



SIDELINE CONCUSSION EVALUATION

INSTRUCTIONS: Keep this card with you during practices and games. In the event of a suspected concussion, look for specific signs and symptoms once patient is safely to the sideline. Note, do not move athlete and call 911, if there is prolonged loss of consciousness or there is a suspected neck or spinal injury. To assess for symptoms, it is best to look the athlete directly in the eye and ask them about each symptoms as outlined below. **Any athlete with a suspected concussion should be REMOVED FROM PLAY, medically assessed, monitored for deterioration (i.e. should not be left alone) and should not drive an automobile.**

Concussion Signs and Symptom Evaluation

Signs observed by coach

- appears to be dazed or stunned
- is confused
- forgets plays or position
- is unsure of game, score, or opponent
- moves clumsily
- answers questions slowly
- loses consciousness (**even temporarily**)
- shows strange behavior or personality change
- forgets events prior to hit (**retrograde**)
- forgets events after hit (**anterograde**)

Symptoms reported by athlete

- headache
- nausea
- balance problems or dizziness
- double or fuzzy vision
- sensitivity to light or noise
- feeling sluggish
- feeling "foggy"
- concentration or memory problem
- change in sleep pattern (**post-injury period**)

SEEK EMERGENCY MEDICAL CARE IF ATHLETE HAS FOLLOWING SYMPTOMS

- Prolonged loss of consciousness (don't move athlete)
- Suspected neck or spinal injury (don't move athlete)
- Bleeding from ears or eyes
- Vomiting
- Worsening symptoms (e.g. onset of confusion, headache becomes more severe)
- Seizures or convulsions

SIDELINE COGNITIVE EVALUATION

INSTRUCTIONS: After a suspected concussion, evaluate the athlete's cognitive function through the assessment below. After a suspected concussion, a failure to answer a question may indicate a change in cognitive function. Note, due to limited sensitivity of this brief cognitive screening test, an athlete may still have a concussion despite correctly answering all of the questions (false negative). Remove athlete from play if you suspect a concussion.

(1) Orientation

Ask the athlete the following questions.

What stadium/field is this?

What month is it?

What city is this?

What day is it?

Who is the opposing team?

(2) Post-Traumatic Amnesia

Ask the athlete to repeat the following words. *Table, Dog, Green*

(3) Retrograde Amnesia

Ask the athlete the following questions.

What happened in the prior half/period?

What do you remember just prior to the hit?

What was the score of the game prior to the hit?

Do you remember the hit?

(4) Concentration

Ask the athlete the following?

Repeat the days of the week backward *(starting with today).*

Repeat these numbers backward 63 (36 is correct) 419 (914)

(5) Word List Memory

Ask the athlete to repeat the three words from earlier. *(Table, Dog, Green)*

After full assessment, make notes of symptoms, signs, cognitive difficulty and any other unusual behavior. Document the time of the incident and a what time behaviors were exhibited. A healthcare professional will utilize this information.