

The Seven R's of Concussion Management

Concussion Management Tool™

To educate sports participants of the **INJURY MANAGEMENT PROCESS** for **CONCUSSION** **BEFORE** a concussion occurs, when a concussion is **SUSPECTED** and once a concussion is **DIAGNOSED**.

RESPONSIBILITY

A concussion is a **brain injury** caused by a direct/indirect force to the head or body that results in a change in normal brain function. All sports participants (*parents, player, coaches, referees, team medical staff*) are **responsible to understand the signs and symptoms of concussion**. Players can recover from concussion with appropriate management.

RECOGNISE & REPORT

REPORT - signs, symptoms and red flags of concussion **IMMEDIATELY** to coach, referee, medical staff and parent. The onset and resolution of concussion symptoms can be **IMMEDIATE, DELAYED or PROLONGED**. **WARNING – NOT REPORTING** concussion can lead to longer recovery from concussion injury. For a complete list of concussion signs and symptoms please review resource below. **INJURY TRACKING** – Document all injuries including concussion.

Resource - Concussion Recognition Tool 5 - (*Concussion in Sport Group, 2017*). **Privit Health Profile**

REMOVE

REMOVE - If a concussion is suspected, and red flags have been ruled out, the player must be **REMOVED** from play *and* directed to a medical provider for SCAT5 evaluation, or medical clinic for a comprehensive evaluation by physician. If **at any time** the symptoms worsen, the player must go to hospital **IMMEDIATELY** for **urgent evaluation**.

REFER

The player **MUST** be referred to a physician for a comprehensive evaluation. A player may have a concussion even if SCAT5 results are **“normal.”** SCAT5 results **should not** be used as a stand-alone method to *diagnose concussion, measure recovery, or make decisions about a player's readiness to return to sport*. **Modifying factors** impact the interpretation of results which can include: age, gender, fitness level, mental health (*depression, anxiety*), learning difficulties, and prior concussions.

Resource - Sport Concussion Assessment Tool 5 - SCAT5, Child SCAT5 (*Concussion in Sport Group 2017*)

BE AWARE, BE PREPARED & TAKE ACTION

Every player, every brain, and every concussion is **DIFFERENT**. Typically recovery from concussion is **10-14 days** for adults and **4 weeks** for children, however the **severity** of initial symptoms and **modifying factors** can contribute to longer recovery. After a brief period of **physical and cognitive REST (24-48hrs)**, players can be encouraged to become **gradually** more active, ensuring symptoms do not worsen. For **persistent symptoms** (*>10-14days, adults, >4 weeks children*), in collaboration with family physician, a team of medical professionals **may be necessary** in order to develop an individualized treatment plan to facilitate recovery.

Resource – HealthlinkBC (811) SportMedBC

REHAB & RECOVERY

The recovery process includes a **gradual re-introduction to daily activities** that for *some* players includes school and work. Restricting or avoiding the activities/tasks that causes the symptoms to get worse at **home, school or work**, is very important. Completion of a gradual return to daily activities is required before return to school activities can begin.

Resource - Graduated Return to School Strategy (*Concussion in Sport Group, 2017*).

RETURN TO LEARN/WORK

The **Return to Sport Strategy (RTS)** is a **gradual** 6 stage process from symptom-limited activity (*daily activities that do not increase symptoms*) to return to sport. There should be **24hrs** (*or longer*) for each step and if any symptoms worsen player returns to previous step. The RTS should be guided by a medical professional as medical clearance is required **BEFORE** Stage 5 - full contact practice.

Resource – Graduated Return to Sport Strategy (*Concussion in Sport Group, 2017*).

RETURN TO PLAY