

School of Sport Education NT Head Injury Factsheet

You have been given this information as you have received a blow to the head or body.

Concussion is a mild brain injury and is a disturbance in brain function rather than a structural injury that can be caused by a direct or indirect force to the head, neck or face or elsewhere on the body that transmits a force to the head.

Concussion signs and symptoms may occur immediately or may emerge up to 48 hours after the impact, therefore it is important that the athlete be monitored for a minimum of 24 hours.

Concussion should be suspected if one or more of the following emerge and the athlete will need to be assessed by a medical doctor and cleared to return to school/sport under medical advice;

- Disorientation, confusion
- Pale
- Fatigue
- Sensitivity to light/noise
- Memory impairment
- Nausea
- Difficulty concentrating
- Headache or 'pressure in the head'
- Feeling slowed or 'not right'
- Dazed, blank/vacant stare
- Behavior or emotional changes, not themselves

If any of the below occur, immediate referral to an emergency department is required;

- Neck pain
- Increasing confusion agitation or irritability
- Repeated vomiting
- Seizure or convulsion
- Weakness or tingling/burning in the arms or legs
- Deteriorating conscious state
- Severe or increasing headache
- Unusual behavioral change
- Visual or hearing disturbance

For the next 24 hours;

- Rest quietly
- Do not be left alone
- Do not drink alcohol
- Do not drive a car
- Do not swim alone
- Do not take anti-inflammatory or pain killer medication unless instructed by your doctor

Sources

Sports Medicine Australia 2018, *Concussion in Sport Policy*, Sports Medicine Australia
<<https://sma.org.au/resources-advice/concussion/>>

Elkington, L, Manzanero, S & Hughes, D 2017, *Australian Institute of Sport and Australian Medical Association Concussion in Sport Position Statement*, Australian Sports Commission,
<<https://concussioninsport.gov.au/>>