



The Commonwealth of Massachusetts
Executive Office of Health and Human Services
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PLEASE DISTRIBUTE TO SCHOOL NURSES AND ATHLETIC STAFF

September, 2017

Dear School Principal:

As a result of the passage of the sports concussion law (Chapter 166) the Department of Public Health issued regulations *105 CMR 201: Head Injuries and Concussions in Extracurricular activities* in 2011. As you probably know by now, these regulations require schools to develop and implement policies and procedures that address training, exclusion from play, medical clearance and return to play for students with sports-related head injuries. To aid your school staff in continuing to implement the regulations we have enclosed copies of our new booklet, ***Head Injury Prevention and Management in Schools Quick Reference Guide*** which covers the highlights of the regulations as well as information on concussion symptoms, dangerous signs, concussion action plan and concussion treatment centers. Feel free to distribute to your athletic and nursing staff. If you would like more copies you can go to our website and download this booklet at www.mass.gov/sportsconcussion.

In this package you also will find the "Preventing Prescription Opioid Misuse Among Student Athletes" information sheet. More copies can be obtained at:

<http://massclearinghouse.ehs.state.ma.us/category/ALCH.html> or these materials can be downloaded from: <http://masstapp.edc.org/rx-student-athlete>

As a reminder, Massachusetts legislation in 2016 requires that parents, guardians, and other adults in a middle and high school extracurricular athlete's life such as school nurses, Athletic Directors, coaches and athletic trainers receive educational materials on the dangers of opioid use and misuse. The educational information, in written form, must be distributed to student athletes prior to the beginning of their extracurricular athletic seasons.

We have also developed a new and free 1.5 hour webinar on concussion management and prevention in collaboration with Massachusetts Medical Society and Brain Injury Association. This webinar can be accessed at:

www.massmed.org/ConcussionTreatmentManagementandPrevention

It can also be accessed at our website at www.mass.gov/sportsconcussion by hitting the concussion training link. For medical staff needing CMEs, they can access that version of the webinar at our website for a fee.

In addition CDC has recently released a new mobile game app called "Rocket Blades" developed by the Centers for Disease Control and Prevention that teaches concussion and brain safety to children ages 6-8. This app can be found at <https://www.cdc.gov/headsup/resources/app.html>

We hope you will find these materials helpful and informative. If you have any questions or need any technical assistance regarding sports concussion management, please contact Linda Brown, Program Coordinator of Sports Concussion Prevention at linda.brown@state.ma.us or 617-624-5432. We hope your school has a successful school year and thank you for continuing to ensure the health and safety of student athletes in the Commonwealth.

Sincerely,

Leonard M. Lee
Director of Division of Violence and Injury Prevention