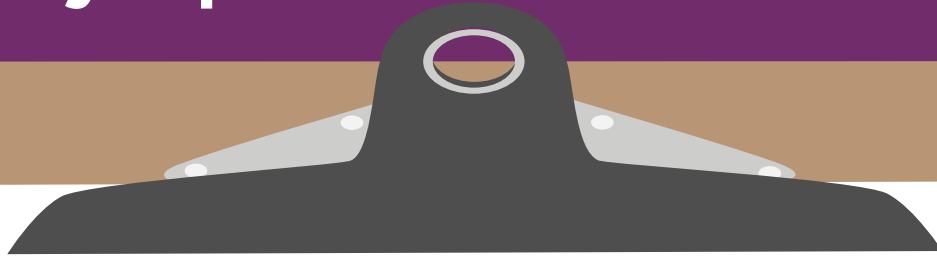


Concussion Signs and Symptoms Evaluation



On-field Mental Status Evaluation

Orientation

Ask the athlete the following questions:

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

Memory

Ask the athlete to repeat the following words:

Girl, dog, green

Ask the athlete the following questions:

- What happened in the prior quarter/period?
- Do you remember the hit?
- 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 backward (starting with today).
- Repeat these numbers backward:
63 (36 is correct)
419 (914 is correct)

Signs and Symptoms

Symptoms an athlete may report:

- Headache or pressure inside the head
- Nausea
- Dizzy or feeling off-balance
- Light and/or noise sensitivity
- Feeling "foggy" or slowed down
- Concentration problems
- Blurry vision

If an athlete takes a hit on the field, here are some potential signs for the coaching or medical staff to observe:

- Loses consciousness
- Confused or disoriented
- Off balance/clumsy
- Personality changes
- Memory problems — forgets plays; doesn't remember score, opponent, field
- Appears dazed or stunned
- Answers questions slowly
- Vomiting

Red Flags for a Trip to the ER:

- Headaches that are a 10/10 or worsening
- Loss of consciousness (especially greater than 30 seconds)
- Seizures
- Significant drowsiness; a hard time staying awake
- Vomiting
- Slurred speech
- Can't recognize people, places that are familiar
- Increasing irritability or significant behavioral change
- Weakness, numbness, or tingling in the arms/legs
- Neck pain or any focal neurologic sign

If an athlete has any of the above signs or symptoms, he/she should be removed from play. **When in doubt, sit them out.**

If an athlete is removed from play due to a suspected concussion, they should be evaluated initially by the on-site medical staff if available. They should then follow up with a provider specifically trained in the treatment and management of concussions. If this is not possible, the athlete should see their primary care physician.

Action Plan

- **Remove athlete from play.** Do not return until cleared by appropriate medical staff.
- **Perform sideline evaluation** to determine immediate need for medical care (urgent care, emergency room, etc.). If no urgent care is needed, follow up with a health care provider.
- **Follow up should occur** with a health care provider who is trained in concussion management.
- **Recovery is different** for every athlete. Typically, the athlete will experience physical symptoms (headache, dizziness, etc.), cognitive difficulties, sleep changes, and emotional issues. Symptoms can vary depending on activity, but initially, it is recommended to give the brain rest by reducing stimulation. Each athlete will experience different symptoms and will take different periods of time to recover.
- **Athletes should only be returned** to play upon clearance from a health care professional trained in the management and treatment of concussions.

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