



August 2013

Dear Clinician,

We first put together this webpage in 2011 to help guide Virginia's clinicians in concussion management. In the past two years there have been some changes that warranted an update to the VAFP website. The most significant of these changes was the report of the 4th International Conference on Concussion in Sport held in Zurich in 2012. What has not changed is Virginia statute. Back in 2010, the Virginia General Assembly passed a law that has impacted how concussions are managed by public schools in the Commonwealth (Senate Bill 652, the 2010 General Assembly Code of Virginia § 22.1-271.5).

Highlights of the current law:

1. Local school divisions must develop concussion identification and management policies. Required elements of these policies include:
 - a. Any student-athlete suspected of having a concussion shall be removed immediately from participation in practice, training or competition. If they are found to have a concussion, they are not allowed to return to participation that day.
 - b. A student-athlete is not allowed to return to practice following a concussion until they are "cleared" by an appropriate licensed health care provider (MD, DO, PA, NP, ATC or Neuropsychologist).
 - c. Once "cleared" to return, the student-athlete must follow a workout protocol that gradually increases their activity level daily. This usually takes 5-7 days and cannot be shortened.
2. No student-athlete shall be allowed to participate fully in practice or competition until all of the following conditions have been met:
 - a. The student no longer exhibits signs, symptoms or behaviors consistent with a concussion both at rest and with exertion.
 - b. The student-athlete is asymptomatic during and following each step of a gradually intensifying return to play guideline.
 - c. The student-athlete has a written medical release from a licensed health care provider.

Concussion is a complex neurologic injury. Each patient can be different and management therefore must be individualized. We have developed this webpage to be useful for community clinicians caring for concussions. It includes a narrated PowerPoint; the Consensus Statement on Concussion in Sport: The 4th International Conference on Concussion in Sport held in Zurich, November 2012; the Sport Concussion Assessment Tool version 3; and the CDC Heads Up Concussion in Youth Sports materials. Hopefully these materials will provide you with a useful toolkit as you care for scholastic student-athletes, recreational athletes and non-sport related concussions in youth.

Respectfully,

The Sports Medicine Task Force of the Virginia Academy of Family Physicians