

Name: _____

5.2 Concussions

from the Consensus Statement on Concussion in Sport (2012)

<http://bjssportmed.com/content/47/5/250.full>

Summarize the information in your own words:

Who developed the Consensus on Concussions? Who is supposed to read it? (p.1)

What is the definition of a concussion? (one key sentence from p.1)

What percentage of concussions are completely resolved within 7-10 days? (p.2)

Summarize the 5 symptoms of an acute concussion: (p.2)

1. _____
2. _____
3. _____
4. _____
5. _____

Summarize the five rules given for managing concussions during a game? (p.2)

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

When is a CT scan or MRI recommended? (p.2)

Are there reliable blood tests for concussions? (p.3)

What is the “cornerstone” of concussion management? (p.3)

What are the six steps to return to play? (p.4)

1) _____

2) _____

3) _____

4) _____

5) _____

6) _____

What kind of medication might be able to mask the symptoms of concussion? (p.4)

Can loss of consciousness be used to measure the severity of a concussion? (p.5)

Can concussions lead to mental health issues? (p.5)

What ages require a different assessment protocol for concussions? (p.5)

What does it mean to have “cognitive rest”? (p.5)

Is there a proven link between concussions and C.T.E. (chronic traumatic encephalopathy)? (p.5)

Have helmets or mouthguards been proven to reduce the number of concussions in sport? (p.5)

50% of concussions in soccer happen because of what? (p.5)

What is “risk compensation”? (p.6)

What attitudes should be encouraged in sports to help reduce concussions? (p.6)

Summarize the current best practice for evaluating an adult (over 13) athlete with concussion on the ‘field of play’? (p.7)
