NSW Department of Education

# Suspected concussion – medical follow up

**If the student is showing any 'red flag' symptoms the school will call 000 immediately to request an ambulance.** The NSW Department of Education requires schools and teachers to take immediate action for students who are suspected of suffering a concussion. Only doctors can diagnose a concussion and provide medical clearance for a student to return to sport and physical activity. Key points to consider:

- Signs and symptoms of concussion may appear immediately, hours or days after the injury.
- The brain requires time to heal; returning to play early can prolong recovery and increase the risk of further concussions.
- Medical clearance is required for students to return to vigorous or competitive school sport or physical activity within 21 days of the concussion.

This form has been completed to inform you about the head injury, outline the steps taken by the school, and what you need to do next. It includes information to assist with any necessary follow-up medical care.

School contacted parent at _____(time) to advise of head injury. Parent indicated:

- ☐ Student to remain at school as there are no symptoms
- ☐ Student will be collected ASAP

## Observations to be completed by school staff member

Student's first and last name:

Date: Time:

Suspected concussion from:

- ☐ a reported/observed knock to the head.
- ☐ a reported/observed heavy impact to body that results in jarring of the neck or head.

The following concussion symptoms have been reported or observed:

**Physical symptoms**

- ☐ loss of consciousness
- ☐ facial injury (bump, bruise or laceration)
- ☐ headache or "pressure in head"
- ☐ balance problems
- ☐ nausea or vomiting
- ☐ dizziness
- ☐ more sensitive to light
- ☐ more sensitive to noise
- ☐ drowsiness, fatigue or low energy
- ☐ neck pain

**Changes in emotion**

- ☐ more emotional
- ☐ more irritable
- ☐ sadness
- ☐ nervous or anxious

**Changes in thinking**

- ☐ difficulty concentrating
- ☐ difficulty remembering
- ☐ feeling slowed down

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| ☐ “don't feel right” | ☐ feeling like “in a fog” |
| ☐ **None** at the time this report is being completed. Please continue to monitor your child for the next 48 hours. | |

If your child has or develops any of the above symptoms, they are considered to have a suspected concussion. As a result, parents are advised to follow the actions below.

## Suspected concussion actions

1. Go to your General Practitioner or medical centre for assessment within 24 hours of the incident.
2. Call 000 or go directly to the nearest hospital's emergency department, if you notice any worsening or any of the following ‘red flag’ symptoms including:
   - ☐ Severe **headache**, seizure, unconscious
   - ☐ Worsening **eye problems**
   - ☐ **Abnormal behaviour** change
   - ☐ **Dizziness,** persistent vomiting
   - ☐ **Balance dysfunction** with weakness or numbness in legs/arms
   - ☐ **Unsteady** on feet, slurred speech
   - ☐ **Memory impaired**, confused, disoriented
   - ☐ **Poor concentration**, drowsy, sleepy
   - ☐ **Something’s not right** (concerned about child)
3. If your child is diagnosed with a concussion, please contact the school to inform us and provide any medical advice to support their return.

A doctor or healthcare professional can advise on a gradual, staged return to school. This advice will assist teachers in providing any necessary learning adjustments for your child.