Concussion Management Plan

The following policy and procedures regarding the management of concussions encompasses the NCAA recommendations regarding management of concussions in intercollegiate athletics. The guidelines include the staff Athletic Trainer’s role in concussion management, concussion assessment procedures (immediate and subsequent), referral requirements, neurocognitive baseline and post injury testing, as well as, return to play guidelines. The concussion guidelines have been developed in accordance with the mission of the Sports Medicine-Athletic Training Department at Bridgewater State University to provide quality athletic healthcare services and to assure the well-being of each student-athlete.

I. Purpose:

The BSU Sports Medicine-Athletic Training Department recognizes that sports related concussions pose a significant health risk for student-athletes. In accordance with the NCAA, the Sports Medicine~Athletic Training Department has implemented policies and procedures to deal with the assessment, management, and return to play (RTP) considerations for student-athletes who have sustained a concussive episode.

II. Definition of terms:

Concussion - A complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces.
- Direct blow or impulsive forces transmitted to the head
- Typically results in rapid onset of neurological impairments
- Functional injury: Not a structural injury
- May or may not include loss of consciousness (LOC)
- Not identifiable on standard imaging (CT, MRI)

Mild Traumatic Brain Injury (mTBI)
- All concussions are a form of mTBI,
- Not all mTBI's are concussions.
- The terms mTBI and concussion should NOT be used interchangeably.

Post Concussion Syndrome
- A set of symptoms which may last for weeks, months, or years following a Concussion

Second Impact Syndrome
- Rare condition when an athlete sustains a second head injury before symptoms from the first have resolved. Second Impact Syndrome is often fatal.