

## FOLLOW-UP

If your child still has symptoms  
4 to 6 weeks after the injury,  
you can contact the CHU Sainte-Justine  
Traumatology team from  
Monday to Friday 8am to 4pm,  
at 514-345-4931, ext. 5915.

### CHU Sainte-Justine

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[www.chusj.org](http://www.chusj.org)



# Mild Traumatic Brain Injury In School-Age Children

Information intended for parents

## Prevention

There are a number of possible ways to prevent children from suffering a head injury:

- School-age children might need a booster seat in cars depending on their size.  
Please refer to the SAAQ website under the section “child safety seats” for more information.  
<https://saaq.gouv.qc.ca/en/road-safety/behaviours/child-safety-seats/>
- Ensuring close adult supervision during sports and activities.
- Wearing appropriate safety equipment when doing sports and recreational activities (ex.: safety helmets).



For more information, please visit our website:

[www.chusj.org/fr/soins-services/T/Traumatologie/  
La-clinique-du-traumatisme-cranio-cerebral-\(TCC\)](http://www.chusj.org/fr/soins-services/T/Traumatologie/La-clinique-du-traumatisme-cranio-cerebral-(TCC))

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CHU Sainte-Justine Printing Services

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F-857-A GRM: 30004613 (Rev\_12/2018)



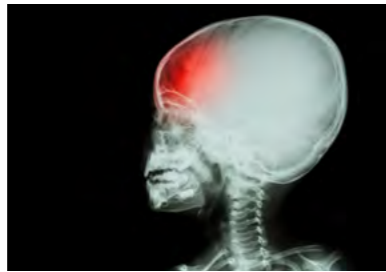
Your child has suffered a concussion (mild traumatic brain injury).

This leaflet is intended to provide you with some information, and to help you gain a better understanding of what has happened and alleviate some worries you may have.

### What is a mild traumatic brain injury ?

A mild traumatic brain injury, commonly known as a concussion, is usually caused by a fall or a blow to the head.

The brain is shaken inside the skull during the impact of the accident, which can temporarily disrupt the brain's normal functions. Your child may present some symptoms.



### What are the possible signs and symptoms ?

- Headaches
- Nausea, vomiting
- Dizziness, loss of balance
- Sensitivity to light and noise
- Irritability (more emotional)
- Feeling slowed down
- Fatigue, sleeping difficulty
- Changes in behaviour
- Memory, attention and concentration problems

The most intense symptoms usually last about 1 to 2 weeks and gradually lessen, but may persist longer, from 4 to 6 weeks, sometimes more.

### What to do ?

- Give acetaminophen to relieve headaches or any other pain.
- Put your child on a light diet for the first 24 hours or until any nausea or vomiting subsides. For example, you can give them liquids, broth or Jello® as tolerated.
- If your child is tired or sleepy, let him/her rest as needed.

### When to see the doctor ?

Consult your doctor immediately, if you notice any of the following symptoms:

- Difficulty waking up, altered level of consciousness
- Seizure
- Intolerable or worsening headache
- Persistent vomiting
- Confusion, worsening irritability or unusual behaviors
- Significant neck pain
- Difficulty walking
- Difficulty speaking
- Trouble seeing
- Weakness or numbness in the arms or legs

### Return to school

The symptoms associated with a concussion may affect academic performance. The cognitive exertion that school requires can also provoke symptoms.

After an initial rest of at least 48h, we nevertheless encourage a return to school. The following steps are thus recommended.

STEPS TO RETURN TO SCHOOL/ EDUCATIONAL ACTIVITIES:	
1	Educational activities at home. Start with 15 minutes and gradually increase.
2	Gradual return to structured educational activities, part time (school, hobbies). Start with half days, encourage breaks and increase the time at school as tolerated.
3	Return to school full time, with ongoing accommodations as required.
4	Full return to school, return to all educational activities as usual.

Children should not proceed to the next step if there is a significant worsening of symptoms. A small increase in symptoms is tolerated, as long as it is transient and symptoms quickly return to pre-activity level. Step 4 is reached when there is resolution of symptoms

Teenagers should be encouraged to not consume any alcohol or drugs, as this may prolong recovery.

### Return to sports/physical activities

After an initial rest of at least 48h, the following step-by step approach is recommended as soon as the symptoms are tolerable. There should be a minimum of 24h in between each step.

Your child can proceed to the next step if the symptoms do not worsen. The return to school and physical activities can start at the same time.

STEPS TO RETURN TO SPORTS	
1	Daily activities not causing any symptoms
2	Light physical activities (walking rapidly, jogging, stationary bike)
3	Individual sports-specific physical activities, without risk of contact (running, skating, etc...)
4	Sports-specific physical activities without contact risk (passing for hockey and soccer, etc...) May start training with the team (for conditioning, drills and skills only)
5	Can resume full training during practices, including contact, both for team and individual sports
6	Full return to play, including games and competitions

It is recommended that a full return to school without any accommodations be completed before going from step 3 to step 4.

Your child should not return to full activities (steps 5 and 6) until allowed to do so by professionals from the concussion clinic team. At that moment, symptoms should be completely resolved and your child should be fully back to school. The CHU Sainte-Justine Traumatology team will support you through these different steps.

Recommendations made according to INESSS guidelines.