



Northumbria Healthcare
NHS Foundation Trust

Concussion in young people

Issued by Northumbria Healthcare NHS

What is concussion?

A concussion is a brain injury that can occur after a knock/bang to the head that affects the way you think and feel. It cannot be seen on x-rays or scans.

What are the symptoms of concussion?

Physical	Behavioural	Emotional	Learning (cognitive)
Headache	Personality change	Anxiety	Difficulty remembering things or being able to complete tasks
Nausea (feeling sick)	Changes to appetite	Depression	Difficulties learning new things
Vertigo (dizziness)	Sleep disturbance	Aggressive /impulsive behaviour	Poor concentration
Tinnitus (ringing in the ears)			Slower reaction times
Double/blurred vision			

How long does it last?

Most young people with concussion recovery quickly and make a full recovery without any treatment. Some can have symptoms for 3-6 months or longer.

What is the treatment?

The best way to treat concussion is to start with a period of complete brain rest and ensure you get enough sleep. This is done by avoiding anything that will stimulate your brain including television, music, computer games, mobile phones, tablets and attending school. Once you have been symptom free for 48 hours then you can gradually return to these activities but may need further rest if symptoms return. This may take 1-2 weeks.

When can I go back to sport?

Further knocks/blows to the head while you are recovering from concussion can be potentially life-threatening and it is important to return to sport gradually. Hence, if you play for a team your coach must be informed that you have a diagnosis of concussion.

The schedule below is based upon advice from the rugby football union. You should only move to the next stage if you remain free of symptoms and if at any stage symptoms return you should move back a stage for at least 24 - 48 hours.

Stage	Day	Exercise Allowed
Rest	1-14	Complete rest – do not enter next stage unless you: <ul style="list-style-type: none"> ▪ are symptom free ▪ and are off all painkillers ▪ and have returned to normal studies
Light exercise	14-16	Normal PE lessons, light running/swimming/cycling
Sport specific & light exercise	16-18	Non-contact training drills
Sport specific & intense	18-19	As above plus own normal running/swimming/cycling
Full scale practice	19-21	Full contact practice
Return to play	>21	Return to normal game playing

What if I'm not getting better?

If you are uncertain about return to sport, or you have persistent symptoms, then please contact your GP for review.

Sources of further information

Information from the rugby football union:

<http://www.englandrugby.com/my-rugby/players/player-health/concussion-headcase/>

Information from the football association:

<http://www.thefa.com/get-involved/coach/concussion>

Concussion, NHS choices:

<http://www.nhs.uk/conditions/Concussion/Pages/Introduction.aspx>

Information from headway:

<https://www.headway.org.uk/about-brain-injury/individuals/types-of-brain-injury/minor-head-injury-and-concussion/>

Alternative Formats

If you would like a copy of this information in large print, another language, audio tape or other format please call the Contact Centre on **03 44 811 8118**

Other sources of information

NHS 111

NHS Choices

www.nhs.uk/pages/homepage.aspx

NICE (National Institute for Health and Clinical Excellence)

www.nice.org.uk

Patient Advice and Liaison Service (PALS)

Freephone: **0800 032 0202**

Text: 07815 500015

Email: northoftynepals@nhct.nhs.uk

Northumbria Healthcare NHS Foundation Trust

General Enquiries **03 44 811 8111**

www.northumbria.nhs.uk

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