



Concussion and Head Injuries Policy

Policy Statement

- The King's Hospital School is an inclusive community that aims to support students who may have had a concussion or head injury, ensuring they are treated and recover to participate fully in all aspects of school life.
- Concussion is a brain injury caused by a blow to the head or body which leads to shaking of the brain
- Concussion results in a disturbance in brain function that can affect a child or young person's thinking, memory, mood, behaviour and level of consciousness. It can produce a wide range of physical symptoms and signs such as headache, dizziness and unsteadiness
- Concussion often occurs without loss of consciousness
- Most concussions recover with a period of physical and mental rest
- All staff must be aware of what to do if a student suffers a concussion or head injury
- Staff will work in partnership with other stakeholders, such as medical professionals, parents, students, etc. to ensure this policy is planned, implemented and maintained successfully.

Symptoms

Presence of any one or more of the following symptoms may suggest a concussion:
(NOTE 90% of concussions are not knocked out): -

1. Headache
2. Dizziness
3. Mental clouding, confusion or feeling slowed down
4. Visual problems
5. Nausea or vomiting
6. Fatigue
7. Drowsiness /feeling like "in a fog"/ difficulty concentrating
8. "Pressure" in the head
9. Sensitivity to light or noise



Procedure

- As with all medical emergencies/incidents, the School Nurse is contacted promptly.
- Any student with a suspected concussion must be removed immediately from training/play and should be assessed by a medical professional prior to partaking in any physical exercise.
- The student must be removed in a safe manner in accordance with emergency management procedures. If a cervical spine injury is suspected the player should only be removed by emergency healthcare professionals with appropriate spinal care training.
- If he / she is unconscious, he / she **must not be moved** – except by appropriately trained medical personnel using a spinal stretcher.
- He / She must be transferred to hospital. Ring 999/112 for an ambulance and DO NOT DELAY. **EIRCODE: D20 V256**
- He/she should not be left unattended at any stage.
- If the student is at an away venue, accompanying staff should contact host school nurse if available, parents if present and Nurse on Duty at The King's Hospital School.
- In the case of home matches, a coach should accompany the student to the Nurse on Duty who will assess the student and contact his/her parents.
- If the student is visiting from another school, the same guidelines apply, but must seek permission from parent/guardian or person in loco parentis before administering any medication.

Assessment & management

If a student presents to the Nurse on Duty with a suspected concussion/head injury that has not been sent to hospital by ambulance:

- Baseline neurological observations are recorded and repeated as necessary (Temperature, Pulse, Respiration, Blood Pressure, Pupil Reaction, Response to Stimuli)
- Symptoms recorded as above (symptoms of concussion – what you are told)
- Memory assessment recorded –questions or similar
 - “Who were you playing today?”
 - “What score was it when you left?”
 - “Who scored last in the game?”
 - “What team did you play last week / game?”
 - “Did your team win the last game?”



- Wound, if present is cleaned and dressed
- Ice applied to head injury if present
- Paracetamol given for pain (appropriate dose if not allergic)
- Put resting in infirmary for observation
- For day students: parents informed and advised to bring pupil to own G.P. or A &E. Houseperson and Director of Sport are informed
- For boarding students: School Medical Officer contacted to attend. Parents, Houseperson and Director of Sport are informed.

Medication

Only the Nurse on Duty or an appropriately trained medical professional may administer medication

Paracetamol is given for pain (up to 12 years 500mg, 12+ years 500mg – 1 gm) checking for allergies and any recent intake of medication.

Record Keeping

The Nurse records details of the concussion/ head injury on the computerised medical system SIMS under the headings:

C: Complaint

A: Action

T: Treatment

O: Outcome

Any phone calls are recorded under the following ISBAR communication tool:

I: Identify

S: Situation

B: Background

A: Assessment



R: Recommendation

A School Incident Form is completed by witness (coach/referee/staff member).

Nurse uploads information to the SOCS system to inform relevant personnel if a student has had a diagnosis of concussion with a medical review date.

Exercise and activities

In keeping with the IRFU guidelines, a student diagnosed with concussion must rest for Day 1-2, and gradually increase to symptom limited activity and exercise up to Day 14, and increased aerobic exercise from Day 15, progressing to return to normal play on Day 23. This strategy can take longer than the minimum period stated if the pupil does not remain symptom free.

Students cannot return to sport until they:

- Are symptom free
- Have completed the IRFU 'Graduated Return To Play' strategy
- Have been medically cleared to return

School Environment

The King's Hospital School does all it can to ensure the school is favourable to students suffering with a concussion/ head injury.



Roles and responsibilities

The School

Employers have a responsibility to:

- Ensure the health and safety of their employers and anyone else taking part in school activities. This responsibility extends to those staff leading activities off site e.g. field trips, outings, away matches etc. Therefore, employers need to ensure an appropriate concussion/head injury policy is in place and trips are adequately risk assessed.
- Develop, implement and monitor the Concussion/Head Injury Policy
- Offer training and support via the School's Medical Centre.

School Staff

All school staff has a responsibility to:

- Understand The King's Hospital School Concussion/Head Injury Policy
- Know what to do in the event of a concussion/head injury
- Inform Nurse on Duty immediately if a student had a concussion/head injury
- Allow students who have been unwell time to catch up on missed work
- Advise a student to seek advice from the Medical Centre if complaining of symptoms of concussion/head injury
- Liaise with Medical Centre and Houseperson if symptoms cause tiredness and interfere with work.

Medical Professionals

The Medical Professionals have a responsibility to:

- Monitor, treat and educate
- Develop/update/review individual concussion/head injury care plans and share with parents, students, and relevant school staff via SIMS/SOCS
- To devise/update as necessary the Concussion/Head Injury Policy (Nurses). This process is overseen by the School Medical Officer and is in line with local and national guidance.
- Offer training to staff as required, to ensure all educational needs are met.
- Provide medical assistance
- Ensure students with a concussion/head injury know to seek medical help with their condition when required.



Students

Students have a responsibility to:

- Treat other students with a concussion/head injury with respect
- Ensure that a member of staff is informed if a student with a concussion/head injury is unwell or acting strangely
- Attend medical check-ups when required

Parents

Parents have a responsibility to:

Inform the school if a diagnosis of a concussion/head injury has been made and what medication is taken

Inform the Medical Centre of any changes to treatment plan/strategy or any problems with a concussion/head injury when student is not at school

Update the school after any Consultant/Hospital visits

Sources of Reference:

<https://www.mosa.org.uk/mosa-guidelines.asp>

<https://www.irishrugby.ie/playing-the-game/medical/safe-rugby/>

https://www.sbns.org.uk/index.php/download_file/view/873/559/



- Concussion is a brain injury caused by a blow to the head or body which leads to shaking of the brain
- Concussion most often occurs without loss of consciousness.
- All staff must be aware of what to do if a student suffers a concussion or head injury.
- Presence of any one or more of the following symptoms may suggest a concussion: -
 - Headache
 - Dizziness
 - Mental clouding, confusion or feeling slowed down
 - Visual problems
 - Nausea or vomiting
 - Fatigue
 - Drowsiness / feeling like “in a fog” / difficulty concentrating
 - “pressure” in the head
 - Sensitivity to light or noise
- As with all medical emergencies / incidents, the school nurse must be contacted promptly.
- Any student with a suspected concussion must be removed immediately from training/play and should be assessed by a medical professional prior to partaking in any physical exercise. He / She should not be left unattended at any stage.
- **If he / she is unconscious, he / she MUST NOT BE MOVED** – except by an appropriately trained medical professional using a spinal stretcher.
- In the case of home matches, a coach should accompany the student to the school nurse who will assess the student and contact his/her parents.
- In the case of away matches, the injury should be reported to the nurse by phone and the student accompanied to the nurse upon return to school.
- **In the case of serious concern for the student’s immediate health / wellbeing he / she must be transferred to hospital without delay.** ‘Phone 999 or 112 for an ambulance **EIRCODE: D20 V256** and ‘phone the nurse on duty on **0863277781**.
- If the injured student’s parents are present they should also be informed of the injury (nurse should still be informed by ‘phone).
- In keeping with the IRFU guidelines, a student diagnosed with concussion must observe a period of physical and mental rest for day 1-2, and gradually increase to symptom limited activity and exercise up to day 14 and aerobic exercise from day 15 only; progressing to return to full training / playing only after day 23 **and when symptom free**.
- Students cannot return to sport or exercise until they
 - Are symptom free
 - Have completed the graduated return to play procedure (above) and have been cleared to return by the school Medical Officer. **A list of students with concussion will be recorded by - the nurse on SOCS. Coaches should refer to this list and cannot select for a team any student on this list.**



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