

Study: Challenges to Implementing Concussion Laws Put Young Athletes at Risk

Laws are in place to keep student athletes safe, but trainers face many barriers when practicing them

Nationwide Children's Hospital

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NEWS PACKAGE

SUGGESTED TEASE	<p>LAWS REGULATING HOW SCHOOLS PREVENT AND MANAGE CONCUSSIONS IN STUDENT ATHLETES ARE IN PLACE IN ALL FIFTY STATES. BUT A NEW STUDY UNCOVERS CHALLENGES WHEN PUTTING THESE LAWS INTO PRACTICE. DETAILS, COMING UP IN HEALTH NEWS.</p>
ANCHOR LEAD	<p>ABOUT TWO MILLION CHILDREN SUSTAIN SPORTS-RELATED CONCUSSIONS EACH YEAR IN THE U-S.¹</p> <p>AND THOUGH ALL FIFTY STATES HAVE IMPLEMENTED LAWS TO PREVENT, IDENTIFY AND TREAT CONCUSSIONS IN SCHOOL SPORTS, ADMINISTRATORS OFTEN HAVE TROUBLE EFFECTIVELY PUTTING THESE LAWS INTO PRACTICE.</p> <p>BARB CONSIGLIO HAS THE DETAILS ON A NEW STUDY² THAT IS HELPING TO IDENTIFY THE BARRIERS SCHOOL OFFICIALS ARE RUNNING INTO SO THEY CAN FIND WAYS TO OVERCOME THEM AND KEEP STUDENT ATHLETES SAFER.</p>
<p>(PACKAGE START) ----- CG: Courtesy: Nationwide Children's Hospital :00 - :03 Home video of Elizabeth's injury</p>	<p>(Nats - Sound) :02</p> <p>WHEN ELIZABETH HARRY SUFFERED A CONCUSSION, HER TEAM'S ATHLETIC TRAINER WAS THE FIRST TO HELP. :04</p> <p><i>"The trainer came over and she took me to her office right away and got me checked out."</i> :06</p>
<p>CG: Elizabeth Harry Patient</p> <p>Shots of Elizabeth playing basketball</p> <p>Shots of Yang and colleagues reviewing research</p>	<p>IN ADDITION TO ASSESSING INJURIES, ATHLETIC TRAINERS HELP ENFORCE STATE CONCUSSION LAWS.</p> <p>BUT THAT'S NOT ALWAYS EASY. THE CENTER FOR INJURY RESEARCH AND</p>

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<p>Graphic: Concussion Law Components 1. Concussion education 2. Removal from play 3. Return to play</p> <p>Shots of coach directing players Graphic: Concussion Education</p>	<p>POLICY AT NATIONWIDE CHILDREN’S HOSPITAL CONDUCTED A STUDY TO EXAMINE THE BARRIERS THAT ATHLETIC TRAINERS FACE WHEN IMPLEMENTING THE THREE MAIN COMPONENTS OF CONCUSSION LAWS. EDUCATING PARENTS AND COACHES WITH SIMPLE TOOLS TO HELP THEM PREVENT AND IDENTIFY CONCUSSIONS CAN BE DIFFICULT. :22</p>
<p>CG: Ginger Yang, PhD, MPH Nationwide Children’s Hospital</p> <p>Shots of football player being tackled Graphic: Removal from Play</p>	<p><i>“Many schools, they use the concussion materials including a lot of complex medical terms.” :08</i></p> <p>WHEN A HEAD INJURY DOES OCCUR, ONE OF THE BIGGEST CHALLENGES TO REMOVING AN ATHLETE FROM THE GAME – YOU CAN’T SEE A CONCUSSION. :06</p>
<p>Dr. Yang (CG’d earlier)</p>	<p><i>“They experience dizziness, no one knows they experience dizziness. Or they have blurred vision, no one sees they have blurred vision.” :09</i></p>
<p>Shots of girls basketball practice</p>	<p>HIDING THESE SYMPTOMS IS OFTEN ENCOURAGED THROUGH AN OLD-SCHOOL PHILOSOPHY FROM COACHES AND PARENTS THAT ATHLETES NEED TO TOUGH IT OUT AFTER A HEAD INJURY. :07</p>
<p>Dr. Yang (CG’d earlier)</p>	<p><i>“Because of that, create an environment that encourages athletes play through the symptoms without reporting them.” :08</i></p>
<p>CG: Sean Rose, MD Nationwide Children’s Hospital</p> <p>Shots of Rose working with patient on treadmill</p>	<p><i>“I have seen patients that have been injured worse from continuing to play and end up missing the whole season rather than a game or two.” :07</i></p> <p>BUT EXPERTS SAY IT IS CRITICAL TO GET AN ATHLETE OUT OF THE GAME AND SEEN BY A PHYSICIAN WHO IS SPECIFICALLY TRAINED TO TREAT CONCUSSIONS. :07</p>
<p>Dr. Rose (CG’d earlier)</p>	<p><i>“Concussion is diagnosed clinically. So the doctor will ask questions about what happened with the injury, what kind of symptoms developed, and then do a neurologic exam.” :09</i></p>
<p>Shots of Dr. Rose assessing patient on treadmill Graphic: Return to Play</p>	<p>ATHLETIC TRAINERS REPORTED MANY ATHLETES DON’T HAVE ACCESS TO THIS SPECIALIZED CARE, WHICH MAKES IT DIFFICULT TO KNOW IF AND WHEN THEY HAVE RECOVERED AND ARE READY TO GET BACK TO THEIR SPORT. :08</p>

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<p>Shots of Elizabeth playing basketball</p> <p>Elizabeth Harry (CG'd earlier)</p> <p>Shots of Elizabeth playing basketball (PACKAGE END) -----</p> <p>ANCHOR TAG</p>	<p>(Nats- Elizabeth playing basketball) :01</p> <p>ELIZABETH IS NOW BACK TO ONE HUNDRED PERCENT AFTER WORKING WITH HER DOCTOR AND TRAINER TO FIND THE RIGHT TREATMENT. :06</p> <p><i>"I really like basketball and I'm really glad I got to come back to my normal self."</i> :04</p> <p>AT NATIONWIDE CHILDREN'S HOSPITAL, THIS IS BARB CONSIGLIO REPORTING. :03</p> <hr/> <p>IF A CONCUSSION IS NOT REPORTED AND TREATED PROPERLY, IT CAN HAVE LASTING EFFECTS TO AN ATHLETE'S BRAIN AND BODY.</p> <p>NOW THAT RESEARCHERS HAVE IDENTIFIED ISSUES WHEN IMPLEMENTING CONCUSSION LAWS, THEY ARE WORKING ON STRATEGIES TO OVERCOME THEM, DEVELOPING MORE EFFECTIVE EDUCATION METHODS TO CREATE A SAFE SPORTS CULTURE AND WORKING WITH POLICY MAKERS ON CHANGES TO CONCUSSION PROTOCOLS AND LAWS THAT RECOGNIZE THESE BARRIERS.</p>
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SOCIAL MEDIA

<p> Share it! Suggested tweet:</p>	<p>Concussion laws are in place to protect student athletes and address head injuries, but a new study by researchers at @NationwideKids finds schools face a lot of challenges when implementing these laws.</p> <p>http://bit.ly/2Xk1J1.</p>
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EXTRA BITES

<p>CG: Ginger Yang, PhD, MPH Nationwide Children's Hospital</p>	<p>Yang says concussions are different than other injuries: <i>"A concussion is a little bit different from broken bones. There is no outward sign, don't see blood. So if you don't recognize the symptom, the concussion, then basically that affect your brain."</i> :27</p> <p>Yang explains how the study helps determine if concussion laws are effective: <i>"If we understand how they implement or interpret the law at the implementer's school, then we can know whether this law is effective or not effective."</i> :14</p> <hr/> <p>Rose explains how post-concussion syndrome affects kids: <i>"Usually a concussion resolves within three to four weeks</i></p>
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<p>CG: Sean Rose, MD Nationwide Children's Hospital</p>	<p><i>in most kids. And if symptoms last longer than that, we call it post-concussion syndrome, and that can be very difficult. It can be debilitating for kids. They might miss school, or they might be out of their regular activities, not seeing friends.” :17</i></p> <p>Rose says playing through a concussion can make it worse: <i>“We want the athlete to be out of sports for maybe a week or two, or up to a few weeks, and get proper treatment rather than continue to play and potentially get injured worse and be out for the rest of the season or even longer.” :13</i></p> <p>Rose explains how concussion treatment is changing: <i>“Even within the last year, we have been recommending more and more physical activity early on in concussion. We used to recommend resting until symptoms got better, but there's a pretty sizable percentage of patients who don't get better with just resting.” :16</i></p> <hr/> <p>Elizabeth describes some complications from her concussion: <i>“With school, I had to leave early a lot of days because the lights were messing with my head, and the teachers knew that I had a concussion so they gave me more time on doing my work.” :13</i></p> <p>Elizabeth says it's better to miss games than be injured worse: <i>“If it gets worse over time, then you're going to have an even more severe concussion, or problems in the future than you would have had if you got it checked out right away.”:08</i></p> <p>Elizabeth says her trainer encourages athletes to report injuries: <i>“She gives us a meeting at the beginning of the season that if we get hurt for anything, little or big, that we have to come to her and see if she can help us.” :09</i></p>
<p>CG: Elizabeth Harry Patient</p>	

References

¹*Self-Reported Concussions from Playing a Sport or Being Physically Active Among High School Students — United States, 2017, Centers for Disease Control and Prevention Morbidity and Mortality Weekly Report, Volume 67, Issue 24, June 22, 2018. Online: <https://www.cdc.gov/mmwr/volumes/67/wr/mm6724a3.htm>*

²*Barriers to the Implementation of State Concussion Laws Within High Schools, Journal of Adolescent Health, Volume 65, Issue 6, Nov. 19, 2019. Online: <https://doi.org/10.1016/j.jadohealth.2019.08.016>*

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