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.