program administration for support as follows:

- Thayer – Holly Wilkinson 603-646-3483
- Tuck – Sally Jaege 603-646-2190
- Geisel – Taryn Weinstein 603-650-1243
- Graduate Studies – Gary Hutchins 603-646-2107

**When to Call for Help:** Seek immediate care (see contact information below) for any of these symptoms:

- Vomiting 3 or more times
- New severe headache or worsening of current headache
- Seizure
- Trouble walking or talking
- Vision changes
Weakness or numbness in part of your body
Loss of bowel or bladder control

**Prevention:** If you have one concussion, it is very important to try to prevent future concussions. Having many concussions might cause long-term brain damage and affect your thinking. To help prevent another concussion you can wear a helmet when you ride a bicycle or motorcycle, wear a seatbelt when in a car and use a helmet for protection in certain sports.

**Follow-up:** Please follow up at Dick's House in _______ days to review your symptoms and progress.

Provided by: _______________________________ Date: _______________

Please feel free to contact me if you have any questions.

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**Dartmouth College Health Service Contact Information**

**Weekday Hours**

- **Clinic Appointment Hours:** Monday - Friday, 8:00 AM - 4:00 PM
- **Urgent Care (Fall, Winter, Spring terms only):** Monday - Friday, 4:00 PM - 6:00 PM (limited appointments available)
- **Call 603-646-9400 to schedule an appointment or book online**

**Weekend and After Hours Service**

- **Call 603-646-9400 to schedule an appointment or book online**

**For Medical Emergency:**

- **Call 911**
- Be prepared to say what is wrong and exactly where you are, you will be transported by ambulance to the nearest emergency room (Dartmouth Hitchcock Medical Center).