

CONCUSSION BASICS



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A concussion is a traumatic brain injury resulting from a direct hit to the head or can be based upon a whiplash action, with or without a secondary hit of the head.

Concussed players should be removed from play to prevent longer recovery times, post-concussion syndrome, the persistence of symptoms, and second impact syndrome, a rare, yet possibly fatal complication of a second concussion after the initial concussion.

1 Concussion Signs

After a direct head impact or a whiplashing injury you may observe:

- a loss of consciousness,
- balance problems,
- dazed or stunned appearance,
- delayed response, or
- confusion.

2 Concussion Symptoms

A player could immediately report to medical staff:

Physical symptoms:

- double or blurred vision
- headache
- nausea
- sensitivity to light and or noise

Cognitive symptoms:

- grogginess
- difficulty concentrating and or remembering
- trouble thinking clearly

Some symptoms might be reported later on so players should be aware of:

- anxiousness
- sadness
- irritability
- being more emotional
- sleeping more or less than usual
- trouble falling asleep



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A key point for reporting, unlike a sign, symptoms should only be discussed if they have publicly been disclosed.

Currently in professional football, medical staff have three minutes to evaluate a player. If they suspect the player has a concussion, they should be removed and, if the concussion is diagnosed, they will enter into the return to play protocol.

It should be stressed in the amateur game there is no assessment, and any head injury should be removed and medical attention sought.

3 Return to Play for an athlete for concussion is roughly:

- rest with no physical activity
- light aerobic activity
- increased aerobic activity
- team specific activity
- full contact training and return to competition

4 Media best practice:

Report what is true and guide the audience on concussions and its protocols and avoid speculation.

Do: look for potential signs of concussion and make your audience aware, report what happens next according to protocol, remember the limitations

Avoid: mentioning or referencing toughness, making light of concussion signs, and avoid terms like “head-knock” “bang to the head”.

5 Try saying:

...that is a sign of a possible concussion.

“Brain injury” and “concussion” interchangeably

“According to the IFAB trial, medics have three minutes to assess the player, they will reassess the player throughout and after the match; although if you suspect a concussion playing football you should remove the player immediately and seek medical attention”

6 When following up on an injury:

If a team gives a predicted return, report that clubs will be following the return to play protocol and the time required for each injury and each player might be different. Return to play is a minimum of 12 days with advanced medical care in the professional game, or 21 days without advanced medical care.



Look for potential signs of concussion and make your audience aware.