

PROPOSED GUIDELINES RE: CONCUSSION AWARENESS, PREVENTION, AND MEASURES

A. PREAMBLE

- Pursuant to the issue of concussions which was raised at the meeting of the Education & Facilities Committee on April 4, 2012, representatives from the Student Services Department, the Pedagogical Services Department, and the Community Services Department have combined their efforts in addressing this subject within the EMSB;
- It is the strong opinion of those consulted that a policy on the issue of concussions is not required in view of the fact that the EMSB currently has a Policy re: Physical Education and Health Safety which makes clear references to proper safety procedures as well as the guiding principles of accident prevention and risk recognition. As well, the onset of a concussion is only one example of an injury which, in the event that a policy was required, would necessitate the development of a policy for each type of injury - this is neither necessary nor practical;
- Other than having a policy, it would be far more prudent and helpful to disseminate information to the EMSB community which would encompass such elements as causes, prevention, signs and symptoms, referral resources, management of concussions, professional development, etc. (see E below).

B. INDIVIDUALS CONSULTED

- R. Medwid, Deputy Director General
- L. Lewis, Director, Student Services Department
- A. Furfaro, Director, Pedagogical Services Department
- D. Cesta, Assistant Director, Student Services Department
- C. Denommée, Assistant Director, Pedagogical Services Department
- L. Harvey, Assistant Director, Community Services Department
- I. Miller, Consultant, Spiritual, Religious and Moral Education, Student Services Department
- P. Evangelista, Consultant, Healthy Schools, Student Services Department
- S. Farr, Consultant, Physical Education & Health, Pedagogical Services Department
- D. Friedman, Trauma Director, Montreal Children's Hospital

C. DEFINITION

A concussion is a mild traumatic brain injury (MTBI) which affects cognitive, emotional, behavioural, physical, and sleep/energy patterns. It is a disturbance in brain functioning which can be caused by a direct or indirect hit to the head or body.

D. PROPOSED ELEMENTS IN DISTRIBUTED DOCUMENTATION

Elements which should be included in the information to be disseminated to the EMSB community (i.e. in-school administrators, teachers, professionals, parents, daycare staff, bus drivers, etc.) will include the following (non-exhaustive list):

- Causes (e.g. blow to the head or body)
- Prevention strategies (e.g. wearing the appropriate protective gear)
- Signs/symptoms (e.g. signs-slurred speech; e.g. symptoms-headache)
- Referral resources (e.g. CSSS school nurse, 911, Montreal Children's Hospital)
- Management of concussions (e.g. gradual return to school; modification of workload)
- Information pamphlet (e.g. Montreal Children's Hospital Trauma Centre)

E. ATTACHMENTS

Attached you will find the following information:

- Initiatives that have already taken place
- Next steps
- Links and contact information

Lew Lewis
Director
Student Services Department

June 4, 2012

Concussion Awareness, Prevention and Measures



I – Initiatives That Have Already Taken Place

A. PEDAGOGICAL SERVICES

1. Physical Education and Health (PEH)

- Workshops offered to PEH teachers with Carlo Galli from the Montreal Children’s Hospital (MCH) in September 2007.

2. Greater Montreal Athletic Association (GMAA)

- Information concussion kit (published by the MCH) distributed to all schools and coaches in 2010-2011.
- Letter sent to all GMAA coaches in August 2011, asking that any student who sustained a concussion be evaluated by the Concussion Clinic at the MCH.

3. PEH Committee (Anglophone sector)

- Information session on concussions and injury prevention with English school board PEH consultants took place in February 2012 with Ronny Varga from Action Sport.

B. STUDENT SERVICES and MELS/MSSS

1. Prevention and Promotion Programs

- Awareness of possible sports and recess games which can cause serious injury.
- March is Brain Awareness Month with Brain Awareness Kits being provided by Health Canada to the Student Services Department for distribution.
- Brain Waves Gala and fund-raisers with ongoing visits of students to the Montreal Neurological Institute (Spiritual Community Service)

2. Direction Santé Publique /CSSS:

- The involvement of the school nurse to raise awareness and share information as well as to address prevention, promotion and intervention in case of an injury and a possible concussion.

3. The Healthy Schools Approach

- Prevention of injury and promotion of non- violent behaviour and sports as an important aspect of the “Healthy Schools” indicators.

II - Next Steps:

1. The Pedagogical Services and Student Services Departments will share Information brochures (links) with administrators upon return in August.
2. The Student Services Department will remind professionals of safety guidelines and steps to be followed (as per MCH).
3. The Pedagogical Services, Student Services and Community Services Departments will place concussion information links on the Portal (administrators, teachers, professionals, daycare).
4. The Student Services Department (spiritual community service) will continue to provide awareness programs and visits to the Montreal Neurological Institute as well as having 'Brain Waves ' fund raisers with grey bracelets especially during March Brain Awareness Month.
5. The Community Services Department will share resources and information with daycare educators and bus drivers, and provide training to daycare educators in 2012-2013.
6. School administrators will share links and raise awareness with staff at the beginning of next school year with respect to prevention strategies, signs and symptoms, referral resources and the management of concussions (with annual reminders).
7. School administrators will seek the input and collaboration of the school nurse in addressing concussion issues and raising awareness with in-school personnel.
8. School administrators will share information and links with Governing Boards and parents.
9. The PEH teachers and GMAA coaches will continue to raise awareness pertaining to concussions with students as well as to ensure safety measures.

III – Important Links and Contact Information:

Information Booklets/ Resources Available:

http://www.thechildren.com/data/News/fr/315_Doc.pdf
<http://www.thechildren.com/trauma/pdf/en/mild-traumatic-brain-injury.pdf>
<http://www.thechildren.com/trauma/pdf/en/trauma-concussion-flyer.pdf>
<http://www.thechildren.com/trauma/>
<http://www.thinkfirst.ca/index.aspx> (Health Canada -Think First- Pensez d'abord Program)
<http://www.cdc.gov/concussion/HeadsUp/youth.html>
<http://www.cdc.gov/concussion/HeadsUp/Training/assets/pdfs/Headsup-ScreenReader.pdf>
<http://www.atsuconclusion.com/concussion-prevention.html#education>

Contact Information:

TRAUMA CENTRE
Montreal Children Hospital
(514) 412-4400, extension 23310

<http://www.thechildren.com/trauma>