

SIDELINE EVALUATION:

MENTAL STATUS TESTING: re-evaluate at regular intervals as long as symptoms persist

Orientation:

- Time, place, person and circumstances of injury
- What day is it?
- What month is it?
- What gym / stadium / rink is this?
- Whom are you playing / fighting?
- How did the injury occur?



Concentration:

- Digits backwards (e.g. 2-8-0; 3-7-4-2; 5-1-6-9-3)
- Months backwards
(Dec-Nov-Oct-Sep-Aug-Jul-Jun-May-Apr-Mar-Feb-Jan)
- Days of the week backwards
(Sun-Sat-Fri-Thu-Wed-Tue-Mon)
- Spell words backwards (e.g. WORLD; CLOCK; SHIRT)
- Serial 3's

Memory:

- Names of teams in prior contest
- 3 object recall (0 and 5 min.)
(e.g. white rabbit, red apple, blue car)
- Recent newsworthy events
- Details of contest (score, who scored most recently, techniques/ plays, which period this is)
- Details of injury (how injury occurred; how removed from field)

PHYSICAL EVALUATION:

Neurologic Screening:

- Strength - (e.g. Finger squeeze, strength arms & legs)
- Sensation - (e.g. Numbness in extremities)
- Coordination: (e.g. tandem gait, finger-to-nose testing)

Exertional Maneuvers:

- Sprint
- Sit-ups
- Push-ups

RETURN-TO-PLAY:

(Proceed to next step only when asymptomatic for 24 hours; if symptoms return, drop back to level where symptoms disappear for at least 24 hours and seek re-evaluation by physician)

- Step 1: No activity, complete rest
- Step 2: Light exercise (walking, stationary bike)
- Step 3: Sport-specific activity (e.g. skating)
- Step 4: "on-field" practice without body contact
- Step 5: "on-field" practice with body contact (once cleared by medical doctor)
- Step 6: Game play

"When in doubt, sit them out!"

CONCUSSION MANAGEMENT

C-SPINE PRECAUTIONS
AIRWAY, BREATHING, CIRCULATION
ASSESS LEVEL OF CONSCIOUSNESS



DEFINITION OF CONCUSSION:

Temporary change in mental state as a result of trauma (may be blow to head, face or jaw; may result from whiplash effect to neck)

NOT NECESSARILY WITH LOSS OF CONSCIOUSNESS

SIGNS AND SYMPTOMS OF CONCUSSION:

Headache	Poor balance
Dizziness	Poor concentration / easily distracted
Feeling dazed	Slow or slurred speech
Seeing stars	Slow responses to questions
Double or blurred vision	Slow to follow instructions
Sensitivity to light	Vacant stare / glassy eyed
Ringing in ears	Decreased Playing ability
Sleepiness	Unusual / inappropriate emotions
Nausea / vomiting	Personality changes
Confusion	Inappropriate behaviour (skate/ run wrong direction)
Disorientation (unaware of time / date / place)	Loss of consciousness
Feeling "dinged" or stunned ("bell rung")	Memory deficits / amnesia

MANAGEMENT OF ATHLETE WITH CONCUSSION:

When athlete shows *any* signs or symptoms of concussion:

1. No return to current game or practice
2. Do not leave alone - regular monitoring for deterioration essential; awaken every 2 hours overnight for first 24 hours
3. Medical evaluation necessary
4. Return-to-play must follow a medically supervised, stepwise process

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