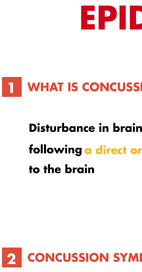
CONCUSSION

RUGBY FOOTBALL CRICKET



5 concussion injuries per team

>60% increased in hospitalisation over 9 years

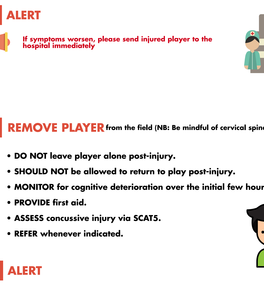
No routine concussion monitoring & reporting

EPIDEMIOLOGY

1 WHAT IS CONCUSSION

Disturbance in brain function following a direct or indirect force to the brain

2 CONCUSSION SYMPTOMS



! ALERT

Players manifesting signs of concussive symptoms should immediately be removed from sporting participation.

3 PROGRESSIVE CHANGES

- SEIZURES
- WORSENING HEADACHES
- REPEATED VOMITING
- WEAKNESS IN ARMS/LEGS
- SLURRED SPEECH
- CONFUSION
- DROWSINESS
- CANNOT BE WOKEN UP

! ALERT

If symptoms worsen, please send injured player to the hospital immediately

4 REMOVE PLAYER from the field (NB: Be mindful of cervical spine injury).

- DO NOT leave player alone post-injury.
- SHOULD NOT be allowed to return to play post-injury.
- MONITOR for cognitive deterioration over the initial few hours.
- PROVIDE first aid.
- ASSESS concussive injury via SCAT5.
- REFER whenever indicated.

! ALERT

Be mindful of evolving and delayed-onset concussive symptoms

Consider follow-up & serial evaluation after a suspected concussion regardless of a negative sideline screening test or normal early evaluation.

5 EDUCATION

- ENCOURAGE frequent & adequate rest post-injury (24-72 hours).
- MODIFY daily activities according to symptoms.
- AVOID activities that exacerbate concussive symptoms.
- EDUCATE players RE: general recovery (10-14 days).

The foundation of post-concussion symptoms management is TIME!

6 REFERRAL TO HEALTHCARE PROVIDERS

- ON the day of injury if indicated.
- PERSISTENT concussive symptoms >10-14 days.

7 STEPWISE RETURN-TO-SPORT

STAGE 1: NO physically-demanding activities for 24-72 hours.

STAGE 2: LIGHT aerobic exercise.

STAGE 3: SPORT-SPECIFIC exercise.

STAGE 4: NON-CONTACT drills only.

STAGE 5: FULL-CONTACT practice.

STAGE 6: RETURN to sport.

! ALERT

- **Each stage should take 24 hours.**
- **Athletes must take a minimum of 1 week to proceed through the full rehab protocol (provided they are asymptomatic at each stage).**
- **Time frame for return to sport may vary with player's age, history, level of sport, etc.**
- **Concussion management must be individualised.**

8 LONG-TERM CONSEQUENCES

CHRONIC NEURO-COGNITIVE IMPAIRMENT

9 REFERENCES

Echemendia, R. J., Meeuwisse, W., McCrory, P., Davis, G. A., Putukian, M., Leddy, J., ... & Schneider, K. (2017). The Sport Concussion Assessment Tool 5th Edition (SCAT5). Br J Sports Med, bjsports-2017.

McCrory, P., Meeuwisse, W., Dvorak, J., Aubry, M., Bailes, J., Broglio, S., ... & Davis, G. A. (2017). Consensus statement on concussion in sport—the 5th international conference on concussion in sport held in Berlin, October 2016. Br J Sports Med, bjsports-2017.

Sports Medicine Australia. (2017). SMA's Concussion Position Statement. Retrieved http://sma.org.au/wp-content/uploads/2016/07/SMA-Position-Statement_Concussion-190815.pdf.

REMEMBER...

" If in doubt, sit them out "

10 ABOUT ME...

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