

Sports Concussion Programme 2019



16 February 2019

What to do after a suspected concussion

In the case of a suspected concussion in a school child:

- The player must be removed from the field and not partake in any further play that day
- A responsible adult should accompany and monitor the player
- If the player is stable and symptoms mild, he/she may be monitored at school or at home
- If the player's condition is severe or deteriorates, refer to a doctor or hospital emergency room

In particular, look for "RED FLAG" signs

- Headaches that worsen
- Severe neck pain
- Loss of feeling or use of an arm or leg
- Confusion
- Slurred speech
- Deteriorating consciousness
- Seizures (fits)
- Repeated vomiting

I may be contacted on my mobile number **082-5746918** if advice is needed. If I am unavailable, another number will be provided.

Give the accompanying **Concussion Advice Sheet** to all concussed players.

In the coming days, the player should be evaluated by one of our doctors at the **Sports Concussion Clinic**:

- Waterfall 011-3047723
- Rosebank 011-4428233

Mention that it is a suspected concussion and that the child is part of the Schools Concussion Programme.

If symptoms such as headache, dizziness, nausea and tiredness are present, avoid school for the next 48 hours or until cleared by a doctor to return to class.

Remember: "If in doubt, sit it out".

Our aim is to return the player to sport as soon as it is safe.

Dr Jon Patricios (011-3047724 / 082-5746918 / sportsconcussion@mweb.co.za)

www.sportsconcussion.co.za

"Return to play, the safer way!"