

Release Date:

September 10, 2024

FOR IMMEDIATE RELEASE

New Concussion Education Materials to be Distributed to NS Schools and Recreation Facilities – 4th Annual Provincial Concussion Awareness Day

To recognize the fourth annual Provincial Concussion Awareness Day on September 25, Brain Injury NS and the Provincial Government have partnered to develop new concussion education materials and posters to educate youth and parents that will be distributed and displayed in public schools and recreation facilities across Nova Scotia.

Initially launching digitally during National Concussion Awareness Week (Sep 22-28), print versions of all posters will be distributed to all public schools and most recreation facilities across Nova Scotia soon. These posters aim at increasing awareness, knowledge of symptoms, steps for recovery, and prevention of concussions to increase safety for youth and parents across Nova Scotia.

Additionally, Brain Injury NS will be offering a special edition of their popular free online Concussion Café support group on September 24 at 6 PM, which is open to anyone in Atlantic Canada (simultaneous translation between French and English provided during the meeting). Originally created in 2018 by three concussion survivors, Concussion Cafe has met monthly and it allows survivors at varying stages of their journey to share and connect to learn what has worked for others, share struggles, and validate feelings that can feel indescribable to non-survivors. While ~75% of concussions will result in a full recovery within 6 weeks, ~25% of people will experience persistent, complex symptoms after a concussion, leaving survivors confused and searching for answers. Whether they've been on their concussion recovery for five hours or five years, all can benefit and are welcome!

Brain Injury NS will be sharing information, resources, supports, statistics, and more on their social media platforms leading up to Provincial Concussion Awareness Day (September 25) during National Concussion Awareness Week (Sep 22-28) to continue to raise awareness of concussions and other brain injuries in Nova Scotia.

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Quotes:

“Thousands of Nova Scotians, including many children and youth, suffer concussions every year, and many more go undiagnosed or undetected. [In a 2023 survey](#), 1 in 2 Canadians admitted to having little or no knowledge of concussions, and only 15% knew the best way to treat a concussion. We hope these materials will help increase knowledge of concussion symptoms and

treatment to identify more injuries and ensure they have the best chance of full recovery by knowing the correct steps to take post-injury. There are still many misconceptions about concussions - for example, you don't have to hit your head or lose consciousness to have a concussion - and we are pleased that our ongoing community education now includes these straightforward and engaging posters and materials."

-Patrick O'Connell, Chair, Board of Directors, Brain Injury Association of Nova Scotia

"I can't say enough good things about Concussion Cafe!" -2024 Participant

Quick Facts:

- ~15,500 Nova Scotians (1.6% of the population) will suffer a concussion annually.
- 1 in 2 Canadians don't know where to get more information on concussions.
- 1 in 2 Canadians don't know that concussions impact the way you think and your emotions.
- 1 in 2 concussions in Canada go undiagnosed or undetected.
- Brain Injury Association of Nova Scotia and the Provincial Government recognized the first annual Nova Scotia Concussion Awareness Day in 2021 and have partnered to release concussion awareness materials and resources annually.

About Brain Injury NS:

Brain Injury NS is the only organized voice for over 70,000 Nova Scotians affected by brain injury and their families; brain injury survivors and their families look to us daily as a resource and touchstone of support across the spectrum of brain injury. We are committed to providing programs, education, recovery, support, advocacy, & community, and we have been a registered charity since 1989.

Additional Links:

<https://braininjuryns.com>

<https://www.facebook.com/braininjurynovascotia>

<https://twitter.com/BrainInjuryNS>

<https://www.instagram.com/braininjuryns/>

<https://youtube.com/@braininjuryns>

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CONCUSSION

AWARENESS WEEK

SEPTEMBER 22–28, 2024



Individuals and communities can help prevent, recognize and manage concussion.

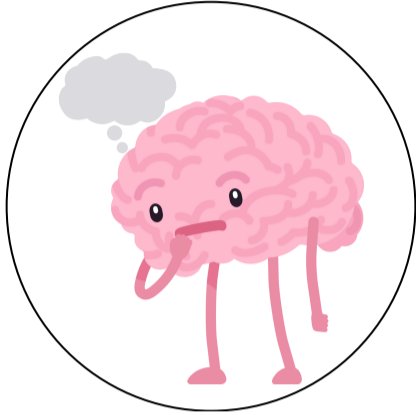
Find out more at Brain Injury Association of Nova Scotia



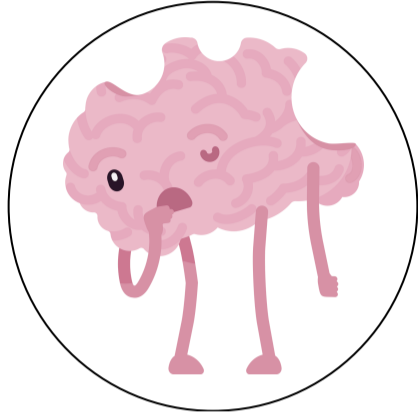
SIGNS & SYMPTOMS OF CONCUSSIONS



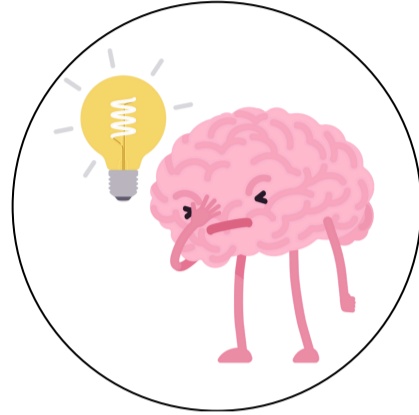
NOVA SCOTIA
CONCUSSION
AWARENESS



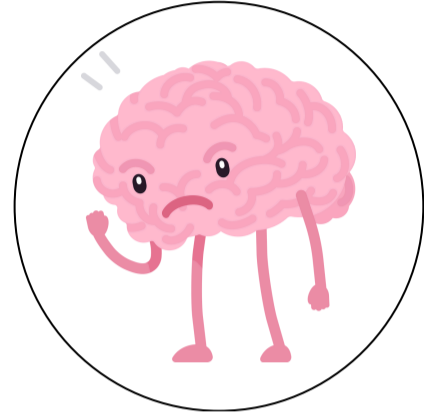
Difficulty concentrating



Memory problems

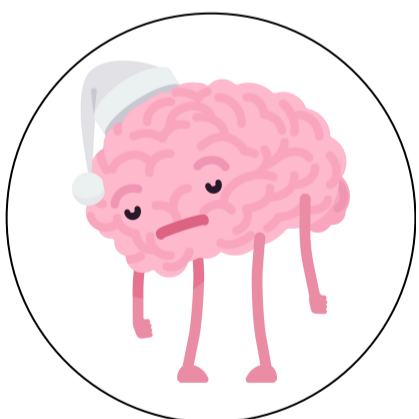


Sensitivity to light or noise



Mood changes

MORE THAN JUST A HEADACHE



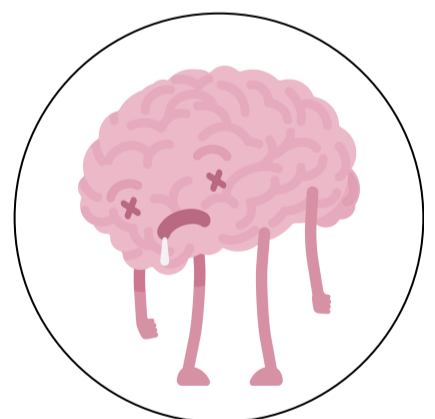
Fatigue or sleep problems



Vision problems



Dizziness or balance problems



Nausea or vomiting



SPOTTING & ASSESSING CONCUSSIONS



NOVA SCOTIA
CONCUSSION
AWARENESS

1. Impact/Motion

Concussions are caused by impacts or motions that cause the brain to forcibly move inside the skull



2. Stop & Rest

Rest and assess concussion symptoms after an impact/motion to the head or neck

Symptoms include headache, memory problems, mental/emotional changes, noise/light sensitivity, dizziness, fatigue, and more

3. Assess & Remove/Return

Continuing activity after suffering a concussion can cause more serious injuries and permanent damage





RETURN TO SPORT After Concussion



STAGE 1 | Rest/light activities 

Recommended activities:

- Sleep/rest, as much as needed
- Limit screen time
- Light walking
- Household chores
- Preparing meals
- Other activities that don't require physical or mental exertion

MOVE TO NEXT STAGE | When symptoms begin to improve slightly OR after 48 hours of resting

STAGE 2 | Light to moderate activities 

Recommended activities:

- Avoid sport-specific & group activities
- Reading, board games, etc.
- Walking/yoga (light, ~50% max heart rate)
- Jogging/cycling (moderate, ~70% max HR)
- Increased peer contact
- **Contact coach/team to coordinate & plan the return to practice**


MOVE TO NEXT STAGE | No new/worsening symptoms for 24 hours after 30-60 minutes of moderate exercise

STAGE 3 | Sport-specific exercise 

Recommended activities:

- Avoid resistance training & group activities
- Hockey: skating/stickhandling
- Basketball: shooting/running
- Baseball: catching/fielding
- Agility ladders
- **Communicate progress with coach/team to coordinate the return to practice**


MOVE TO NEXT STAGE | No symptoms for 24 hours after 30-60 minutes of sport-specific exercise

STAGE 4 | Non-contact team drills 

Recommended activities:

- Limited involvement in group activities, gradually increasing intensity/time
- Light resistance training
- Drills involving sprinting or jarring motions (tennis, badminton, golf, etc.)
- **Acquire medical clearance for contact (if feasible)**

MOVE TO NEXT STAGE | No symptoms for 24 hours after 30-60 minutes of non-contact team drills

STAGE 5 | Full-contact practice 

Recommended activities:

- Avoid participation in competitive activities
- Full involvement in group activities, gradually increasing intensity/time
- Resistance/weight training
- **Communicate with coach/team to coordinate competitive return**

MOVE TO NEXT STAGE | No symptoms for 24 hours after 30-60 minutes of full participation

STAGE 6 | Return to sport 

Return to normal, unrestricted participation. Monitor symptoms and return to stage 3 if symptoms return

This is a condensed version of our full Return to Sport guidelines

View the full guidelines & more resources at www.BrainInjuryNS.com/Concussion



CONCUSSION CAFÉ

**OPEN TO ALL ATLANTIC CANADIANS
VIA ZOOM
SEPTEMBER 24, 2024
6:00 PM-7:30 PM**

This peer-lead support and discussion group is for concussion survivors, families, & friends at any stage of their concussion - all are welcome!

Connect with others going through similar experiences - share stories, solutions, challenges, and successes on your recovery journey.

