Concussion Awareness in Parents 2018

CONCUSSION KNOWLEDGE

Parents demonstrated a good understanding of concussion with 98% of students correctly stating that a concussion was an injury to the brain.

There was a small improvement (5%) in parent knowledge of concussion symptoms compared to 2017.

More than 80% of parents knew that signs or symptoms of concussion included;
- Loss of consciousness, Blurred vision, Dizziness, Headache, Nausea, Confusion

Only 60% knew amnesia and 20% insomnia were also a sign of concussion.

Less than 50% were aware of the need to reduce school work and screen time post-concussion.

TIME TO RETURN TO SPORT AFTER A CONCUSSION

WITNESSED PLAYERS PLAYING ON WITH SUSPECTED CONCUSSION

- 65% have seen a coach pressure a player to play on

HEADGEAR USE IN SPORTS

- 31% of parents believe headgear can prevent concussion

HEADING USE IN SPORTS

OTHER HIGHLIGHTS

- 94% agree reporting concussion symptoms to a medical professional is important
- 97% agree education on concussion prevention is important
- Awareness that brain damage is a potential complication of concussion was increased 27%

Further Key Findings

More parents are aware brain damage is a potential complication of multiple concussions. Parents believed concussion guidelines should be followed at school. Most parents agreed that educating coaches was important.