

Dr. Patricia Van Boekel, MD, CCFP-EM, SEM

Sport Medicine Physician
Stratford Rotary Complex
Room 136- 353 McCarthy Road
Stratford, Ontario N5A 7S7
Phone: 519-271-3030
Fax: 519-271-3038

CONCUSSION: ON-FIELD MANAGEMENT

STEP 1

- Athlete unconscious or decreased consciousness? **Call 911**
- Neck injury suspected **Call 911**

STEP 2

Remove from play. If any of the following are present then **SEND TO EMERGENCY DEPARTMENT.**

<ul style="list-style-type: none">-Vomiting-Severe/worsening headache-Unusual behaviour-Seizures-Neck pain/tenderness-Numbness/weakness in arms/legs	<ul style="list-style-type: none">-Decreased balance/coordination-Decreasing level of consciousness-Disorientation/confusion-Unequal pupils-Irritability-Slurred speech
---	--

STEP 3

Remove from play. If any of the following symptoms, then check for concussion symptoms below.

Signs and Symptoms of Concussion

<ul style="list-style-type: none">-Headache-Nausea/vomiting-Dizziness-Light/noise sensitivity-Balance problems-Blurred/double vision-Neck pain	<ul style="list-style-type: none">-Irritability-Depression-Sadness-More emotional-Anxiety-Moodiness	<ul style="list-style-type: none">-Trouble concentrating/remembering *-Fogginess-Trouble falling asleep-Decreased energy-Fatigue-Feeling "off"-Drowsiness/confusion
--	--	---

* **Failure to answer any of these questions correctly may suggest a concussion:**

- “What sporting event are we at today?”
- “Which half/period is it now?”
- “Who scored last in this game?”
- “Which team did you play last game?”
- “Did you team win the last game?”

NEXT STEPS

- DO NOT allow return to play on same day
- Athlete must be in care of responsible adult, provide concussion handout to player/parents
- Complete rest
- Follow up with family doctor, even if symptoms resolve
- If in doubt... sit them out