

De Anza College Sports Medicine Concussion Management Plan



Purpose

The purpose of the De Anza College Sports Medicine Concussion Management Plan is to standardize institutional management of care for student-athletes exhibiting signs and symptoms associated with concussion. The institution's designated Athletic Medical Coverage Personnel, an athletic trainer certified by the Board of Certification (BOC), shall implement the Concussion Management Plan.

Personnel

Physician

- The Team Physician/Team Concussion Specialist may consult with staff Certified Athletic Trainers regarding the status of student-athletes, review test results, and meet with student-athletes when deemed necessary.

Certified Athletic Trainer

- Provide injury assessment and follow treatment protocols as outlined in the Concussion Management Plan.
- Provide baseline testing for all student-athletes participating in high-risk sports.
- Will refer injured student-athletes to a physician trained in the evaluation and management of concussions on as needed basis.

Coach

- Immediately refer student-athletes suspected of a concussion to medical staff for appropriate injury assessment.
- Understands that only medical staff may determine participation levels for the injured student-athlete.
- Obtain annual concussion education from medical staff.

Student-Athlete

- Obtain concussion education from medical staff prior to any sport participation.
- Accepts the responsibility to report symptoms of concussion immediately to medical staff.
- Student-athletes participating in high-risk sports will obtain pre-season baseline testing prior to their first year of sport participation.

Baseline Testing

- Pre-season baseline concussion testing establishes the individual student-athletes' "normal" pre-injury neurocognitive performance.
- All student-athletes participating in football, men's and women's soccer, men's and women's water polo, women's volleyball, men's and women's basketball, baseball, softball, men's and women's diving, and men's and women's track and field athletes participating in high jump, pole vault, hurdles, and steeple chase events will participate in pre-season baseline concussion testing.
- Pre-season baseline testing will be obtained in the form of Immediate Post-Concussion Assessment and Cognitive Testing (ImPACT).

Injury Procedure

- Any student-athlete exhibiting signs and symptoms of a concussion shall be removed from activity and evaluated by a member of the medical staff experienced in the evaluation and management of concussion.
- Student-athletes determined to have a concussion shall not return to activity for the remainder of that day.

Sideline Management

- Once a determination of concussion is made, the Certified Athletic Trainer will initiate necessary procedures to ensure the student-athlete is cared for properly and receives appropriate medical attention.
- If the student-athlete has non-urgent symptoms, the SCAT5, Sport Concussion Assessment Tool 5, or another neurocognitive equivalent test should be utilized for the athlete's evaluation.
- The injured student-athlete will be given written instructions for follow-up care.

Symptom Monitoring

- A staff Certified Athletic Trainer will conduct daily symptom analysis and facilitate post-injury neurocognitive testing.

Return to Participation

- Student-athlete post-concussion rehabilitation will consist of individualized decision making based on all available information.
- Once a student-athlete is asymptomatic for a minimum of 24 hours, a graduated recovery period may begin as follows:
 - Return to Participation Protocol example:
 - Step 1 – Light aerobic exercise
 - Step 2 – Increase Aerobic exercise
 - Step 3 – Non-contact sport specific exercises/drills
 - Step 4 – Increase non-contact, more complex sport specific drills
 - Step 5 – Full contact participation, except for games
 - Step 6 – Return to game play
- There will be at least a 24 hour period between each step.
- If symptoms return at any point during the return to participation protocol, all activity will stop. When the student-athlete is, again, asymptomatic for 24 hours, the protocol will resume.
- The protocol is subject to change based upon the student-athlete's medical history, symptom presentation, and/or other injuries sustained.
- Final authority to return to participation is under the discretion of a licensed physician experienced in the evaluation and management of concussion and the certified athletic trainer.