

## Parent's Pathway for Child and Youth Concussion

For use by Parents and Caregivers | Appropriate for ages 5-18 years

Every child/youth suspected of a concussion should be seen by a medical doctor or nurse practitioner

Child/youth experiences a hit to the head or to the body (incident)

### Are "Red Flag" symptoms present?

- Loss of consciousness
- Seizure or convulsions
- Uncontrollable vomiting
- Worsening mental status
- Neck pain
- Severe or increasing headache
- Trouble with vision
- Slurred speech
- Very tired or lethargic
- Weakness or tingling in arms or legs / unsteady / paralysis

### Yes to any:

Go to Emergency Department

(Continue to monitor for symptoms)

### Are general concussion symptoms present?

- Headache
- Dizziness
- Fuzzy or blurry vision
- Nausea and vomiting
- Confusion
- Not thinking clearly
- Feeling slowed down
- Sensitivity to light or noise
- Not able to concentrate or remember
- Irritable or emotional, mood changes
- Easily upset or angered
- Unsteady
- Changes in sleep or trouble falling asleep
- Unusual behaviour

### No to any general symptoms:

**Monitor:** continue to watch child for 24-48 hours following the incident and visit doctor/nurse practitioner if general concussion symptoms appear. Go to nearest Emergency Department if **Red Flag symptoms** appear.

### Yes to any general symptoms:

**Schedule** an appointment with child's Doctor or Nurse Practitioner to discuss the injury incident, symptoms and any **pre-existing factors** below:

- Headaches (e.g. migraines)
- Previous brain injury/concussion
- Attention Deficit Hyperactivity Disorder
- Learning disabilities
- Mental illness

### Managing your child's concussion recovery:

**Rest** is most important for first and second day (24-48 hours). Encourage light activity only as tolerated.

**Get informed** about concussion injury recovery:

- Check for symptom changes regularly (at least once a day)
- Child will need physical and mental rest with regular naps and sleep
- Limit activities that require concentration like reading, computer use, video gaming, playing musical instruments and driving if applicable

**Tell** the child's school if a concussion is suspected or diagnosed. School boards have concussion policies to manage students with a concussion.

**Return** to Doctor/Nurse Practitioner if general concussion symptoms last more than four weeks. Ask for a referral to a concussion specialist.

**Return to learn and play:** complete Return to Learn at school before starting Return to Play in sport and recreation activities (see back for more).

### If child has pre-existing factor(s):

**Be aware** that recovery may take longer – weeks to months

**Watch for** anxiety, depression and risky behaviour and, where necessary, immediately seek referral for mental health services

**Monitor** closely and take child to a concussion specialist if symptoms last for more than four weeks



# Brain Injury Management Support Services in York Region

## Emergency Room Departments

### Triage, treatment, admittance and referral

Mackenzie Health; 10 Trench Street, Richmond Hill, ON L4C 4Z3 Tel: 905-883-1212

Markham-Stouffville Hospital; 381 Church Street, Markham, ON L3P 7P3 Tel: 905-472-7000

Southlake Regional Health Centre; 596 Davis Drive, Newmarket, ON L3Y 2P9 Tel: 905-895-4521

## Finding a Concussion Specialist

### Holland Bloorview Kids Rehabilitation Hospital Concussion Clinical Services (18 years and under)

[hollandbloorview.ca/programsandservices/Concussioncentre/Concussionservices](http://hollandbloorview.ca/programsandservices/Concussioncentre/Concussionservices)

150 Kilgour Rd, Toronto, ON M4G 1R8, 416-424-3804

### Canadian Academy of Sport and Exercise Medicine (Sport-related concussion)

[casem-acmse.org/physician-directory/find-a-sport-medicine-doctor](http://casem-acmse.org/physician-directory/find-a-sport-medicine-doctor)

## Resources

### York Region Public Health – injury prevention resources, including concussion

[york.ca/concussion](http://york.ca/concussion)

### Holland Bloorview Kids: Concussion Handbook for Parents and Kids – resource to help with concussion management and recovery

[hollandbloorview.ca/programsandservices/Concussioncentre/Concussioneducation/Handbook](http://hollandbloorview.ca/programsandservices/Concussioncentre/Concussioneducation/Handbook)

### Concussion Awareness Training Tool – online course

[cattonline.com](http://cattonline.com)

### Ministry of Health and Long Term Care – resources for

parents, educators and coaches

[ontario.ca/concussions](http://ontario.ca/concussions)

### Parachute – injury prevention topics, including concussion

[parachutecanada.org/injury-topics](http://parachutecanada.org/injury-topics)

### Ontario Brain Injury Association (OBIA) – support for people living with the effects of acquired brain injury (ABI)

[obia.ca](http://obia.ca)

### CanChild Centre for Childhood Disability Research – Return to Learn and Return to Activity guidelines for children and youth; infant and toddler mild traumatic brain injury/ concussion

[canchild.ca/en/diagnoses/brain-injury-concussion](http://canchild.ca/en/diagnoses/brain-injury-concussion)

**Return to Learn** – School board policies and resources for managing students with concussion:

#### York Region District School Board

[yrdsb.ca/boarddocs/Documents/PP-concussions-627.pdf](http://yrdsb.ca/boarddocs/Documents/PP-concussions-627.pdf)

#### York Catholic District School Board

[ycdsb.ca/trustees/documents/policies/Policy212-Concussions.pdf](http://ycdsb.ca/trustees/documents/policies/Policy212-Concussions.pdf)

[ycdsb.ca/trustees/documents/procedures/procedure-concussions-policy212.pdf](http://ycdsb.ca/trustees/documents/procedures/procedure-concussions-policy212.pdf)

*Adapted from a resource produced by the City of Hamilton Public Health Services*

November 2015



1-800-361-5653  
TTY: 1-866-252-9933

York Region Health Connection

**Community and Health Services**

Public Health

[www.york.ca](http://www.york.ca)

