

CDC UPDATES FOR CONCUSSION MANAGEMENT

1. Comprehensive Physical Exam: Screen for additional injury or factors that may lead to more serious outcomes or affect recovery from treatment.
2. Reduce use of imaging (CT and MRI) unless clinical findings suggest greater injury severity or complications that may lead to more serious outcomes.
3. Use of validated scales and consideration of cognitive or balance assessments.
 - Post-Concussion Symptom Scale
 - Health and Behavioral Inventory
 - Post-Concussion Symptom Inventory
 - Acute Concussion Evaluation
4. Screen for Risk factors predictive of protracted recovery:
 - Adolescent or older
 - Low socioeconomic status
 - Past intracranial injuries
 - Past concussion history or symptoms
 - Learning or cognitive disabilities
 - Neurologic or psychiatric disorders
 - Family/social stressors.
5. Education on symptoms, expected recovery, and signs of worsening status
 - Worsening Headache
 - Nausea and repeated vomiting
 - Increased confusion and agitation
 - Slurred speech and drowsiness, inability to wake up
 - Weakness, numbness and loss of coordination
 - Loss of consciousness, convulsions, or seizures
6. Return to Activity following 2-3 days of rest
 - Activity should not cause increased symptoms or risk additional head injury
 - Documentation and implementation of accommodations for work or school with collaboration of medical providers and employers or educators to support gradual return to prior demands without symptom provocation.
7. Following established RTL/RTW (return-to-learn or return-to-work), allow progressive exertion training prior to release to contact sports.
 - Daily demands
 - Light cardiovascular exercise, minimal head and body movement components
 - Moderate-High intensity, sport-specific, challenging head and body movement
 - Non-contact practice drills challenging cognitive & emotional factors to game situations
 - Full-contact practice challenging ability to tolerate anticipated and game-like contact
 - Return to Sport clearance
8. Refer to appropriate specialty for additional evaluation and treatment