

HEADS UP CONCUSSION IN SPORTS



A FACT SHEET FOR **COACHES**

The Best Approach To Concussion Management

Concussion Signs and Symptoms Evaluation

Signs observed by staff

- appears to be dazed or stunned
- is confused about assignment
- forgets plays
- is unsure of game, score, or opponent
- moves clumsily
- answers questions slowly
- loses consciousness (*even temporarily*)
- shows behavior or personality change
- forgets events prior to hit (*retrograde*)
- forgets events after hit (*anterograde*)

Symptoms reported by athlete

- headache
- nausea
- balance problems or dizziness
- double or fuzzy vision
- sensitivity to light or noise
- feeling sluggish
- feeling “foggy”
- change in sleep pattern
- concentration or memory problems

**Symptoms may worsen with exertion.
Athlete should not return to play until symptom-free.**

On-field Cognitive Testing

Orientation

Ask the athlete the following questions.

- What stadium is this? What month is this?
- What city is this? What day is it?
- Who is the opposing team?

Anterograde amnesia

Ask the athlete to repeat the following words.

Girl, dog, green

Retrograde amnesia

Ask the athlete the following questions.

- What happened in the prior quarter/period?
- What do you remember just prior to the hit?
- What was the score of the game prior to the hit?
- Do you remember the hit?

Concentration

Ask the athlete to do the following.

Repeat the days of the week backward (starting with today).

Repeat these numbers backward:

63 (36 is correct) 419 (914 is correct)

Word list memory

Ask the athlete to repeat the three words from earlier.

(Girl, dog, green)

**Any failure should be considered abnormal.
Consult a physician following a suspected concussion.**

www.impacttest.com

Action Plan

If you suspect that a player has a concussion, you should take the following steps:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Consider post-injury IMPACT TESTING for proper post injury assessment. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete’s parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow athlete to return to play only with permission from an appropriate health care professional.

Resources for athletes

1. WellSpan Neurology
Certified IMPACT Consultant
Todd Barron, M.D., *Pediatric Neurologist*
Sarah Hunt, CRNP
370 St. Charles Way
York, PA 17402
717-851-5503
2. WellSpan ReadyCare
East York Edgar Square
2250 E. Market St. 1101 S. Edgar St, Ste. E
York PA 17402 York PA 17402
717-812-3940 717-851-1566