



Dear Clinician,

There have been many advances and changes in the management of sports related concussion over the past few years. Most of these changes are based on the 3rd International Conference on Concussion in Sport held in Zurich in 2008. Last year the Virginia General Assembly passed a law that will impact how concussions will be managed by public schools in the Commonwealth (Senate Bill 652, the 2010 General Assembly Code of Virginia § 22.1-271.5). The Sports Medicine Task Force of the Virginia Academy of Family Physicians has collected several resources to help update you as you care for individuals suspected of suffering from a minor traumatic brain injury (concussion).

Highlights of the changes:

1. Starting in July 2011 local school divisions must develop concussion identification and management policies. Required elements of these policies include:
 - a. Any student-athlete suspected of having a concussion shall be removed immediately from participation in practice, training or competition. If they are found to have a concussion, they are not allowed to return to participation that day.
 - b. A student-athlete is not allowed to return to practice following a concussion until they are "cleared" by an appropriate licensed health care provider (MD, DO, PA, NP or ATC).
 - c. Once "cleared" to return, the student-athlete must follow a workout protocol that gradually increases their activity level daily. This usually takes 5-7 days and cannot be shortened.
2. No student-athlete shall be allowed to participate fully in practice or competition until all of the following conditions have been met:
 - a. The student no longer exhibits signs, symptoms or behaviors consistent with a concussion both at rest and with exertion.
 - b. The student-athlete is asymptomatic during and following each step of a gradually intensifying return to play guideline.
 - c. The student-athlete has a written medical release from a licensed health care provider.

In response to this information, we have included several materials that hopefully will be useful to clinicians. They include a brief Power Point overview of concussion, the Board of Education Guidelines for Policies on Concussions in Student-Athletes; the Consensus Statement on Concussion in Sport: The 3rd International Conference on Concussion in Sport held in Zurich, November 2008; the Sport Concussion Assessment Tool 2; and the CDC Heads Up Concussion in Youth Sports materials.

Concussion is a complex neurologic injury. Each patient can be different and management therefore must be individualized. Hopefully these materials will provide you with a useful toolkit as you care for scholastic student-athletes, recreational athletes and non-sport related concussions in youth.

Respectfully,

The Sports Medicine Task Force of the Virginia Academy of Family Physicians

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