



Concussion Assessment & Management Program

Mt. Washington Pediatric Hospital
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Mt. Washington Pediatric Hospital's Concussion Assessment and Management Program (CAMP)

A concussion is a type of brain injury caused by a jolt or a blow to the head. It can alter the way the brain works in its normal state. Concussions can range from mild to severe and symptoms can appear immediately or show up days after initial injury. The duration of symptoms varies for every individual and is influenced by pre-injury factors as well as adherence to treatment guidelines.

Symptoms of a concussion include but are not limited to:

- Nausea
- Dizziness or balance problems
- Double or fuzzy vision
- Sensitivity to light or noise
- Headache
- Feeling sluggish or tired
- Feeling foggy or groggy
- Confusion
- Trouble concentrating
- Trouble remembering
- Sleeping too much
- Irritability
- Increased emotions

Mt. Washington Pediatric Hospital's Concussion Assessment and Management Program provides evaluations and treatment for children with both sports-related and non-sports-related concussions. Patients must be seen by a physician before coming to the clinic. For each clinic visit, patients will meet with a Clinical Neuropsychologist who will administer a battery of tests that are sensitive to the effects of concussion. These findings will be used in developing an appropriate treatment plan which may include referral to other professionals.

- The neuropsychologist will work closely with the child's primary care provider and any other individuals who are involved in the child's care in order to develop the most effective treatment plan.
- The neuropsychologist and other professionals involved in the child's care can assist coaches and parents in determining when it is safe for the child to resume their previous level of activity, including a return to sports.
- The hospital will also work with the child's school and make clear recommendations about what types of accommodations for homework or class schedules a child may need during their period of recovery.

To schedule an appointment in Mt. Washington Pediatric Hospital's Concussion Assessment and Management Program please call **410-578-5261**.

Mt. Washington Pediatric Hospital: Advancing the care of children. A jointly owned corporate affiliate of the University of Maryland Medical System and the Johns Hopkins Health System.

Mt. Washington Pediatric Hospital is a non-profit organization which is dependent upon the generous financial support of the community to maintain and establish patient care programs. In that regard, your tax deductible gift would be greatly appreciated. To make a gift, visit www.mwph.org.