

Concussion in Recreational Sport.

- Concussion is a **clinical diagnosis** that can only be made by a Doctor.
- What we can do is look out for the **signs and symptoms** of Concussion.
- Signs and Symptoms of a potential Concussion:
 - Loss of consciousness
 - Post impact seizures
 - Balance disturbance
 - Blank or vacant look
 - Loss of memory
 - **Confusion / disorientation**

How to objectively judge 'Confusion / Disorientation':

Maddock's Questions (Source; SCAT3 Assessment)

- At what venue are we today?
- Which half is it now?
- Who scored last in this match?
- What team did you play last week/game?
- Did your team win the last game?

My personal way to remember these: **VHS OW**

- **V**enue
- **H**alf
- **S**cored last
- **O**pposition last week
- **W**in?

Any athlete with a suspected concussion should be:

1. removed from the field of play,
2. monitored (not left alone),
3. not allowed to drive
4. examined by a Doctor
5. not allowed to return to sport until examined by a Doctor and all symptoms have subsided.

Repeated concussions may increase a person's risk in later life for dementia, Parkinson's disease, and depression.