

PUBLIC HEALTH **Quick Hits**

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National Network of Libraries of Medicine
MidContinental Region

Colorado * Kansas * Missouri * Nebraska * Utah * Wyoming

Introduction

Why are we doing this.....the sum of our parts!

NLM + PH = Win-Win

- Public Health Departments
- Nebr. Dept. of Health and Human Services
- UNMC College of Public Health
- Public Health Association of Nebraska

Objectives

Inform you of additional sources of information

- MedlinePlus.gov
- PubMed.gov
- Centers for Disease Control – CDC.gov
- PHPartners.org

Health Topics

Drugs & Supplements

Videos & Cool Tools

ESPAÑOL

Refine by Type

All Results (163)

- Health Topics (5)
- External Health Links (111)
- Drugs and Supplements
- Medical Encyclopedia (13)
- Videos and Tutorials (6)
- News (8)
- MedlinePlus Magazine
- Other Resources (12)
- Multiple Languages (8)

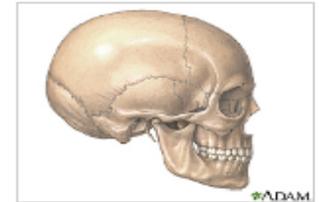


Concussion

[Search Help](#)

A concussion is a type of brain injury. It is a short loss of normal brain function in response to a head injury. Concussions are a common type of sports injury. You can also suffer from one if you suffer a blow to the head or hit your head after a fall.

After a concussion, you may have a headache or neck pain. You may also experience nausea, ringing in your ears, dizziness, or tiredness. You may feel dazed or not your normal self for several days or weeks after the injury. Consult your health professional if you notice any of your symptoms getting worse, or if you have more serious symptoms such as seizures or trouble walking or sleeping. ([Read more](#))



Refine by Keyword

All Results (163)

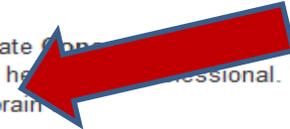
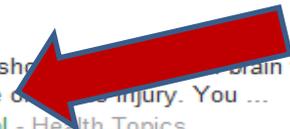
remix

- Brain Injury (52)
- Children (39)
- Headaches (14)
- Safety (12)
- Tests | Field Visual (8)
- Sports Injuries (8)
- Feeling (7)
- Skull (6)
- Injury Prevention (5)
- Memory | Forget (5)



Results 1 - 10 of 163 for concussions

1. **Concussion** (National Library of Medicine)
A **concussion** is a type of brain injury. It is a short loss of normal brain function in response to a head injury. **Concussions** are a common type of sports injury. You ...
www.nlm.nih.gov/medlineplus/concussion.html - Health Topics
2. **Concussion ABCs: Learn How to Respond**
... Library 2008 Library CDC Features Features by Date Concussion Learn How to Respond Learn **concussion** symptoms ... Contact a health professional. What is a **Concussion**? A **concussion** is a type of traumatic brain ...
www.cdc.gov/Features/ConcussionABCs - News
3. **Concussions** (Nemours Foundation)
... to stay in the game. What Is a **Concussion** and What Causes It? The brain is made ... feeling overly tired Back Continue Different Grades of **Concussion** The severity of **concussion** is determined after all ...
kidshealth.org/teen/safety/first_aid/concussions.html - External Health Links
4. **Concussions** (Nemours Foundation)



Concussion

Also called: Brain concussion



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After a concussion, you may have a headache or neck pain. You may also experience nausea, ringing in your ears, dizziness, or tiredness. You may feel dazed or not your normal self for several days or weeks after the injury. Consult your health professional if you notice any of your symptoms getting worse, or if you have more serious symptoms such as seizures or trouble walking or sleeping.

NIH: National Institute of Neurological Disorders and Stroke

Get Concussion updates by email



[What's this?](#)

Start Here

- [Concussion](#) (Mayo Foundation for Medical Education and Research)
- [JAMA Patient Page: Concussion](#) (American Medical Association) - PDF

Basics

[Overviews](#)
[Latest News](#)
[Diagnosis/Symptoms](#)
[Prevention/Screening](#)

Learn More

[Specific Conditions](#)
[Related Issues](#)

Multimedia & Cool Tools

[Health Check Tools](#)
[Videos](#)

Research

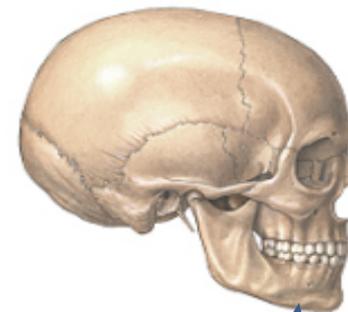
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MEDICAL ENCYCLOPEDIA

[Concussion](#)

[Concussion](#)

[Concussion - adults - discharge](#)

[Concussion - child - discharge](#)

[Concussion - what to ask your doctor - adult](#)

[Concussion - what to ask your doctor - child](#)

[Cranial CT scan](#)

[Preventing head injuries in children](#)

[Skull x-ray](#)

Related Topics

[Head Injuries](#)
[Traumatic Brain Injury](#)
[Brain and Nerves](#)
[Injuries and Wounds](#)

National Institutes of Health

The primary NIH organization for research on *Concussion* is the

Overviews

- [Concussion and Mild Traumatic Brain Injury](#)(Centers for Disease Control and Prevention)
- [Concussion](#)(American Association of Neurological Surgeons)

Latest News

- [New Football Helmets No Better Than Leather](#)(11/04/2011, Reuters Health)
- [More Kids Treated for Concussions in ERs](#)(10/06/2011, HealthDay)
- [CDC Finds 60 Percent Increase in Youth Athletes Treated for TBIs](#)(10/06/2011, Centers for Disease Control and Prevention)
- [Group Brain Tests of Athletes Not As Accurate](#)(09/23/2011, Reuters Health)

Diagnosis/Symptoms

- [Head Injuries](#)(American Academy of Family Physicians)
Also available in [Spanish](#)
- [What Are the Signs and Symptoms of Concussion?](#)(Centers for Disease Control and Prevention)

Prevention/Screening

- [What Can I Do to Help Prevent Concussion and Other Forms of TBI?](#)(Centers for Disease Control and Prevention)
[Return to top](#)

Specific Conditions

- [Concussion in Athletics](#)(American Orthopaedic Society for Sports Medicine) - PDF
- [Post-Concussion Syndrome](#)(Mayo Foundation for Medical Education and Research)
[Return to top](#)

Related Issues

- [What Can I Do to Help Feel Better After a Concussion?](#)(Centers for Disease Control and Prevention)
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Health Check Tools

- [Head Injury without Laceration](#)(DSHI Systems)
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Videos

- [Concussion](#) - Encyclopedia
Also available in [Spanish](#)
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Clinical Trials

- [ClinicalTrials.gov: Brain Concussion](#) **NIH** (National Institutes of Health)
- [ClinicalTrials.gov: Brain Injuries](#) **NIH** (National Institutes of Health)
- [ClinicalTrials.gov: Craniocerebral Trauma](#) **NIH** (National Institutes of Health)
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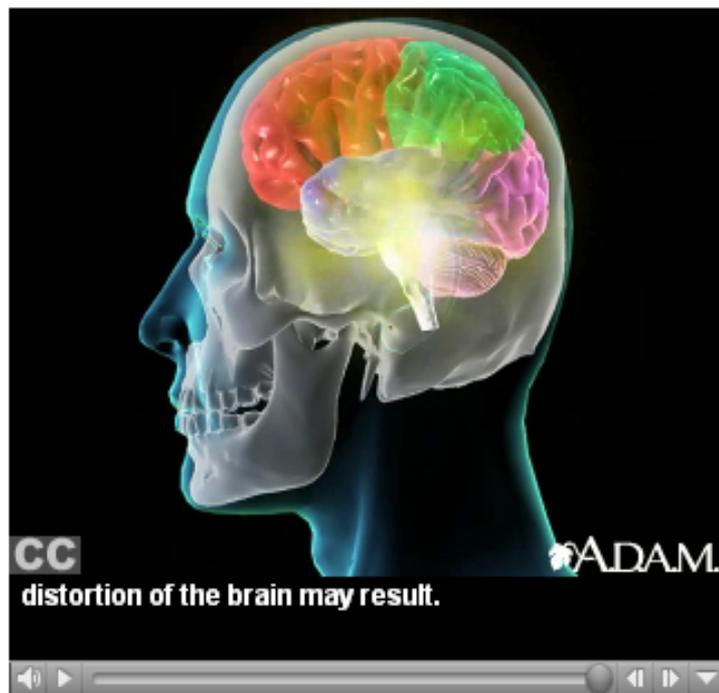
Languages

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[Somali](#) (af Soomaali)
[Spanish](#) (español)
[Ukrainian](#) (Українська)

Related MedlinePlus Pages

[Concussion](#)

[Sports Injuries](#)



In a severe impact to the head, the brain moves and hits the skull causing injury. During a boxing match, the brain moves from side to side after the impact of a punch. Following a concussion head injury, confusion and disorientation due to temporary distortion of the brain may result.

Introduction

Causes of TBI

Effects of TBI

Types of TBI

Symptoms

Complications

Diagnosis

Treatment

Conclusion

Other causes of TBI include being accidentally struck by a hard object, assault, and sport injuries.



Press the right arrow to continue

Slide 15 of 86

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Comments



Volume



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National Institutes of Health

PubMed

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Display Settings: Summary, 20 per page, Sorted by Recently Added

Results: 1 to 20 of 5105

- [Youth sports and concussions: preventing preventable brain injuries. One client, one cause, and a new law.](#)
1. Adler RH.
Phys Med Rehabil Clin N Am. 2011 Nov;22(4):721-8.
PMID: 22050945 [PubMed - in process]
[Related citations](#)
- [School and the concussed youth: recommendations for concussion education and management.](#)
2. Sady MD, Vaughan CG, Gioia GA.
Phys Med Rehabil Clin N Am. 2011 Nov;22(4):701-19. Epub 2011 Sep 25.
PMID: 22050944 [PubMed - in process]
[Related citations](#)
- [Long-term consequences: effects on normal development profile after concussion.](#)
3. Daneshvar DH, Riley DO, Nowinski CJ, McKee AC, Stern RA, Cantu RC.
Phys Med Rehabil Clin N Am. 2011 Nov;22(4):683-700. Epub 2011 Sep 23.
PMID: 22050943 [PubMed - in process]
[Related citations](#)
- [Subacute concussion-related symptoms in youth.](#)
4. Blume HK, Lucas S, Bell KR.
Phys Med Rehabil Clin N Am. 2011 Nov;22(4):665-81.
PMID: 22050942 [PubMed - in process]
[Related citations](#)
- [Use of neuropsychological evaluations.](#)
5. Coppel DB.
Phys Med Rehabil Clin N Am. 2011 Nov;22(4):653-64.
PMID: 22050941 [PubMed - in process]
[Related citations](#)
- [Diagnosis of concussion: the role of imaging now and in the future.](#)
6. McCullough BJ, Jarvik JG.
Phys Med Rehabil Clin N Am. 2011 Nov;22(4):635-52. Epub 2011 Sep 25.
PMID: 22050940 [PubMed - in process]
[Related citations](#)
- [Return-to-Play Decisions.](#)
7. Laker SR.
Phys Med Rehabil Clin N Am. 2011 Nov;22(4):619-34. Epub 2011 Sep 23.
PMID: 22050939 [PubMed - in process]
[Related citations](#)



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Related searches

- post concussion syndrome
- concussion sport
- concussion return
- concussion assessment
- concussion management

Titles with your search terms

- American Academy of Pediatrics. Clinical report--sport-related concussi [Pediatrics. 2010]
- Sports related concussion - management in general practice. [Aust Fam Physician. 2010]
- Immediate post-concussion assessment and cognitive testing (ImPACT) [J Athl Train. 2009]

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- Effect of bodychecking on rate of injuries among minor hockey players [Open Med. 2011]
- Shannon and renyi entropies to classify effects of mild traumatic brain injury [PLoS One. 2011]
- Differences in change scores and the predictive validity of three α [Int J Sports Phys Ther. 2011]

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Database:

Search details

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"brain concussion"[MeSH Terms]
OR ("brain"[All Fields] AND
"concussion"[All Fields]) OR
"brain concussion"[All Fields]
OR "concussion"[All Fields]
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Centers for Disease Control – CDC.gov

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Concussion ABCs: Learn How to Respond



Learn concussion symptoms and how to respond. Know your concussion ABCs: **A**—Assess the situation. **B**—Be alert for signs and symptoms. **C**—Contact a health care professional.

What is a Concussion?

A [concussion](#) is a type of [traumatic brain injury](#) that changes the way the brain normally works. A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head and brain to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious.

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through Prevention.™

What Can I Do to Prevent and Prepare for Concussions?

Here are some steps you can take to prevent concussions in school and ensure the best outcome for your students:

Download or order CDC's "Heads Up to Schools: Know Your Concussion ABCs" resources.

Developed in collaboration with over 30 school, health, and medical organizations, the "Heads Up to Schools: Know Your Concussion ABCs," materials include free resources for school nurses, administrators, counselors, teachers, parents, and students. [See Heads Up to Schools, Know Your Concussion ABC's.](#)

Prepare a concussion action plan. To ensure that concussions are identified early and managed correctly, have an action plan in place before the start of the school year. This plan can be included in your school or district's concussion policy. [See online action plan for sports and recreation activities.](#)

Create safe school environments. Make sure your school has policies and procedures to ensure that the environment is a safe, healthy place for students. Talk to all school staff and administrators and encourage them to keep the physical space safe, keep stairs and hallways clear of clutter, secure rugs to the floor, and check the surfaces of all areas where students are physically active, such as playing fields and playgrounds. [Playground surfaces](#) should be made of shock-absorbing material, such as hardwood mulch or sand, and maintained to an appropriate depth. Proper supervision of students is also important.

Monitor the health of your student athletes. Make sure to ask whether an athlete has ever had a concussion and insist that your athletes are medically evaluated and are in good condition to participate in sports. Keep track of athletes who sustain concussions during the school year. This will help in monitoring injured athletes who participate in multiple sports throughout the school year.

[Follow us on Facebook](#)  and learn more about concussion and how to help prevent, recognize, and respond to this serious injury at: www.cdc.gov/Concussion.

More Information

- Read a Survivor Story:
 - [Sarah' Story: Learn How Concussions Can Affect Kids and Teens in the Classroom](#)  [PDF - 158KB]
 - [Cole's Story: Learn How CDC Heads Up! Concussion Training Saved a Life](#)
- Watch a Video
 - [Keeping Quiet Can Keep You Out of the Game \[VIDEO - 2:00 minutes\]](#)  This video tells one young woman's story of sustaining two concussions within a short period of time. Concussion is a serious injury. Athletes, if you think you've had a concussion, don't hide it, report it, and take time to recover.
 - [Keeping Quiet Can Keep You Out of the Game...A Mother's Story \[VIDEO - 2:00 minutes\]](#)  All moms and dads should learn about concussion. In this video, a mom tells her story and wants all parents to know that if they think their child has a concussion, take them out of play and seek the advice of a health care professional.
- Listen to a Radio PSA
 - [Coach and Team \[PODCAST - 0:30 seconds\]](#)
 - [Mom and Daughter \[PODCAST - 0:30 seconds\]](#)
 - [Teens \[PODCAST - 0:30 seconds\]](#)
 - [Announcers \[PODCAST - 0:30 seconds\]](#)
- Listen to a podcast
 - [CDC Kidtastics: Bump on the Head \[PODCAST - 2:49 minutes\]](#)
 - [Heads Up! Play It Safe When It Comes to Concussions! \[PODCAST - 6:49 minutes\]](#)
 - [Heads Up! \[PODCAST - 0:59 seconds\]; in Spanish \[PODCAST - 1:27 minutes\]](#)
- Send a Health-e-Card
 - [Heads Up! Tool Kit](#)
 - [Prevent Concussions](#)
 - [Prevent Head Injuries](#)
 - [Sports Safety](#)
 - [Students Play Safe](#)
 - [Youth Sports Safety](#)

CDC works 24/7 saving lives, protecting people from health threats, and saving money to have a more secure nation. A US federal agency, CDC helps make the healthy choice the easy choice by putting science and prevention into action. CDC works to help people live longer, healthier and more productive lives.



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Signs and Symptoms

 Thinking/ Remembering	 Physical	 Emotional/ Mood	 Sleep
Difficulty thinking clearly	Headache Fuzzy or blurry vision	Irritability	Sleeping more than usual
Feeling slowed down	Nausea or vomiting (early on) Dizziness	Sadness	Sleep less than usual
Difficulty concentrating	Sensitivity to noise or light Balance problems	More emotional	Trouble falling asleep
Difficulty remembering new information	Feeling tired, having no energy	Nervousness or anxiety	

PH Partners.org



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A collaboration of U.S. government agencies, public health organizations and health sciences libraries

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Collections

All Results (14)

- PHPartners.org Topics
- Tutorials
- Healthy People 2020 SEQ
- News (4)
- External Public Health Links (10)

Results 1 - 10 of 14 for concussion

1. [Public Health Law Webinar Series](#) (Public Health Law Network)
... delivery in a home rule state legal environment. **Concussions** and Youth Sports: Can the Law Help Prevent ... many of which are due to sports-related **concussions**. **Concussion** is a complex and serious brain injury ...
www.publichealthlawnetwork.org/...-health-law-webinar-series - External Public Health Links
2. [Reduce hospitalization for nonfatal head injuries](#).
... for MEDLINE] Related citations 3. JAMA patient page. **Concussion**. Pluta RM, Lynn C, Golub RM. JAMA . 2011 ... citations 5. Diagnosis and management of sports-related **concussion**: a 15-year-old athlete with a **concussion**. ...
www.ncbi.nlm.nih.gov/...lterns=on&pmfilter_EDatLimit=10+years - External Public Health Links
3. [CDC Finds 60 Percent Increase in Youth Athletes Treated for Traumatic Brain Injuries](#) (07-OCT-2011)
... sports- and recreation-related traumatic brain injuries, including **concussions**, among children and adolescents increased by 60 percent ... sports- and recreation-related traumatic brain injuries, including **concussions**, among children and adolescents increased by 60 percent ...
www.cdc.gov/media/releases/2011/p1006_TBI_Youth.html - News
4. [MEDLINEplus - Traumatic Brain Injury](#)
... and Research) Latest News More Kids Treated for **Concussions** in ERs (10/06/2011, HealthDay) CDC Finds ... Screening What Can I Do to Help Prevent **Concussion** and Other Forms of TBI? (Centers for Disease ...
www.nlm.nih.gov/medlineplus/traumaticbraininjury.html - External Public Health Links
5. [Unintentional injury](#)
... the Centers for Disease Control and Prevention's **concussion** initiative for high school coaches: "Heads Up: **Concussion** in High School Sports". Sarmiento K, Mitchko J, ...
www.ncbi.nlm.nih.gov/...lterns=on&pmfilter_EDatLimit=10+Years - External Public Health Links

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