

75 former players are **suing the NFL** for unspecified damages – July 2011

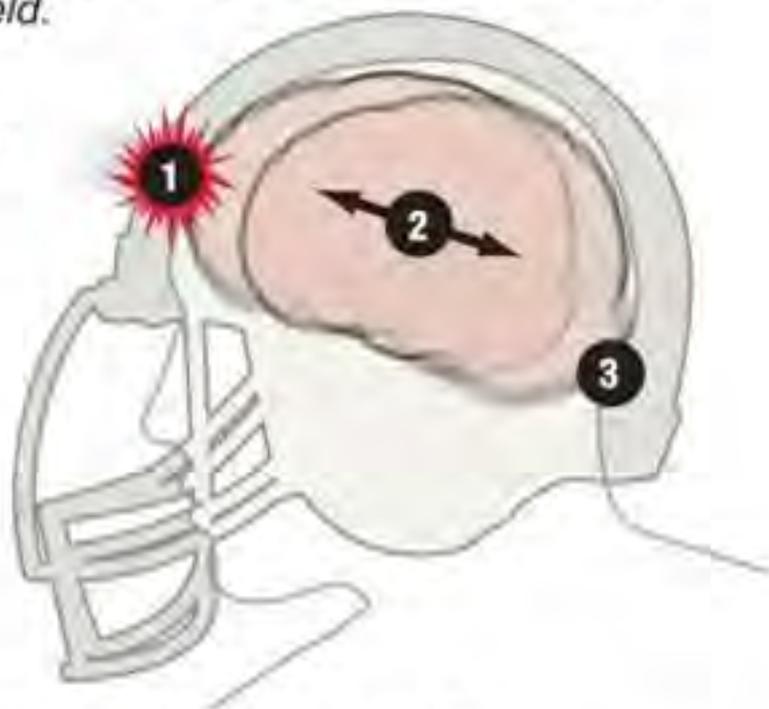


“NFL knew as early as the 1920's that concussions were harmful to players' brains”

How a concussion occurs

Football players can suffer traumatic brain injuries from high-impact, head-to-head collisions on the field.

- 1** After a blow to the head, energy is transmitted from the helmet to the brain
- 2** The brain moves freely inside the skull, banging against the bone and bruising the brain
- 3** The brain's soft tissue swells but lacks room to expand, causing pressure in the skull



Symptoms

Headache, dizziness, confusion, nausea, difficulty hearing and seeing, lack of concentration

Second impact syndrome

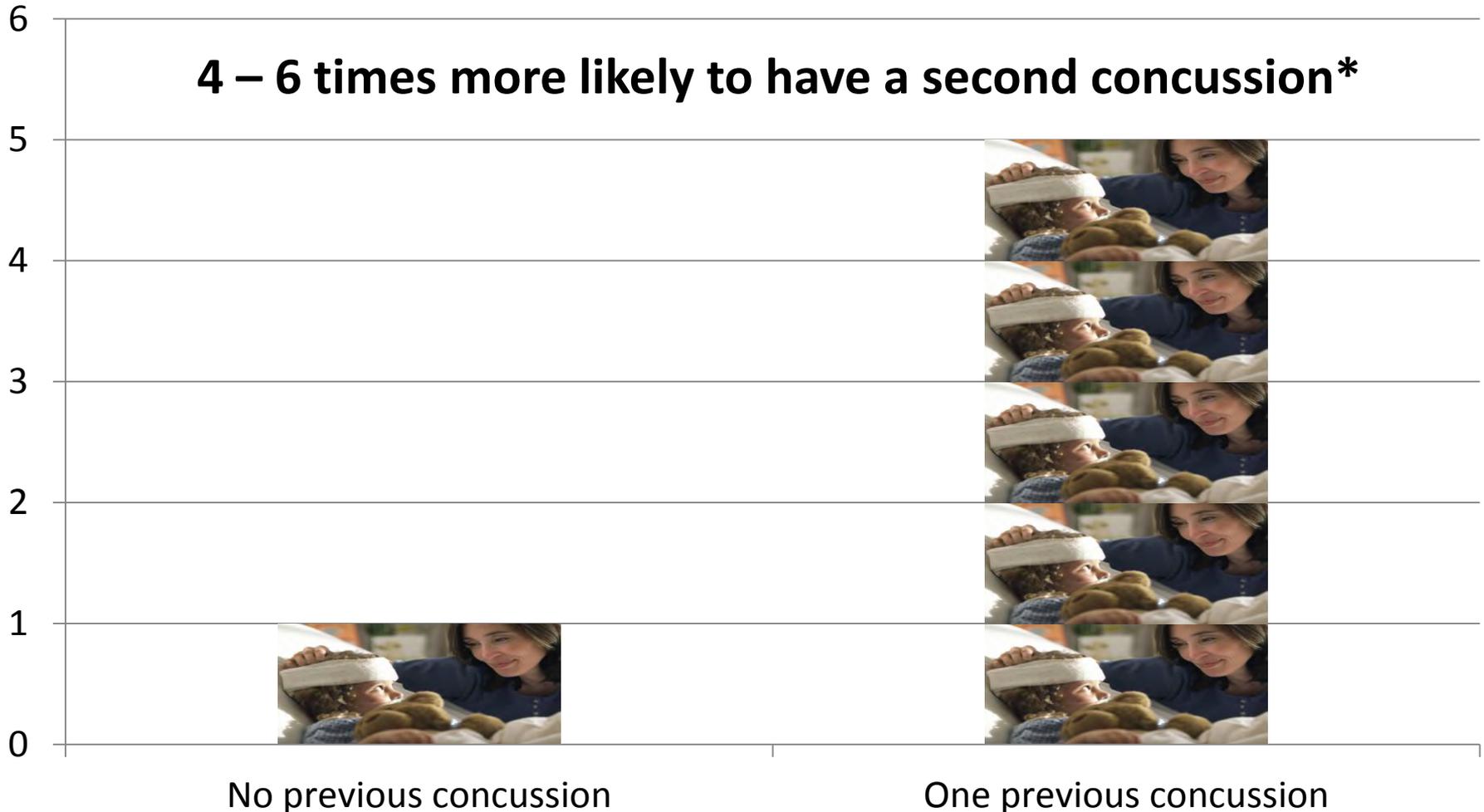
This can occur when a player sustains a second blow to the head within hours, days or weeks of the initial concussion, before swelling has a chance to heal; the second blow can be fatal

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Source: U.S. Centers for Disease Control and Prevention, WebMD, Dr. Michael Terry

Graphic: Chicago Tribune

After 1 concussion, likelihood of a second concussion?



*Cantu RC. Head injuries in sport. Br J Sports Med 1996;30:289-96.

*Kelly JP, Rosenberg JH. Diagnosis and management of concussion in sports. Neurology 1997;48:575-80.

SIS

Second-impact syndrome (SIS) - the brain swells rapidly and catastrophically after a person suffers a second concussion before symptoms from an earlier one have subsided.

- can be **days, weeks** or **minutes** after an initial concussion
- even the **mildest grade of concussion** can lead to SIS.
- often **fatal**, at least severely disabled

Zackery Lystedt

Played football in middle school.



Late in the first half after a big play, his head hit the ground and he grabbed his helmet in obvious pain as he struggled to get up.

Sat out for 15 minutes and then went back for the rest of the game until....

Zackery Lystedt

Another big play, this time forcing a fumble on the goal line to save the game, **he was hit again**, causing a **brain hemorrhage** that resulted in the removal of both sides of his cranium. He was **in and out of a coma for almost three months.**



How common?

It is estimated that, in high school football alone, as many as **250,000** concussions occur nationally each year¹ and that up to **20%** of players sustain a concussion.^{2,3}

1. Cantu RC. Head injuries in sport. Br J Sports Med 1996;30:289-96.

2. Leblanc KE. Concussions in sports: guidelines for return to competition. Am Fam Physician 1994;50: 801-8.

3. NCAA Committee on Competitive Safeguards and Medical Aspects of Sports. 3. Concussion and second-impact syndrome. In: NCAA sports medicine handbook. Overland Park, Kan.: NCAA, June 1994.

Washington State Concussion Law

(Lystedt Law)



Utah's Law

Requires an amateur sports organization to:

- 1) adopt and enforce a concussion and head injury policy and
- 2) inform a parent or legal guardian of the policy and obtain the parent's or legal guardian's signature before permitting a child to participate in a sporting event

Policy

- Immediately remove a child from participating in a sporting event if suspected of sustaining a concussion and
- Prohibit the child from participating in a sporting event until the child:
 - is evaluated by a qualified health care provider
 - provides the amateur sports organization with a written statement from the qualified health care provider stating that the child is cleared to resume participation

Signs of a concussion

- Confusion, disorientation
- Memory problems
- Loss of consciousness
- Signs of other neurological or neuropsychological dysfunction including:

seizures
irritability
lethargy
vomiting
headache
dizziness
fatigue



Who is included?

“amateur”

- Parks and Rec
 - Community teams
- Schools
 - Games, practices
 - PE classes
 - Tryouts, sports camps, field days
- Private teams, leagues, or events



Not included?

- Professional sports teams, leagues, or sporting events
- Ski and snowboarding lift tickets unless it is a ski camp, team, or competition managed by the resort



Qualified health care provider?

- 1) is licensed
- 2) evaluating and managing a concussion is within their scope of practice
- 3) successfully completed a continuing education course in the evaluation and management of a concussion in the last three years



Does it have to be a doctor?

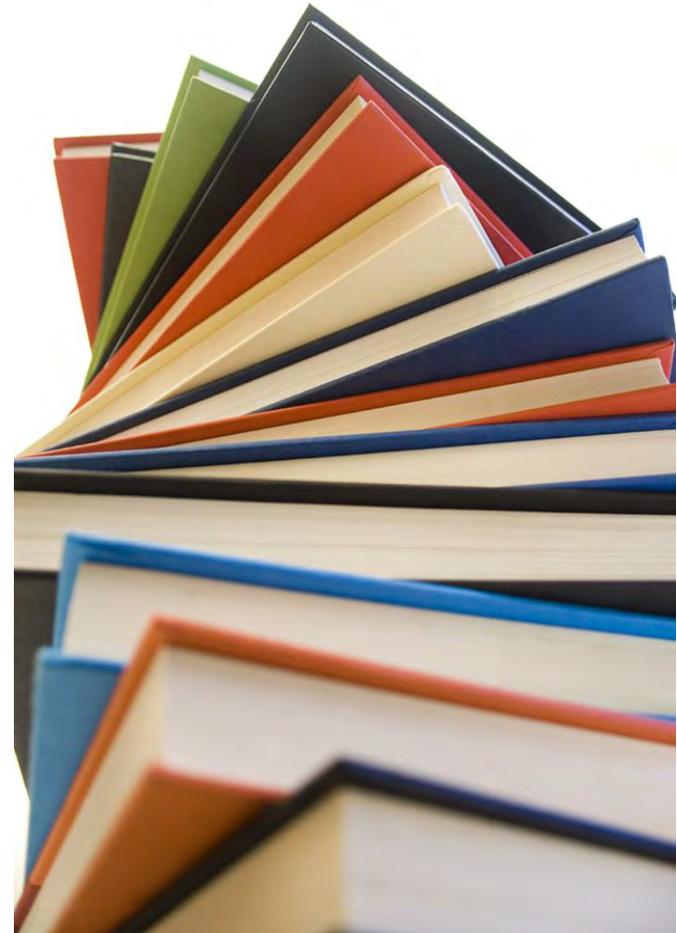
Not necessarily...

- Physicians assistant*
- Nurse practitioner*
- School nurse?*
- Athletic trainer?*



What “continuing education course?”

- *Don't know*
- *CDC*
- University of Michigan
<http://www.cme.med.umich.edu/icme/HeadInjuryandConcussion/>
- The Brain Trauma Foundation
<http://www.braintrauma.org/professional-homepage/>





When?

Effective: June 1, 2011

Schools – September 15th, 2011

Enforcement?

Not really, but....

Liability



Where can I get an example policy?

Policy and training with Rec Center employees



Salt Lake Valley Health Department
Violence and Injury Prevention Program

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