



Sports Concussion Management

Concussion Signs and Symptoms Evaluation

Signs observed by staff:

- Appears to be dazed or stunned
- Unsure of game score or opponent
- Lack of coordination
- Poor reaction time
- Losses consciousness **(even temporarily)**
- Shows behavior, mood or personality change
- Forgets events prior to injury **(retrograde)**
- Unequal or dilated pupils
- Bleeding or clear fluid coming from nose or ears

Symptoms reported by athlete:

- Headache
- Nausea or vomiting
- 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
- Light-headedness
- Easily fatigued
- Confusion

Athlete should not return to play until evaluated by a medical professional and is symptom-free at rest and with exertion.

On-field Cognitive Testing

ORIENTATION

Ask the athlete the following questions:

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

ANTEROGRADE AMNESIA

Ask the athlete to remember 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?

CONCENTRATION

Ask the athlete to do the following:

- Repeat the days of the week backwards
- Repeat these numbers backwards:
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.

Source: www.impacttest.com