

CONCUSSION INJURY ADVICE

(One copy each for the **person monitoring** the concussed athlete/the **School Coach**/the **Club Coach** /the **County Coach**) delete as appropriate

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 behaviour, vomiting, dizziness, worsening headache, double vision or excessive drowsiness, please contact your doctor or the nearest hospital emergency department immediately.

In an Emergency telephone **999** or **112**

This incident must be reported to the Hampshire RFU within 48 hours.
Tel: **01329 833022** E-Mail: **hampshirerugby@yahoo.co.uk**



Patient's name _____

Date/time of injury _____

Date/time of medical review _____

Treating physician _____

Reported By _____

Position _____

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If the athlete is involved in other sports this information must also be shared with them.

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SIGNS OF CONCUSSION

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 recognise 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.

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 for 28 days until medically cleared by a registered healthcare professional

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