



Continuing Education Questionnaire

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Concussion Management and the Student-Athlete

1. Symptoms of mild traumatic brain injury (concussion) include which of the following?
 - A. Headaches, dizziness, nausea
 - B. Reduced attention and concentration
 - C. Irritability
 - D. All of the above

2. Most individuals (about 75 – 80%) who sustain concussions recover within what timeframe?
 - A. 1-3 days
 - B. 2-3 weeks
 - C. 6-12 weeks
 - D. 3-6 months

3. If there is loss of consciousness after traumatic head injury, which of the following is true?
 - A. It is not considered a concussion if any concussion-type symptoms are gone within one hour.
 - B. It is considered a concussion regardless of the presence and duration of any other concussion-type symptoms.
 - C. A player should not be allowed to return to sports activity for one year.
 - D. It predicts a longer recovery from concussion.

4. Which of the following are risks of returning to contact sports while still symptomatic?
 - A. Worsening of existing symptoms due to additional collisions and hits.
 - B. Second Impact Syndrome
 - C. Long lasting symptoms due to multiple concussions
 - D. All of the above

5. After a concussion a student athlete should have academic accommodations....
 - A. that always include days off school at the beginning of the recovery.
 - B. including mandatory rest period in the school nurse's office.
 - C. as needed to keep symptoms from worsening while allowing the student to continue forward in his or her studies as much as possible.



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D. for a set period of three weeks.

6. Which symptom is the most common of all concussion symptoms?

A. Loss of balance

B. Amnesia

C. Headaches

D. Irritability

7. All concussion symptoms recover at the same rate. True or False?

A. True

B. False

8. In the first few days after a concussion while a student-athlete is still symptomatic, the best course of activity in general is:

A. Stay in a dark room until most symptoms have cleared.

B. Limit physical exercise and cognitive activity (studies) enough that symptoms improve.

C. Rest from physical exercise and sports activity but do everything possible to stay on track with class attendance and homework.

D. Limit school activity but exercise as vigorously as usual.

9. The 3 main elements found in “Lystedt Laws” for youth sports concussion safety around the U.S. today are:

A. Immediate removal from practice or games if concussion symptoms are suspected

B. MRI scans for any player who has had a loss of consciousness

C. Return to play after removal only with clearance from an authorized medical professional

D. Mandatory concussion education for certain groups such as coaches, players and parents

E. A, C and D

10. Neurocognitive testing such as ImPACT can be useful in:

A. Appreciating the cognitive effects a concussion has had on an individual

B. Measuring the intelligence of a concussed player

C. Helping to determine a player’s readiness to return to contact sports

D. A and C