

Concussion: Now what?

Concussion care

What is a SCAT 3?

The SCAT3 is a standardized tool for evaluating someone suspected of having a concussion. This test covers symptoms, plus cognitive and motor function.

Red Flags

Red flags could arise within the first 24 to 48 hours. Call your medical provider or go to the emergency room if you SUDDENLY experience any of the following:

- A headache that gets worse
- Are very drowsy or can't be awakened
- Can't recognize people or places
- Repeated vomiting (more than three times)
- Behave unusually or seem confused; are very irritable
- Seizures
- Weak or numb arms or legs
- Are unsteady on your feet; have slurred speech

Remember: It's better to be safe. Consult with your doctor after a suspected concussion.

Other important points

- Rest (physically and mentally)
- No alcohol
- No prescription or non-prescription drugs without medical supervision
- Do not train or play sports until medically cleared

Rest is the key.

You should not participate in any high-risk activities (sports, exercises, etc.) if you still have any of the symptoms of a concussion. It is important to limit activities that require significant thinking or concentration (homework, job-related

activities, electronic devices, television, etc.) as this also can make your symptoms worse.

Recovery

Recovery time is variable from person to person. Your treating physician will provide guidance as to this time frame.

Make sure the person affected with a concussion is:

- Maintaining their diet by eating three meals a day
- Staying well-hydrated
- Sleeping regularly and taking daytime naps if that assists them
- Reducing stress, anxiety, etc. from their environment
- Discussing their return to physical activity with a concussion specialist

As symptoms decrease and you are feeling better, be cautious of overdoing physical or mental activity because symptoms can increase again.

Return to learn and return to play protocol can be recommended by a concussion specialist.

For more information or to connect with a concussion specialist, please call **855-MD-SPORT (637-7678)** or visit **NovantHealthUVA.org**

