

Concussion Awareness Information

“All stakeholders have a responsibility to support the development and implementation of concussion management protocol in sport.” (McCrory, P., Meeuwisse, M., Dvorak, J., Aubry, M. and Bailes, J., 2016)

Background:

- “...most concussions, especially if they are identified early and managed properly, will resolve within seven to 10 days.” (SportMedBC, 2017)
- “Head impacts can be associated with serious and potentially fatal brain injuries” (Concussion in Sport Group, 2017)

CONCUSSION RECOGNITION TOOL 5 – (Concussion in Sport Group, 2017)

This is a tool to recognise suspected concussion to be used by anyone – **IT IS NOT A SUBSTITUTE FOR A MEDICAL DIAGNOSIS**

Summary:

Step 1 – Red Flag – call an Ambulance

- Neck pain or tenderness
- Double vision
- Weakness or tingling / burning sensation in arms or legs
- Severe or increasing headache
- Seizure or convulsion
- Loss of consciousness
- Deteriorating conscious state (becoming less alert)
- Vomiting
- Increase restlessness, agitated, or combative

Step 2 – Observable Signs

- Lying motionless
- Slow to get up after direct or indirect hit to the head
- Disorientation or confusion
- Inability to respond appropriately to questions
- Blank or vacant look
- Balance, gait, difficulties, motor incoordination, stumbling, slow laboured movements
- Facial injury or head trauma

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Step 3 Symptoms (that occur after hours / days later)

- Headache
- “pressure in head”
- Balance problem
- Nausea or vomiting
- Drowsiness
- Blurred vision
- Sensitivity to light
- Sensitivity to noise
- Fatigue or low energy
- “don’t feel right”
- More emotional
- More irritable
- Sadness
- Nervous or anxious
- Neck pain
- Difficulty concentrating
- Difficulty remembering
- Feeling slowed down
- Feeling like “in a fog”

Players with suspected concussion should:

- Not to be left alone for at least the first (1-2 hours)
- Not drink alcohol
- Not use recreational or prescription drugs
- Not to be sent home alone
- Not drive a motor vehicle until cleared to do so by a health care professional

References / Resources:

- The Canadian Concussion Collaborative (CCC) webpage: <http://casem-acmse.org/education/ccc>
- Concussion Awareness Training Tool (CATT): <http://www.cattonline.com>
- Guidelines for Pediatric Concussion: <http://onf.org/documents/guidelines-for-pediatric-concussion>
- McCrory, P., Meeuwisse, M., Dvorak, J., Aubry, M. and Bailes, J., (2016) downloaded on September 22, 2017 from:
<http://bjsm.bmj.com/content/bjsports/early/2017/04/28/bjsports-2017-097699.full.pdf>
- Recommendations for policy development regarding sport-related concussion prevention and management in Canada: <http://goo.gl/K3Tkjm>
- SportMedBC (2017) downloaded on September 22, 2017 from:
<https://sportmedbc.com/news/new-protocols-concussions-advised-all-sports-canada>