

# How You Could be Making Your Kid's Concussion Worse

Survey: Most parents rely on outdated advice that can prolong symptoms, cause emotional distress

**\*NOTE: Embargoed until Tuesday Sept. 6, 2016 at 12:01 a.m. (ET)**

UCLA Health

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## NEWS PACKAGE



<b>SUGGESTED TEASE</b>	STILL TO COME, WHEN A CHILD SUFFERS A CONCUSSION IT'S BAD ENOUGH, BUT A SURPRISING NEW SURVEY FINDS MANY PARENTS MAY INADVERTENTLY BE MAKING IT WORSE.
<b>ANCHOR LEAD</b>	THE DO'S AND DON'TS OF CARING FOR A CONCUSSION, NEXT IN HEALTH NEWS.
<b>(PACKAGE START) -----</b>	IT'S ESTIMATED SOME 2 MILLION <sup>1</sup> CHILDREN WILL BE TREATED IN EMERGENCY ROOMS THIS YEAR FOR SPORTS-RELATED CONCUSSIONS - MILLIONS MORE WILL BE TREATED OUTSIDE OF THE E-R.
<b>CG: Courtesy: UCLA Health</b>	UNFORTUNATELY, MANY CHILDREN WHOSE SYMPTOMS PERSIST MAY NOT BE GETTING THE BEST CARE.
Shots of soccer practice	A NEW NATIONAL SURVEY SHOWS A VAST MAJORITY OF PARENTS FOLLOW OUTDATED ADVICE WHEN IT COMES TO CARING FOR CONCUSSIONS AND THEIR KIDS COULD BE PAYING THE PRICE. CLARK POWELL HAS DETAILS.
Shots of Kennedy heading the ball	(Nats - Kennedy playing soccer) :02
Kennedy runs through frame	KENNEDY DIERK ( <i>pronounced: 'durk'</i> ) HAD PLAYED SOCCER FOR 10 YEARS, WHEN, IN A SPLIT SECOND, EVERYTHING CHANGED.
<b>CG: Kennedy Dierk Suffered a concussion</b>	KENNEDY BUMPED HEADS WITH ANOTHER PLAYER AND GOT A CONCUSSION. ALTHOUGH HER SYMPTOMS DIDN'T APPEAR RIGHT AWAY. :10

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	<p><i>"It just progressively got worse and worse and worse throughout the week." :03</i></p>
<p><b>CG: Dione Dierk Kennedy's mom</b></p>	<p><i>"It was a longer road back than we thought, it was a good 2 to 3 months before the headache dissipated." :07</i></p>
<p>Shot of Kennedy at soccer</p>	<p>KENNEDY DEVELOPED POST-CONCUSSION SYNDROME, SOMETHING DOCTOR</p>
<p>Shots of Dr. Giza looking at MRIs</p>	<p>CHRISTOPHER GIZA (<i>pronounced: GEE-zuh</i>) SAYS CAN HAPPEN WHEN THE RIGHT STEPS AREN'T TAKEN IMMEDIATELY AFTER INJURY. :08 / :28</p>
<p><b>CG: Christopher Giza, MD UCLA Steve Tisch BrainSPORT Program</b></p>	<p><i>"Getting proper advice about how to manage your activity early on reduces the likelihood by 15-20 percent of whether or not you develop post-concussion syndrome." :11</i></p>
<p>Shots of exam</p>	<p>BUT A NEW NATIONAL SURVEY BY UCLA HEALTH REVEALS MANY PARENTS DON'T ALWAYS ACT ON PROFESSIONAL ADVICE.</p>
<p>Wide shot blur for graphic:</p>	<p>IF A CHILD SHOWS SYMPTOMS OF A CONCUSSION AFTER ONE WEEK, MORE THAN 3 IN 4 PARENTS SAY THEY'RE LIKELY TO WAKE THEIR CHILD UP THROUGHOUT THE NIGHT. SOMETHING DOCTORS SAYS ONLY MAKES MATTERS WORSE. :17</p>
<p><i>77% of parents say they're likely to wake their child up throughout the night</i></p>	
<p><b>Dr. Giza (CG'd earlier)</b></p>	<p><i>"Their headache is going to be worse, their memory's going to be worse, their mood's going to be worse. All those things that we monitor for concussion will get worse if we don't let them sleep." :08</i></p>
<p>Shots of Kennedy walking dog/blur</p>	<p>THE SURVEY ALSO FOUND 84 PERCENT OF PARENTS WOULD MAKE KIDS REFRAIN FROM ANY PHYSICAL ACTIVITY. BUT GIZA SAYS IF THE INJURY IS STABLE AND THE ACTIVITY IS SAFE, KIDS <u>SHOULD</u> EXERCISE AFTER THE FIRST FEW DAYS.</p>
<p><i>84% of parents have kids refrain from any physical activity</i></p>	
<p>Shots of walking dog</p>	<p>AND THEY SHOULD REMAIN SOCIAL. MORE THAN HALF OF PARENTS WERE LIKELY TO TAKE AWAY ELECTRONIC DEVICES, BUT THAT'S NOT ALWAYS NECESSARY. :18</p>
<p>Shot of Kennedy on phone/blur</p>	
<p><i>64% would take away electronic devices</i></p>	
<p><b>Dr. Giza (CG'd earlier)</b></p>	<p><i>"We want to see them interact with their peers as much as they can. And so that may require some</i></p>

<p>Shot of Kennedy with soccer team</p> <p><b>PACKAGE END -----</b></p> <p><b>ANCHOR TAG</b></p>	<p><i>permissiveness in terms of electronic communication.”</i> :10</p> <p>BECAUSE THE SOONER KIDS CAN FOCUS ON THEIR LIVES AND LESS ON THEIR SYMPTOMS, THE FASTER THEY CAN HEAL. AT UCLA, THIS IS CLARK POWELL REPORTING. :07 / 1:39</p> <hr/> <p>DOCTORS SAY KIDS SHOULD TAKE IT EASY IN THE FIRST FEW DAYS AFTER INJURY, BUT EASING THEM BACK INTO THEIR ROUTINES AS QUICKLY AND SAFELY AS POSSIBLE IS IMPORTANT. IF YOUR CHILD’S CONCUSSION SYMPTOMS LINGER FOR MORE THAN 2 WEEKS WITHOUT IMPROVING, YOU MAY WANT TO SEE A SPECIALIST.</p>
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### SOCIAL MEDIA

<p> <b>Share it! Suggested tweet:</b></p> <p> <b>Suggested post:</b></p>	<p>Survey <a href="#">@UCLAHealth</a> finds most parents rely on outdated advice to care for kids with #concussions. <a href="http://bit.ly/2ccrn5K">bit.ly/2ccrn5K</a></p> <p>A new national survey has found that most parents follow outdated advice when it comes to caring for kids with concussions, and their efforts could even make things worse. Commissioned by <a href="#">UCLA Health</a>, the survey found more than 3 out of 4 parents say they would do things like wake their child up throughout the night if they had a concussion, or would prevent them from taking part in any physical activity. But doctors say those, and other popular misconceptions, can do more harm than good and could delay the healing process. See what doctors say you <i>should</i> be doing: <a href="http://bit.ly/2ccrn5K">http://bit.ly/2ccrn5K</a></p>
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### EXTRA BITES

	<p><i>Dr. Giza talks about going too far in limiting activity - “We see kids sometimes who are kept out of activities in isolation for weeks or months. We’ve had a few kids who, you know, unfortunately, missed an entire year of school due to being withdrawn from that environment and complications that have ensued.”</i></p> <p><i>Dr. Giza explains how staying active can help - “Prolonged inactivity, begets inactivity. The longer</i></p>
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<p><b>CG: Christopher Giza, MD</b> UCLA Steve Tisch BrainSPORT Program</p>	<p><i>you're removed from your normal routine, in some ways, the harder it is to get back to it."</i></p> <p><i>Dr. Giza explains the importance of sleep - "It's OK to let your kid sleep. And, in fact, we want to encourage that early on because that will help them get better faster."</i></p> <p><i>Dr. Giza stresses the importance of safe exercise - "You also want them to do some physical activity. Can they jog around the park, can they walk the dog? Can they do some of these things, you know, get out in the fresh air? I think those are all important."</i></p> <p><i>Dr. Giza says each child recovers differently - "Finding the sweet spot for that level of activity that doesn't make their symptoms tremendously worse, but reassures them and moves them along the path to normalcy."</i></p>
<p><b>CG: Christopher Giza, MD</b> Ronald Reagan UCLA Medical Center</p>	<hr/> <p><i>Dione talks about Kennedy's injury - She went up to head the ball with another player from the other team and they bumped heads."</i></p> <p><i>Dione talks about Kennedy's delayed symptoms - "She started to kind of drag. She was trying out for different teams, so she was having multiple tryouts in the evenings during that week. And she was just really tired and she kept saying 'Mom, I kind of don't want to go, I don't feel good.' "</i></p>
<p><b>CG: Dione Dierk</b> Kennedy's mom</p>	<hr/> <p><i>Kennedy says after the injury she actually felt fine - "That night I remember just being really tired and having a little bit of a headache, but nothing that I would be nervous about, per se, and then next morning, I woke up and I was fine, kept playing."</i></p>
<p><b>CG: Kennedy Dierk</b> Suffered a concussion</p>	<p><i>Kennedy says isolation during healing was stressful - "It was kind of weird to think, like, what's going on at school. And eventually, like when I did start coming back into school for a couple of classes a day, there was so much that I had missed."</i></p>

### References

<sup>1</sup>*Sports- and Recreation-Related Concussions in U.S. Youth, **Pediatrics, Volume 138, Issue 1 July 2016.** Online: <http://pediatrics.aappublications.org/content/138/1/e20154635.abstract>*

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<sup>2</sup>*Point of Health Care Entry for Youth With Concussion Within a Large Pediatric Care Network*,  
**JAMA Pediatrics, Volume 170, Number 7, July 2016**. Online:  
<http://archpedi.jamanetwork.com/article.aspx?articleid=2526071>

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