

Concussion Signs and Symptoms

By Cindy Braley, Clinics Manager

School sports such as football or volleyball have the potential of a head injury that may result in a concussion. A concussion is a type of traumatic brain injury caused by a bump or blow to the head. Washington State implemented the Zackery Lystedt Law in 2009; it protects youth playing sports and implements guidelines suspected of sustaining a concussion.

What are the signs and symptoms of a concussion? Many times these may not show up right after the injury or may not appear until days or weeks after. The athlete may report a headache, nausea or vomiting, blurry vision, confusion, clumsiness, and loss of consciousness (Note: this is not an all inclusive list of signs and symptoms).

If an athlete is suspected of sustaining a concussion or head injury, they should be removed from the game or practice

until a licensed health care provider gives written clearance to return to the sport. What licensed health care providers are trained in the evaluation and treatment of concussions/brain injuries and authorized to allow the athlete to return to play?

- Medical Doctors (MD)
- Doctor of Osteopathy (DO)
- Advanced Registered Nurse Practitioner (ARNP)
- Physician's Assistant (PA)

All of our providers here at FCPHD#1 are capable of treating a concussion and various other sports related injury. If you have further questions, you can call your school, your primary provider, or look up information on the internet.

Have a safe and enjoyable sports season!

Prior Hospital Happenings available at <http://www.fcphd.org/news.html>.

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