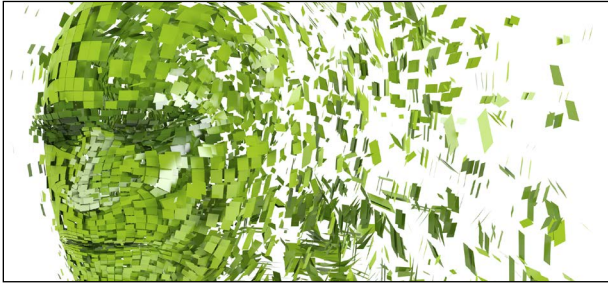

Resources



NEBrainstorm (www.braininjury.ne.gov) and Brain Injury Association of Nebraska (biane.org) are Nebraska's brain injury resource networks.

The Brain Injury Resource Center (www.headinjury.com) has a wealth of information including facts about brain injury and links to programs, support groups and resources.

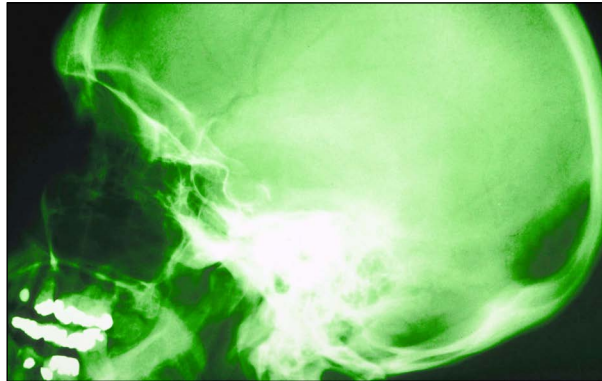
The TBI Resource Guide (www.neuroskills.com) has information about services and products relating to traumatic brain injury, brain injury recovery and post-acute rehabilitation.

Brain Injury Association of America (BIAA) (www.biausa.org) provides information about traumatic brain injury.

The Centers for Disease Control and Prevention has information related to Injury Prevention & Control — Traumatic Brain Injury (www.cdc.gov/headsup/index.html) — and information related to Concussion in Sports (www.cdc.gov/headsup/index.html).

About BIRSST

ESUs #1, #7 and #8 are part of the Northeast Regional Brain Injury Regional School Support Team (BIRSST), sponsored through the Nebraska Department of Education. Teams are available to provide consultive services to schools working with students who have sustained brain injury. BIRSST can provide educators, coaches and parents with materials, training and consultative services to support students with brain injury.



ESU #1

Arianne Conleyaconley@esu1.org
Heather Barron-Galvinhbarron@esu1.org

ESU #7

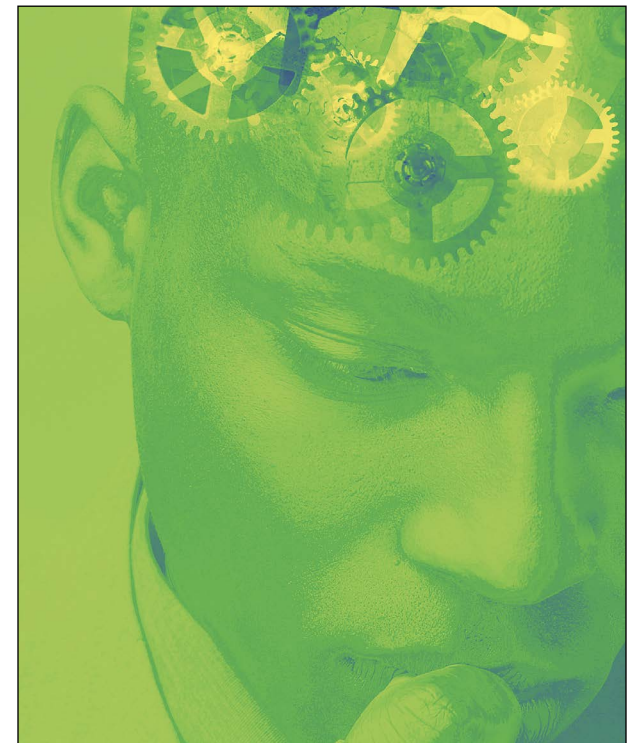
Amy Slamaaslama@esu7.org

ESU #8

Sonya Simonsssimons@esu8.org
Jill Batesjbates@esu8.org

Northeast Regional BIRSST

Brain Injury Regional School Support Team



**Providing resources
and support for students,
parents and educators**

A concussion **IS** a brain injury.



A concussion is a type of traumatic brain injury — or TBI — caused by a bump, blow or jolt to the head, or by a hit to the body that causes the head and brain to move rapidly back and forth. This sudden movement can cause the brain to bounce around or twist in the skull, stretching and damaging the brain cells and creating chemical changes in the brain. Most concussions occur without loss of consciousness and, according to the Centers for Disease Control, lack of proper diagnosis and management of a concussion may result in serious long-term consequences, especially when a second concussion occurs prior to full recovery.

Nebraska Concussion Awareness Act

- Annual education made available to coaches and provided to parents/students prior to the start of practice or competition.
- Removal from Play: Any athlete shall be removed from play when they are reasonably suspected of having a concussion. Parents/guardians must be notified when the injury occurred, signs/symptoms that were present and actions that were taken to treat the student.
- Return to Play: An athlete may be allowed to return to play when they have been evaluated and have received written clearance from a licensed health care professional. The athlete must also have written permission from their parent/guardian.
- Return to Learn: Schools must establish a return to learn protocol for students who have sustained a concussion. The protocol shall recognize that students with concussions who return to school may need informal or formal accommodations, modifications of curriculum and monitoring by medical or academic staff until the student is fully recovered.

Signs & Symptoms

- Headache or “pressure” in head
- Nausea or vomiting
- Balance problems or dizziness
- Double or blurry vision
- Sensitivity to light or noise
- Feeling sluggish, hazy, foggy or groggy
- Concentration or memory problems
- Confusion
- Just not “feeling right” or “feeling down”



It's important to:

- respond to concussions when they first occur to help prevent further injury or even death;
- recognize the concussion and its outcomes;
- reassure the student that everything will be done to accommodate their injuries; and
- expect a positive outcome.