

Quick Start Guide

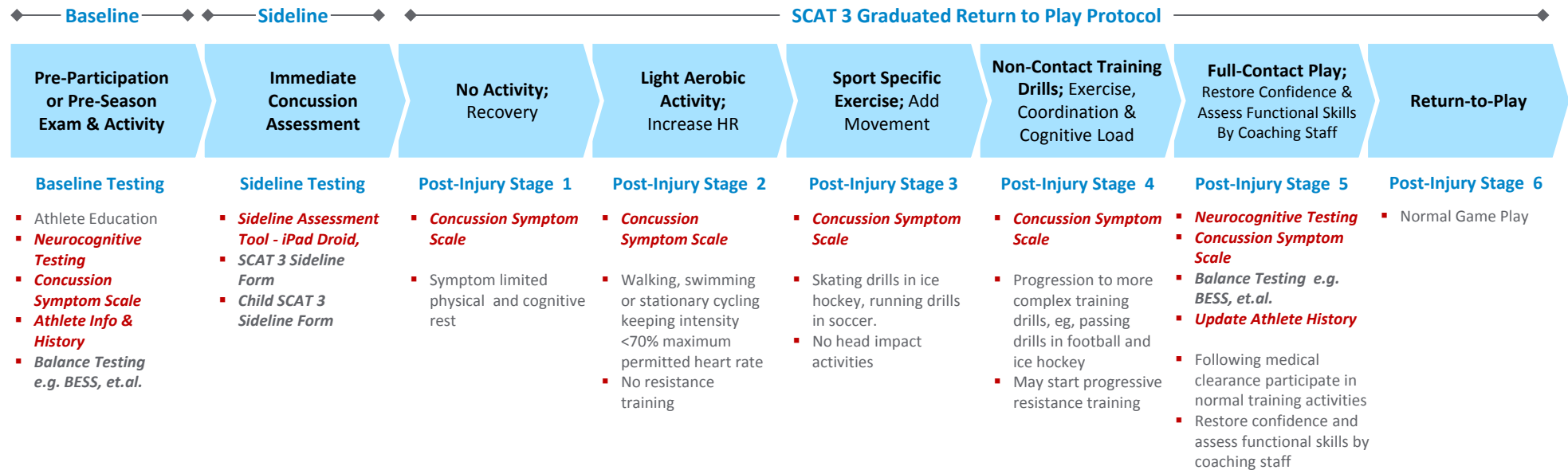
Optimized to help support consensus statements or guidelines on concussions in sport.



www.CONCUSSIONVITALSIGNS.com.*

Integrating Concussion Vital Signs into your Sports Health Program*

Any athlete suspected of having a concussion should be removed from play, and then seek medical evaluation.



Athletes should not be returned to play the same day of injury. When returning athletes to play, they should be medically cleared and then follow a stepwise supervised program, with stages of progression. There should be at least 24 hours (or longer) for each stage and if symptoms recur the athlete should rest until they resolve once again and then resume the program at the previous asymptomatic stage. Resistance training should only be added in the later stages. If the athlete is symptomatic for more than 10 days, then consultation by a medical practitioner who is expert in the management of concussion, is recommended. **Medical clearance should be given before return to play.***

SCAT3* Symptoms & Signs to Watch For

Any athlete suspected of having a concussion should be removed from play, and then seek medical evaluation. Signs to watch for... Problems could arise over the first 24 – 48 hours. The athlete should not be left alone and must go to a hospital at once if they:

- Have a headache that gets worse
- Are very drowsy or can't be awakened
- Can't recognize people or places
- Have repeated vomiting
- Behave unusually or seem confused; are very irritable
- Have seizures (arms and legs jerk uncontrollably)
- Have weak or numb arms or legs
- Are unsteady on their feet; have slurred speech

Remember, it is better to be safe. Consult your doctor after a suspected concussion.

SCAT3* Concussion Injury Advice

*This patient has received an injury to the head. A careful medical examination has been carried out and no sign of any serious complications has been found. Recovery time is variable across individuals and the patient will need monitoring for a further period by a responsible adult. Your treating physician will provide guidance as to this timeframe. **If you notice any change in behavior, vomiting, dizziness, worsening headache, double vision or excessive drowsiness, please contact your doctor or the nearest hospital emergency department immediately.***

Other important points: Rest (physically and mentally), including training or playing sports until symptoms resolve and you are medically cleared; No alcohol; No prescription or non-prescription drugs without medical supervision, Specifically: No sleeping tablets, Do not use aspirin, anti-inflammatory medication or sedating pain killers; Do not drive until medically cleared; Do not train or play sport until medically cleared.

*Adapted from: <http://bism.bmi.com/content/47/5/250.full>

Testing an Athlete



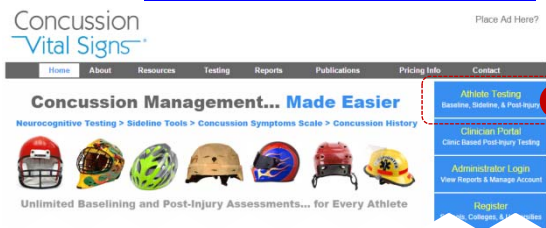
www.CONCUSSIONVITALSIGNS.com.

Concussion Vital Signs provides a flexible set of concussion tools enabling a more efficient approach to the management of concussions. The toolset includes a standardized quantitative view of neurocognitive function, sideline assessment tool, athlete-reported history, and a concussion symptom rating scale. Research has shown that an athlete's balance and/or cognitive functioning are often depressed following a concussion – even in the absence of self-reported symptoms. Baseline and assessing an athlete's cognitive state, tracking symptom resolution, and documenting past concussions are key components in assessing an athlete's concussion status. Concussion Vital Signs was developed with input from concussion experts to meet the needs of a variety of clients while supporting the most current and forward looking concussion guidelines.

Any athlete suspected of having a concussion should be removed from play, and then seek medical evaluation.

To Begin ATHLETE TESTING:

Go to www.CONCUSSIONVITALSIGNS.com



Username:

CLICK the "Athlete Testing" button.

Password:

Athlete ID:



2 Enter in the Athlete Login the "Athlete Testing" USERNAME and PASSWORD (set-up at registration) to access testing.

3 The Initial test screen will appear and the athlete will ENTER the Athlete Reference/ID* and CLICK the Test Button.

A RE-ENTER Athlete Reference/ID* (Athletes Unique Identifier)

B ENTER ATHLETES BIRTHDATE using pull-downs

C Enter Full Name (Optional use to enable roster by name)

D Select BASELINE or POST-INJURY assessment type

E Select the Assessments to be administered

FLEXIBLE TESTING: Neurocognitive test, Athlete Information & Medical History
Select One or More: Concussion Symptom Scale Sideline Assessment

F Select Test Supervision Type

G Select Testing Environment

On the next screen CLICK OK and the testing will begin.

Testing Tips:

Concussion Vital Signs is user-friendly and easily administered.

- Testing environment should be free from distraction e.g., quiet room (ear plugs, headphones) closed door, minimize window distractions, etc.
- Ask the athlete(s) to take a seat and make themselves comfortable while taking the test – Check arm health and hand positions (hand should be palm down and index finger available to respond to the keyboard), recent restroom visit, etc. Check for any challenges that might impede testing.
- Check that the athlete(s) can read the computer screen e.g., do they wear glasses, are they wearing them?
- **Turn off all cell phones, Tablets, etc.**

Testing Tips:

Reinforce that each athlete should carefully read the test instructions that precede each test. They should be encouraged not to take a break during testing. If they do so during one of the instruction pages, the browser may time-out depending on the browser settings. ***IMPORTANT:** The Athlete Reference/ID is generally assigned based on school/clinic policy and should be a unique identifier used throughout the athlete's career. **The baseline testing and post-concussion testing is produced into a longitudinal report by the accurate recording of the Athlete Reference/ID.**

Remember it is important for the athlete to give their BEST EFFORT!

Sideline Assessment

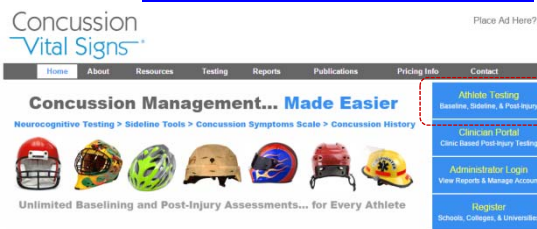
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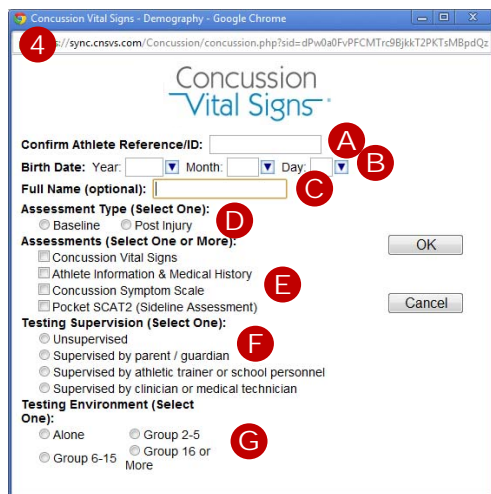
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The Initial test screen will appear and the athlete will ENTER the Athlete Reference/ID* and CLICK the Test Button.



- A** RE-ENTER Athlete Reference/ID* (Athletes Unique Identifier)
- B** ENTER ATHLETES BIRTHDATE using pull-downs
- C** Enter Full Name (Optional use to enable roster by name)
- D** Select BASELINE or POST-INJURY assessment type
- E** Select only the... Sideline Assessment
- F** Select Test Supervision Type
- G** Select Testing Environment

On the next screen CLICK OK and the testing will begin.

Concussion Vital Signs Sideline Assessment

Athlete Reference/ID:

Test Date/Time:

Full Name:

Test Administrator Name/Position:

Concussion should be suspected in the presence of any one or more of the following: symptoms (such as headache), or physical signs (such as unsteadiness), or impaired brain function (e.g. confusion) or abnormal behavior.

Symptoms: The presence of any of the following signs and symptoms may suggest a concussion.

Check the SYMPTOMS exhibited by the athlete.

		Yes	No			Yes	No
1	Loss of consciousness	<input type="checkbox"/>	<input type="checkbox"/>	13	Feeling slowed down	<input type="checkbox"/>	<input type="checkbox"/>
2	Seizure or convulsion	<input type="checkbox"/>	<input type="checkbox"/>	14	Feeling like "in a fog"	<input type="checkbox"/>	<input type="checkbox"/>
3	Amnesia	<input type="checkbox"/>	<input type="checkbox"/>	15	"Don't feel right"	<input type="checkbox"/>	<input type="checkbox"/>
4	Headache	<input type="checkbox"/>	<input type="checkbox"/>	16	Difficulty concentrating	<input type="checkbox"/>	<input type="checkbox"/>
5	"Pressure in head"	<input type="checkbox"/>	<input type="checkbox"/>	17	Difficulty remembering	<input type="checkbox"/>	<input type="checkbox"/>
6	Neck Pain	<input type="checkbox"/>	<input type="checkbox"/>	18	Fatigue or low energy	<input type="checkbox"/>	<input type="checkbox"/>
7	Nausea or vomiting	<input type="checkbox"/>	<input type="checkbox"/>	19	Confusion	<input type="checkbox"/>	<input type="checkbox"/>
8	Dizziness	<input type="checkbox"/>	<input type="checkbox"/>	20	Drowsiness	<input type="checkbox"/>	<input type="checkbox"/>
9	Blurred vision	<input type="checkbox"/>	<input type="checkbox"/>	21	More emotional	<input type="checkbox"/>	<input type="checkbox"/>
10	Balance problems	<input type="checkbox"/>	<input type="checkbox"/>	22	Irritability	<input type="checkbox"/>	<input type="checkbox"/>
11	Sensitivity to light	<input type="checkbox"/>	<input type="checkbox"/>	23	Sadness	<input type="checkbox"/>	<input type="checkbox"/>
12	Sensitivity to noise	<input type="checkbox"/>	<input type="checkbox"/>	24	Nervous or anxious	<input type="checkbox"/>	<input type="checkbox"/>

2. Memory function: Failure to answer all questions correctly may suggest a concussion.

	Incorrect	Correct	Additional comments:
At what venue are we at today?	<input type="checkbox"/>	<input type="checkbox"/>	
Which half is it now?	<input type="checkbox"/>	<input type="checkbox"/>	
Who scored last in this game? Incorrect	<input type="checkbox"/>	<input type="checkbox"/>	
What team did you play last week/game?	<input type="checkbox"/>	<input type="checkbox"/>	
Did your team win the last game?	<input type="checkbox"/>	<input type="checkbox"/>	

3. Balance testing: Instructions for tandem stance "Now stand heel-to-toe with your non-dominant foot in back. Your weight should be evenly distributed across both feet. You should try to maintain stability for 20 seconds with your hands on your hips and your eyes closed. I will be counting the number of times you move out of this position. If you stumble out of this position, open your eyes and return to the start position and continue balancing. I will start timing when you are set and have closed your eyes."

Athlete was observed for 20 seconds. If they make more than 5 errors (such as lift their hands off their hips; open their eyes; lift their forefoot or heel; step, stumble, or fall; or remain out of the start position for more than 5 seconds) then this may suggest a concussion.

Number of Errors:



Any athlete with a suspected concussion should be IMMEDIATELY REMOVED FROM PLAY, urgently assessed medically, should not be left alone and should not drive a motor vehicle.

Sideline or abbreviated testing is designed to assist with the immediate assessment or screening of sports related concussion (e.g. SIDELINE) and is not meant to replace computerized or comprehensive neuropsychological testing. The Concussion Sideline Assessment should not be used as a stand alone tool for concussion management. The Concussion Sideline Assessment is designed to be a support for recognizing sports related concussions and to document clinical endpoints that may assist a qualified health professional in their return-to-play decision making.

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