NEW CONCUSSION GUIDELINES BETTER FOR KIDS REPORT #2689

BACKGROUND: Each year, an estimated 1.1 million to 1.9 million U.S. children and teens are treated for a recreational or sport-related concussion. Research shows that sport-related concussion remains common in nearly all sports at all levels, with boys' tackle football and girls' soccer reporting the most incidents, followed by other high-contact sports. Guidance on treatment and recovery of injured players has progressed over the past few years. The American Academy of Pediatrics latest research recommends reducing, but not eliminating, a return to some physical and cognitive activity in the days following a concussion. "Athletes absolutely need to take an immediate break from play after a concussion, but we find that, during the recovery process, it is best to encourage a reasonable amount of activity, such as brisk walking," said Dr. Halstead, an associate professor of pediatrics and of orthopedics at Washington University School of Medicine in St. Louis.
(Source: https://www.aap.org/en-us/about-the-aap/aap-press-room/Pages/AAP-Offers-Updated-Guidance-on-Sport-Related-Concussions.aspx)

IMPORTANCE OF EARLY INTERVENTION: The evaluation and treatment of a concussion is the key to a safe outcome. The symptoms of a concussion can cause problems when the child returns to school, home or community activities. The evaluation of a concussion will assess possible cognitive, behavioral or physical symptoms to assist in planning during recovery. During an evaluation, a child will be given tests of attention, memory and speed. Test results are used to determine any needed interventions, as well as plan for return to school, sports, and other physical activities. Often children with concussions experience prolonged symptoms, which interfere with their daily activities and sports. Clinicians will evaluate the child and help put a plan together that provides the necessary support for school, work, and return to play decisions. Premature physical and/or mental exertion, before the brain has fully recovered, can both prolong recovery and worsen outcome of a concussion.
(Source: https://childrensnational.org/visit/conditions-and-treatments/brain--nervous-system/concussion)

NEW RESEARCH: The mission of the National Institute on Neurological Disorders and Stroke (NINDS) is to seek fundamental knowledge about the brain and nervous system and use that knowledge to reduce the burden of neurological disease. NINDS-funded researchers are coordinating a large international study to evaluate treatments for children with moderate to severe traumatic brain injury (TBI). Most of the treatments for TBI are based on studies involving adults. Children are rarely included in research studies so the best course of treatment in pediatric TBI cases is often not clear. The five-year study, called the Approaches and Decisions for Acute Pediatric TBI (ADAPT) Trial, aims to develop evidence-based guidelines that can immediately improve recovery and disability rates among children with TBI. The study will include 1,000 children from more than 36 locations in the United States and abroad. Researchers are looking at the effectiveness of immediate interventions, such as lowering intracranial pressure, as well as strategies to prevent secondary injuries and deliver nutrients to the brain.
(Source: https://www.ninds.nih.gov/Disorders/Patient-Caregiver-Education/Hope-Through-Research/Traumatic-Brain-Injury-Hope-Through)

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