

When a Concussion Isn't Mild

Surviving Concussion in the School Setting

Revelation: Concussion is a brain injury!!!



A concussion is a type of TBI, caused by a bump, blow, or jolt to the head that can change the way your brain normally works.

Out of the Rabbit Hole

How a Concussion Changed My Life: A Story of Hope

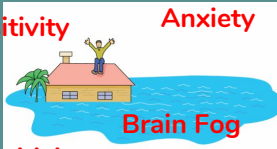
Sharon Royers, M.S., M.A.

Flooding

Fatigue

Sound Sensitivity

Anxiety

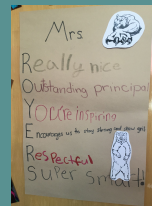


Brain Fog

Light Sensitivity

Pain & Pressure

The Flash in her closet...



Concussion Management Survey 2018

Figure 15 Prior to reading the preceding information [about Nebraska's Concussion Awareness Act] how would you have rated your level of awareness with Nebraska's Concussion Awareness Act?

	Administrators (n=34)	Teachers (n=1,441)	School Counselors, Social Workers (n=105)	School Nurses (n=53)	Special Ed., Para-educators, and Other Staff (n=365)	School Board Presidents (n=34)	Overall (n=2,324)
Fully aware	47.4%	20.3%	14.3%	41.5%	15.1%	32.4%	24.0%
Mostly aware	35.0%	28.6%	39.0%	39.6%	23.2%	41.2%	29.7%
Somewhat aware	13.0%	23.2%	25.7%	13.2%	24.6%	17.6%	21.7%
Not very familiar	2.9%	18.0%	12.4%	1.9%	22.9%	5.9%	15.7%
Not at all familiar	1.7%	9.9%	8.6%	3.8%	14.2%	2.9%	9.0%
% Fully or mostly aware	82.4%	48.9%	53.3%	81.1%	38.3%	73.6%	53.6%

Note: prior to this question, respondents were given the key provisions of Nebraska's Concussion Awareness Act.

Accommodating the injured brain in a school setting...

Allow more time to process



Avoid over-stimulation (noise and

Shorten the school day

Allow breaks in a quiet area

Emotional support

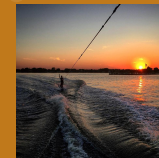
Figure 21 How would you rate your level of knowledge pertaining to the management of students with concussions?

	Administrators (n=34)	Teachers (n=1,441)	School Counselors, Social Workers (n=105)	School Nurses (n=53)	Special Ed., Para-educators, and Other Staff (n=365)	Overall (n=2,324)
Highly knowledgeable	33.5%	15.3%	13.3%	45.3%	11.6%	18.1%
Mostly knowledgeable	47.7%	33.2%	38.1%	37.7%	26.7%	34.7%
Somewhat knowledgeable	15.0%	29.6%	28.6%	17.0%	29.0%	27.1%
Not very knowledgeable	2.6%	17.3%	15.2%	0.0%	23.2%	13.5%
Not at all knowledgeable	0.0%	6.4%	4.8%	0.0%	9.6%	4.9%
% Highly or mostly knowledgeable	81.2%	48.5%	51.4%	82.3%	38.2%	52.8%

Resources for Educators:

- Brain Injury Alliance Nebraska: Concussion Management Survey <http://biaine.org/>
- Bridging the Gap – Nebraska Department of Education: <https://www.education.ne.gov/wp-content/uploads/2017/07/BRIDGING-THE-GAP-Booklet-plus-A-Appendices.pdf>
- Centers for Disease Control and Prevention: <https://www.cdc.gov/headsup/schools/teachers.html>
- REAP Manual ("Remove/Reduce, Educate, Adjust, Accommodate, Pace"): <http://biaine.org/concussion/reap-manual.html>
- Out of the Rabbit Hole: How a Concussion Changed My Life www.hopeforconcussion.com

Rachel's Story



<https://www.facebook.com/mosaicincode/videos/586867761730691/>

Back to School after Mild Traumatic Brain Injury:

A Multiple Case Study of Teachers Facing
the Invisible Injury

Dr. Rachel Lynn Alexis Kluthe

Misconceptions

- Just a bump on the head
- Helmet jokes
- Two-week recovery
- Milking the situation
- Seem okay; must be okay

Quotes from Teachers with MTBI

"You just don't have the flexibility and the stamina or the effort to get done what you used to be able to do so easily." -Isabelle

"Even when I was teaching, I felt so incompetent and ineffective that I didn't want to be here." -Angela

"When people don't believe you, you don't even want to talk about it because you can't be heard." -Holly

Classroom Triggers → Accommodations

- | | |
|----------------------|----------------------------|
| • Fluorescent lights | • Light covers |
| • Noise | • Prism lenses |
| • Decision making | • Hat |
| • Mental tasks | • Frequent breaks (timer!) |
| • Reading | • Shorter day |
| • Stress | • Patience |
| • Motion | • 504 or IEP |
| • Visual Focus | • Background color |
| • Emotion management | • Font Size |

Considerations

- Mine: recreational, others: abuse?
- Disrupted spatial awareness ≠ clumsiness
- Repeated concussions
- Inconsistent treatment
- Depression, anxiety, heart complications, etc.
- Embracing your "new normal" post-injury means mourning the loss of your life as you knew it

Self advocacy is challenging even when you're NOT in constant pain and anxiety.

Step up and be the voice for someone suffering the invisible injury.