

NH STATE ADVISORY COUNCIL ON SPORT-RELATED CONCUSSION

BRAIN INJURY ASSOCIATION OF NEW HAMPSHIRE

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MISSION:

IMPROVE CONCUSSION- RELATED SAFETY OF YOUNG ATHLETES IN NEW HAMPSHIRE

Bureau of
Developmental
Services, NH
Department of Health
and Human Services

Children's Hospital at
Dartmouth Injury
Prevention Program

Injury Prevention
Program, NH
Department of Health
and Human Services

New Hampshire
Association of School
Psychologists

New Hampshire
Athletic Directors
Association

New Hampshire
Athletic Trainers
Association

New Hampshire
Department of
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Association Sports
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Musculoskeletal Institute

New Hampshire
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New Hampshire School
Learning Incentives
Concussion 911

New Hampshire School
Nurses Association

Northern New England
Neurological Society

Traumatic Brain Injury
Program—Dartmouth

Best Practice Principles, NHACSC,

Concussion, including potential consequences of inappropriate management, is an important public health issue. These best-practice principles of concussion management are based on current scientific knowledge and concerns for safety. They are consistent with International consensus and current scientific evidence. While these principles are aspirational, they are important for focusing policies and resources.

- A. Education is the key to effective identification and management of concussions. Athletes, parents, coaches, and professionals need to understand the signs and symptoms of concussion and understand currently-accepted general management principles. Educational information should be based on scientific evidence when available, or informed consensus such as the consensus, published in 2008, of the International Concussion in Sport group which met in Zurich.
- B. All who work with sports-related brain injuries should use current best-practice principles for assessment and management, relative to their role and training. Professional ethics require that practitioners do not work outside of their areas of expertise. Training specific to sports concussions is widely available and is encouraged.
- C. Removal from competition for the rest of the day is required for youth whenever signs or symptoms of concussion are present, and a probable mechanism of injury has occurred. No athlete should be returned to activity without appropriate medical clearance.
- D. While initial evaluation is often appropriately completed by a primary care or emergency room doctor (or school nurse), best-practice management of recovery should include integrated care from several specialists for monitoring of symptoms, cognition and behavior, with practices based on scientific evidence. Assessment of concussion should include symptoms, cognition and balance. Athletic trainers, school nurses, primary care and specialist MD's, and neuropsychologists all have critical roles.

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