

## CONCUSSION MANAGEMENT ON FIELD TOOL

A child receives a bump, blow or jolt to the head or body that causes jarring of the head or neck.



STOP play immediately.



Assess the child immediately following the injury and again after **five minutes.** Does the child have any concussion **signs or symptoms**?

## **SIGNS**

- > Appearing dazed or stunned
- Repeating questions
- > Can't recall events before or after the injury
- > Confused about events
- Showing personality or behaviour changes

## **SYMPTOMS**

- > Headache or "pressure" in the head
- > Dizziness and/or loss of balance
- > Weakness, numbness or tingling in the arms, legs or face
- > Feeling tired (fatigued)
- > Sensitivity to light and/or noise
- > Does not "feel right"
- > Feeling more emotional, e.g. sad or nervous
- Trouble thinking clearly, concentrating or remembering



NO

Child can return to play.



Following five minutes of observation, is the child presenting with any signs or symptoms that indicate a hospital referral?

- > Seizure or convulsion
- Losing consciousness (even briefly)
- > Slurred speech
- Ongoing vomiting
- > Blurry or double vision,
- > Severe headache or headache is getting worse
- > Ongoing or worse neck pain
- Weakness, numbness or tingling in the arms, legs or face
- > Having trouble walking
- Being more confused, unusual behaviour, more irritable

YES



Send for help by **calling 000** and ask for an **ambulance** 

NO



Send to a GP within **24hrs**. Do not allow child to return to play. Signs and symptoms of concussion appear up to **24-48 hours** after the injury. Ask the parent to monitor the child for 48 hours, recording signs and symptoms. The severity, duration and number of symptoms at **20min, 2hrs, 24hrs, and 48hrs** should be recorded.

If at any time the child's symptoms worsen, or if there is uncertainty, the child should be taken to the hospital.

If at any time, the child becomes unconscious or has a seizure, provide

CPR/manage the seizure and call 000

Use the DRS ABCD action plan



To access more information on concussion:

Visit: sitoutconcussion.org.au

Email: Kids Health - kidsh@chw.edu.au







