NON-HEALTHCARE PRACTITIONER <u>ON FIELD</u> CONCUSSION RECOGNITION DECISION TREE



Things to look out for at the time of injury



On field signs of concussion: - Loss of consciousness - Headache or 'pressure in the head' Lying motionless, slow to get up - Visual or hearing disturbance Seizure and tonic posturing - Dazed, blank/vacant stare Confusion, disorientation - Behaviour or emotional changes, not themselves Memory impairment Falling unprotected to the playing Balance disturbance/motor surface incoordination - Facial injury - Nausea or vomiting *refer to CRT6 Immediate removal from sport with no return on that day Take normal first aid precautions including neck protection **RED FLAGS** - Neck pain - Deteriorating conscious state Increasing confusion, agitation or - Severe or increasing headache irritability - Unusual behavioural change - Repeated vomiting Loss of vision or double vision Seizure or convulsion Visible deformity of the skull Weakness or tingling/burning in the - Loss of consciousness arms or legs *refer to CRT6 YES NO

ON FIELD

SIDELINE

Refer to healthcare practitioner as soon as practical

Immediate referral to emergency department

ATHLETES SHOULD NOT:

- Be left alone initially (at least for 3hrs). Worsening symptoms should lead to immediate medical attention
- Be sent home by themselves. They need to be with a responsible adult
- Drink alcohol, use recreational drugs or drugs not prescribed by their healthcare practitioner
- Drive a motor vehicle until cleared to do so by a healthcare practitioner