

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

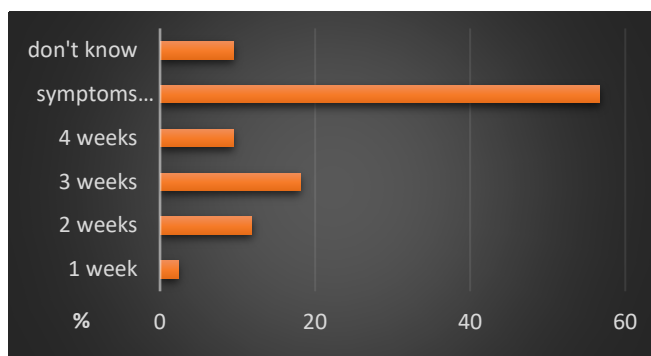
More than **80%** of parents knew that signs or symptoms of concussion included;

- Loss of consciousness, Blurred vision, Dizziness, Headache, Nausea, Confusion

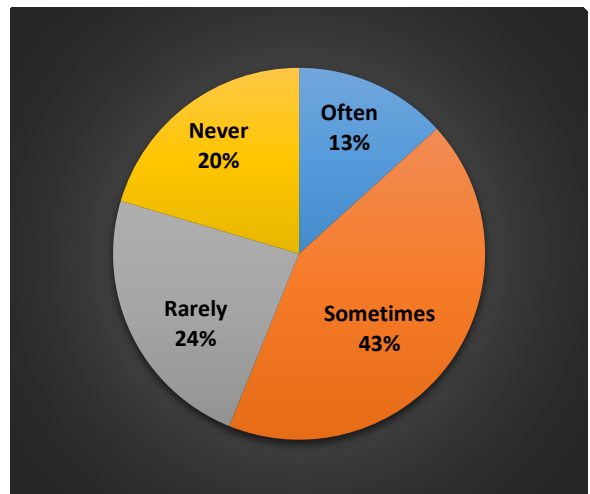
Only **60%** knew amnesia and **20%** insomnia were also a sign of concussion

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

HEADGEAR 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.