

## PEARLS

## CONCUSSION

## IT'S THE BASICS

History and examination is crucial. Look for witness accounts of being slow to return to play, "fencing" or rigid posturing, confusion or any red flags that might lead you towards an alternative diagnosis. Investigations aren't always necessary.



## SET EXPECTATIONS

For patients who wish to return to sports, it is important to set achievable goals and guide them towards their relevant Return to Play guidelines. We refer to the IRFU guidelines which can be found [here](#).



## TIMING OF SYMPTOMS

Symptoms can take 24-48h to fully reveal themselves and usually settle down after 1-2 weeks.



## SYMPTOM MANAGEMENT

24 hours of cognitive rest is reasonable. Strict rest can actually worsen symptoms. Encourage patients to gradually return to school/ work. Writing a detailed medical cert is very helpful on discharge. Good sleep hygiene and avoiding screen time, caffeine and alcohol is advised.



## RED FLAG ADVICE

They may not need a scan... just yet. Give written and verbal advice around progression of symptoms, erratic behaviour, seizures, focal neurology, intractable vomiting and give the caveat that if there's something concerning family and friends in particular, bring the patient back for a second review.



## Rapid References

# CONCUSSION

### SCAT 5

SCAT 5 is a well-renowned concussion tool used in sports. Usually, a baseline is created for the player at the beginning of the season but it can still be helpful as a once-off assessment in ED. 20-40 (out of 132) is the usual score for patients with concussion.

### SCAT5®



IRFU

### IRFU RETURN TO PLAY PROTOCOL

There are many different guidelines available for the return to sport published by different sporting bodies. We reference the IRFU Return to Play Protocol which can be accessed on their website along with a 'Wallet Card' version.



### ABC OF CONCUSSION ASSESSMENT



The BJSM also published a podcast and an editorial by Dr Jim Bovart in 2019 on an easy ABC assessment of concussion which can be helpful in ED.



### BERLIN CONCUSSION CONFERENCE

In 2016, an International Consensus Conference on Concussion in Sport was held in Berlin. A number of key take home points from discussions and presentations at this were subsequently released in the BJSM in 2017 and have founded our current guidelines around concussion management.



### WATCH THIS SPACE!

In October 2022, the 6th Edition of the Concussion Conference was held in Amsterdam. The results of this consensus is due to be released in the BJSM in coming months so keep an eye out!



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