

Concussion Awareness in Students 2018

CONCUSSION KNOWLEDGE

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

There was no overall improvement in student knowledge of concussion symptoms compared to 2017.

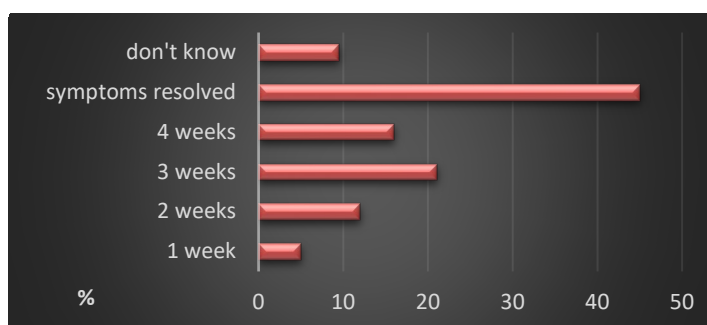
More than **70- 80%** of students knew that signs or symptoms of concussion included;

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

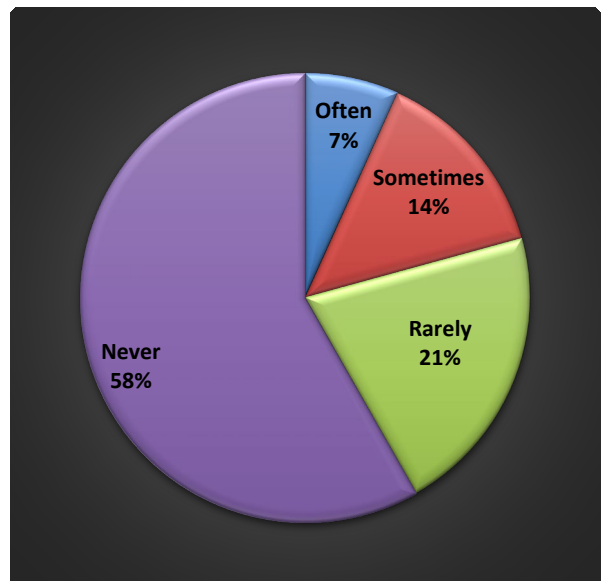
Only **60%** knew of nausea and amnesia and **20%** knew insomnia was also a sign of concussion

Less than **40%** were aware of 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



- **73%** have rarely or never seen a coach pressure a player to play on

HEADGEAR USE IN SPORTS

- **53%** of students believe headgear can prevent concussion
- **93%** agree reporting concussion symptoms to a medical professional is important
- **90%** agree education on concussion prevention is important
- Awareness that brain damage is a potential complication of concussion was increased by **3%**

Further Key Findings

Students' knowledge of concussion and return to play time frames remain high.
Some symptoms need increased awareness.
Further education is needed on the belief headgear prevents concussion.