

TOPIC: **INCREASED AWARENESS OF STUDENT ATHLETE CONCUSSION PREVENTION AND MANAGEMENT UTILIZING THE CENTERS FOR DISEASE CONTROL AND PREVENTION (CDC) "HEADS UP" TOOL KIT AND THE "CONCUSSION SIGNS AND SYMPTOMS CHECKLIST"**

SUBMITTED BY: **Johns Hopkins University School of Nursing & Dakota Wesleyan University**

WHEREAS, concussion is defined as a sudden-onset, brief alteration in consciousness induced by traumatic biomechanical forces resulting in both functional and structural brain disturbances; and

WHEREAS, short-term complications of a concussion-related brain injury may develop from the time of impact to hours thereafter, and may include cerebral contusions, and extradural, subdural and intracerebral hematomas, with possible co-existing injuries to the skull and cervical spine; and

WHEREAS, following an initial concussion, a player is at increased risk of recurrent concussions, with peak incidence within 7-10 days of the first concussion; and

WHEREAS, a recurrent concussive event before resolution of the original concussion symptoms is related to fatal cerebral edema known as "second impact syndrome"; and

WHEREAS, repetitive brain trauma such as repeated concussions may be responsible for long term neurodegenerative changes including memory and cognition decline, depression, suicidal behavior, poor impulse control, aggressiveness, parkinsonism and dementia; and

WHEREAS, according to the CDC during 2001-2009, an estimated annual 173,285 persons aged 19 years or younger were treated in Emergency Departments for non-fatal traumatic brain injuries (TBIs), with highest rates among males aged 10-19 years; and

WHEREAS, the CDC suggests by increasing awareness of TBI risks from sports, using proper technique and protective equipment, and rapidly responding to injuries, the incidence, severity, and long-term negative consequences of TBIs among youth can be reduced; and

WHEREAS, in response, the CDC implemented a concussion education and awareness initiative in September 2005, that includes a concussion signs and symptoms checklist; and

WHEREAS, Protecting Student Athletes from Concussions Act of 2011 (H.R. 469), which is sponsored by Rep. Timothy Bishop [D-NY1] and requires school districts receiving funding from the Elementary and Secondary Education Act to establish regulations of concussion prevention and treatment, was referred to the Subcommittee on Early Childhood, Elementary, and Secondary Education on February 25, 2011, leaving no current national law; therefore be it

- RESOLVED, that the National Student Nurses' Association (NSNA) recognize and promote awareness of preventing and managing sports-related concussions in all athletes and advocate utilizing the CDC's "Concussion Signs and Symptoms Checklist" by all nurses and student nurses, if feasible; and be it further
- RESOLVED, that the NSNA encourage all nurses and student nurses to be an educational resource through the distribution of the CDC's "Heads Up" concussion materials to students, parents, athletic directors and athletic trainers, if feasible; and be it further
- RESOLVED, that the NSNA encourage its constituents to contact their legislators in support of national and local policies regarding concussion prevention and management in student athletes; and be it further
- RESOLVED, that the NSNA publish an informative article on this topic in *Imprint*, if feasible; and be it further
- RESOLVED, that the NSNA send a copy of this resolution to the American Nurses Association, the National League for Nursing, the American Association of Colleges of Nursing, the National Organization for Associate Degree Nursing, the American Nurses Credentialing Center, the American Association of Neuroscience Nurses, the National Association of School Nurses, the American Academy of Nurse Practitioners, the American College of Nurse Practitioners, the National Association of Pediatric Nurse Practitioners, the American Academy of Physical Medicine and Rehabilitation, the American Academy of Pediatrics, the American Academy of Neurology, the American Academy of Emergency Medicine, the American Medical Society for Sports Medicine, the National Assembly on School-Based Healthcare, the National Federation of State High School Associations, the National Association for Sport and Physical Education, the National Athletic Trainers' Association, the National High School Coaches Association, the Brain Injury Association, the Emergency Nurses Association, Rep. Timothy Bishop [D-NY1], U.S. Representative, New York's 1st District, and all others deemed appropriate by the NSNA Board of Directors.