

**Concussion in Sport Workshop**  
**Tuesday, September 27, 2011**  
**Submitted by: Dr. Chandra Madhosingh**

I attended this session on behalf of B.C.T.T.A. It was presented by SportMed B.C. and the representatives were Mr. Scott Merchant and Jean Sebastian Hartell. Here is a very brief summary:

1. What is it? A concussion is a Brain Injury. It alters the way the brain functions and can cause significant impairment. It may be simple or complex. However, most concussions resolve without complication within about 10 days. In case of a recurrent concussion, a previous Medical History is imperative.

2. Causes: A concussion may be caused by a direct blow to the head, face, neck or anywhere else on the body that causes a severe, and sudden movement where force is transmitted to the head. Concussions can cause various symptoms.

3. Symptoms: These can include – altered emotional state, confusion, disorientation, memory loss, blurred or double vision, headache, dizziness, nausea, loss of balance, tinnitus, slurred speech, feeling stunned or dazed, loss of consciousness or delayed response.

4. Management and Rehabilitation: Bear in mind that –

- the player should not return to play while symptomatic
- the person should not be left alone
- monitor regularly for deterioration
- get medical evaluation
- return to play must follow a medically supervised step-wise process
- administer a SCAT 2

5. What is SCAT2? This is a Sport Concussion Assessment tool which represents a method of evaluating injured athletes for concussion. It includes – symptom evaluation (22 symptoms), physical signs, the Glasgow Coma Scale (GCS), cognitive assessment (SAC), orientation, memory, concentration, balance error scoring system (BESS), coordination and a grid for the overall score.

Final advice is that the athlete can return to competition when all phases of rehabilitation are completed with no symptoms, and medical clearance has been obtained. Prevention can help by using proper techniques and biomechanics, applying postural stability and awareness, to include core strength, neutral spinal alignment, improved neurological firing patterns, heightened proprioceptive awareness and superior balance and coordination.

I intend to review these suggestions at the next coaches' education and evaluation meeting.