

TESTIMONY

By Dara Summers

Mother of Kansas High School Student

Concerning HB 2016

Chairman Hawkins and the rest of the House Health Committee:

I am a parent of a sophomore student who attends Olathe North High School. I want to share with you my experience I recently had when my daughter sustained a concussion. She is a JV cheerleader and while practicing after school the flyer that she was basing fell out of her maneuver and landed on my daughter's head. My daughter immediately pulled herself out of practice; the pain she experienced was awful. When she got in the car and told me about the accident I immediately picked up the phone to call my Chiropractor, who has treated my daughter for many years for a variety of issues. My daughter is a competitive dancer and high school cheerleader so she has sustained many injuries over the years that have had to be addressed. If my Chiropractor couldn't help me he would know what to do or give me advice on where I should take her. On the phone I gave him the symptoms and details of the injury. He said sounds like a concussion and to go home put her in a dark room with no TV, no music, and no phone, nothing to stimulate her brain. He said that if the symptoms got worse or if there were additional symptoms that I should take her to urgent care or the ER.

The next morning when I woke my daughter for school, she said she still had a headache with some visual disturbances, similar to migraines but worse. I did not send her to school. When my Chiropractor called to see how my daughter was doing, I explained that her head still hurt and she was having some visual disturbances. He suggested that without a change in her symptoms for the better that we might want to have her get an MRI. We were able to get the MRI the next day; the radiologist would read the report and send the results to the Chiropractor. The radiologist didn't find a brain contusion or bruising but he did find a tumor, obviously NOT what we were expecting. My Chiropractor, through various connections, found the top KU neurologist and had the ball rolling on what to do about the tumor by the end of the day that we got the results. We have since seen the Neurologist and are monitoring the tumor.

My Chiropractor checked on her everyday to see if her symptoms were improving after the concussion. He said once the symptoms stopped we would have graduated steps back to normal activity. First she should be symptom free for 24 hours, and then she could do light activity for about 10 minutes and have no symptoms for 24 hours, next would be full exertion with no symptoms returning in the 24 hour timeline. Then she could return to practice w/o physical contact and no symptoms for 24 hours, after that she could return to normal practice. If any point in these steps she started experiencing symptoms again we would start the graduated steps all over.

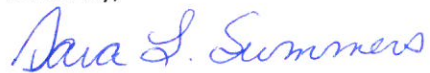
My daughter missed 3 days of school from a result of the concussion. I had emailed her cheer coach after the accident to inform her that my daughter did have a concussion and that we were monitoring her symptoms. Upon returning to school she was given a form that needed to be signed to return to

normal activities. My Chiropractor informed me that he could not sign the form that it would need to be signed by a medical doctor. I located a sports medicine doctor through a referral and had to wait another week before my daughter could get in to see the doctor. My daughter then missed another portion of a school day to get evaluated by the sports medicine doctor. The same guidelines that my chiropractor had given me to return to normal activities were given to me by the sports medicine doctor. I feel like this was redundant and unnecessary since we had already gone through this protocol once.

The requirement for a medical doctor to sign off on the form to return to activities caused my daughter to miss more school, delayed her return to activities and was an additional expense for my household.

Thank you for your time.

Sincerely,

A handwritten signature in blue ink that reads "Dara L. Summers". The signature is written in a cursive, flowing style.

Dara L. Summers