



# CONCUSSION IN SPORT

## Immediate Management

The most important steps in the initial management of concussion include:

1. Recognising the injury
2. Remove the player from the game
3. Refer the player to a medical doctor for assessment

### 1. Recognising the injury

#### Visual signs or cues

- Loss of consciousness or responsiveness
- Motionless on ground or slow to get up
- Holding of head
- Unsteady on feet
- Glazed or blank look (glassy eyed)
- Disorientated or confused
- Slow to answer
- Unable to follow instructions

#### Symptoms (what player reports)

- Headache
- Nausea / vomiting
- Dizziness
- Blurred vision
- Balance problems
- Memory loss
- Confusion
- Fatigue or drowsiness
- Sensitivity to light and noise
- Feeling "in a fog or not quite right"

### 2. Remove the player from the game

- Adhere to first aid rules, including airway, breathing, circulation and spinal immobilisation
- Any player with suspected concussion must be removed immediately from the game
- The Player must not be allowed to return to play on the same day

### 3. Refer the player to a medical doctor for assessment

- ALL players with a suspected concussion need an urgent medical assessment with a registered medical doctor.
- If a doctor is not available at the venue, the player should be sent to a local general practitioner or hospital emergency department.
- It is useful to have a list of doctors and emergency departments in close proximity to the ground in which the game is being played.

#### **Urgent Transfer to hospital is required if the player displays any of the following:**

- Loss of consciousness or seizures
- Increasing confusion or irritability
- Deterioration after the injury (e.g. an increase in drowsiness, headache or vomiting)
- Neck pain or spinal cord symptoms (e.g. numbness, tingling or weakness in arms or legs)