

Passing Max's Law

SB 348

2009

Why is this necessary?

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Key players

- BIAOR
- Senator Morrisette and Rep Gilliam
- Ralph and Max Conradt
- Dr. Jim Chesnutt
- Oregon School Athletics Association (OSAA)
- Local media and dozens of parents and their children

SB 348 Max's Law

- Annual sports concussion training for all coaches
- A child suspected of having a concussion is removed from play and cannot return until they are symptom free for 8 days and have a doctors release
- CDC kits are sent to all coaches
- All parents sign an information form outlining possible results of concussion

Concussions: The Problem

- We now realize that concussions occur more often than previously thought
- Young athletes are at risk for serious short-term and long-term problems



What Coaches Must Know

- Coaches must be able to identify when a concussion may have happened
- This training is so important that coaches must receive it annually—at no cost – online

What is a concussion?

- A concussion is a brain injury
- It's usually caused by a blow to the head, face, neck, or elsewhere on the body where the force is transmitted to the head
- Most of the time it does not involve a loss of consciousness

Symptoms of a concussion

- Headache or “pressure” in head
- Vision disturbance
- Dizziness
- Loss of balance
- Confusion
- Photosensitivity
- Bothered by noise
- Memory loss
- Ringing in ears
- Difficulty concentrating
- Nausea or vomiting
- Feeling sluggish
- Behavior change
- Just don’t “feel right”

How is a concussion diagnosed?

- Blow to your head?
- Knocked unconscious or dazed?
- You've had a concussion.

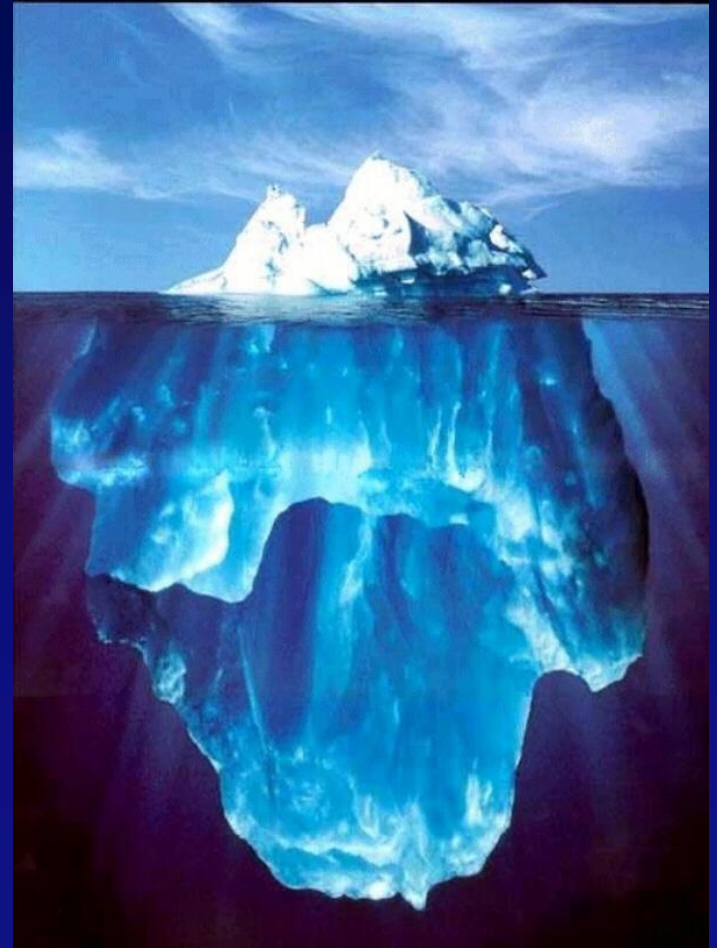
Increasing Exposure of the Problem is Helping Increase Awareness

- High profile athletes with severe or career ending injuries
 - Steve Young
 - Troy Aikman
 - Trent Green
- ESPN and Sports Illustrated frequently cover the issue-not always very well
 - Highlights of hits
 - Features in print and television



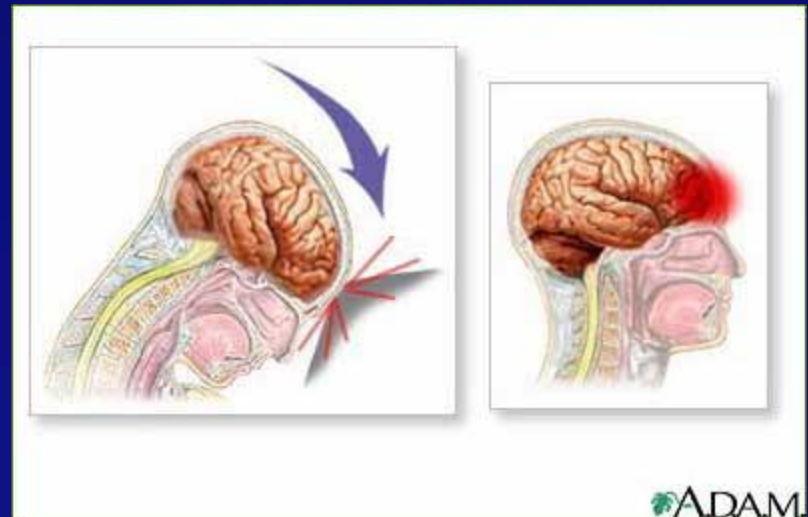
Educate on Concussions: Extent of the Problem

- Like all problems in sports- what is seen in NFL and NHL only a small part of the problem
- Much more common in high school than any other level- due to large number of participants



What is a Concussion?

- A concussion is a **mild traumatic brain injury** that interferes with normal function of the brain
- Evolving knowledge- “dings” and “bell ringers” are brain injuries- no such thing as a *mild concussion*
- Loss of consciousness is not common in concussion



Everyone has a son or daughter,
niece or nephew, grandson or
granddaughter playing sports.

Having students and parents tell
their story is very important.

It must be personal

What is the most dangerous sport?



MTBI Incidence Rates

- Football – 2% to 20%
- Boxing – 1% to 70%
- Equestrian – 3% to 91%
- Soccer – 4% to 22%
- Rugby – 2% to 25%
- Ice Hockey – 56%
- Basketball – 34%



Most injuries occur in football players due to the large number of participants

Concussions



- Estimated 300,000- 3 mil sports-related head injuries in high school athletes yearly
- 9% of all sports injuries
- 678-6000 head-injuries in Oregon HS athletes in 2004-5 based on OSAA participation stats

Concussion

- Symptoms are variable for each individual in terms of type, intensity and duration
- Classified into somatic (Headache, dizzy), Neuropsych (agitated, quiet, depressed), cognitive (memory, processing)
- Cumulative impairment can occur

Second Impact Syndrome

- Injury before recovery from the previous head injury
- May cause brain swelling from loss of normal control of brain blood flow
 - Rare but deadly, more common in teenagers
- Prevention is the key.....
 - Do not return to play too early

Concussions: New Science

- Research indicates that HS athletes with less than 15 min of on field symptoms exhibit deficits on formal neuropsychologic testing and re- emergence of active symptoms, lasting up to one week post-injury.
- Symptoms often return with exertion
- Suggests we are returning athletes too early

Concussions: Return to Play

A Step-wise symptom limited program

1. Rest until asymptomatic (physical,mental)
2. Light aerobic exercise (exercise bike)
3. Sport- specific exercise
4. Non-contact training drills (wt lifting or sleds)
5. Full contact training (after medical clearance)
6. Return to competition(game play)

Each stage is about 24 hrs or longer

and return to stage one if symptoms reoccur

Return to Play considerations

- All symptoms need to resolve
 - This includes HA, especially
 - Follow symptom log
- Neurocognitive score may normalize before or after symptoms resolve
- If symptoms recur with exercise, school, work or play: remove/ modify
- See CDC “HEADS UP” tool kit for other details:

www.cdc.gov/ncipc/tbi/Coaches_Tool_Kit.htm

- Key Point—CDC materials—no cost to the state.
- Every coach has received one

New Concussion Guidelines

1. No Same Day Return to Play

2. Return to Play Recommendations

approximately one week out

Symptoms fully resolved

-and-

Complete a structured, graded exertion protocol over approximately 5-7 days without symptoms

Concussion

Final thoughts....

- Be alert for subtle symptoms
- Physical/ cognitive rest and limit contact for about one week and transition back to play
- Consider use of neuropsych testing
 - Document baseline, deficits and improvement
- Be aware of cumulative trauma and risk for permanent damage
- Use padding to your advantage!

The Goal

- State-wide concussion management program involving all high schools
 - Establish state-wide physician network
 - Uniform evaluation and management protocol
 - Consultation service for coaches, athletes, parents, and physicians
 - Neurological testing available for all contact and collision sport athletes



How do we achieve our goals?

- What happens when coaches and other members of the Sports Medicine Team work together to promote safety and injury prevention?



Concussions: The Plan



Three Tiers of Education

- *Medical Professionals*
 - Physicians, NP, PA
 - Athletic Trainers
 - Chiropractors
 - Paramedics/EMT's
- *Educators*
 - Athletic Directors
 - Coaches
 - Principals/Administrators
 - Counselors
- *Community*
 - Parents/Athletes
 - School Boards



Conclusion

- The opportunity presents itself for us to establish a program which can:
 - Maximize the health and safety of our athletes
 - Minimize worry and liability for our coaches and administrators
 - Provide a model for other western states to emulate
 - Tell your legislator to **Vote Yes on SB 348**



DVD shown to all legislators

Wear a helmet!!!

