



Dis-Chem
PHARMACIES

www.sportsconcussion.co.za

Pocket Fieldside Sports Concussion Assessment Tool (SCAT)

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, memory loss) or abnormal behaviour.

1. Memory function

Failure to answer all questions correctly may suggest a concussion.

"At what venue are we at today?"

"Who scored last in this game?"

"Which half is it now?"

"Did your team win the last game?"

"What team did you play last week / game?"

2. Symptoms

Presence of any of the following signs & symptoms may suggest a concussion.

- Loss of consciousness
- Seizure or convulsion
- Amnesia
- Headache
- "Pressure in head"
- Neck Pain
- Nausea or vomiting
- Dizziness
- Blurred vision
- Balance problems
- Sensitivity to light
- Sensitivity to noise
- Feeling slowed down
- Feeling like "in a fog"
- "Don't feel right"
- Difficulty concentrating
- Difficulty remembering
- Fatigue or low energy
- Confusion
- Drowsiness
- More emotional
- Irritability
- Sadness
- Nervous or anxious

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



**Sports Concussion South Africa® supports
South African Rugby Union's BokSmart
Rugby Safety Programme**

Important Advice:

A doctor must assess you after suffering a suspected concussion. If concerned about the player's condition, transfer immediately to an Emergency Department; if the player is lucid and stable, he/she may be monitored at home and should attend the Sports Concussion Clinic in the coming days. Note: a normal X-ray, CT or MRI brain scan **does NOT exclude concussion.**

If referred home:

- Always make sure that you are in the presence of a responsible adult for 48 hours.
- Record and monitor the symptoms of concussion including headache, nausea, dizziness, fatigue, sleep disturbances, memory lapses, mood swings, poor concentration or any other feeling that concerns you.
- Complete rest & sleep will help recovery.
- Use only mild painkillers (e.g. Panado) for headaches

DO NOT:

- Consume alcohol
- Take excessive amounts of painkillers (follow doctor's orders)
- Place yourself in an environment of loud noise and excessive light
- Study
- Work at the computer
- Drive for 48 hours
- Exercise until re-evaluation by a doctor



RED FLAGS!

Contact your nearest Emergency Department immediately if the patient has:

1. Headaches or other symptoms that worsen
2. Severe neck pain
3. Severe drowsiness
4. Inability to recognise people or places
5. Deteriorating consciousness
6. Increasing confusion or irritability
7. Repeated vomiting
8. Slurred speech
9. Loss of function of any body part
10. Weakness / numbness in limbs
11. Unusual behaviour change
12. Seizures/fits

The Sports Concussion® Programme – supported by Dis-Chem
Dr Jon Patricios 082 574 6918; Dr Jarrad Van Zuydam 084 860 4786
Dis-Chem Sports Concussion Centres: Morningside 011 883 9000, Rosebank 011 442 8233
Milpark Hospital Casualty 011 480 5910
BokSmart SpineLine at 0800 678 678 (operated by ER24)
www.sportsconcussion.co.za