

Concussion



**In a medical emergency,
call Triple Zero (000) for
an ambulance.**

Symptoms may include:

- any loss of consciousness
- dizziness and nausea
- blurred vision
- vomiting within a few hours after a head injury
- persistent significant headache
- onset of seizures.

The patient may:

- be dazed and confused
- have a loss of memory
- show altered or abnormal responses to commands
- have poor balance
- drowsiness
- have wounds to the scalp or face.

Any individual who has suffered unconsciousness or an altered state of consciousness (persisting for more than 1–2 minutes) should be seen by a first aider or paramedic and kept in a position of rest.

Such victims, particularly in respect to the sporting context, should not return to the field of play on that day. The individual who has had a sports concussion should be checked by a qualified health professional to determine a plan for returning to the sport.

If there is any worsening of symptoms or no improvement within 10 minutes, then seek immediate medical attention.

What to do

Conscious patient

1. Follow DRSABCD.
2. If the patient shows any of the signs of concussion, advise them to seek medical attention.

Unconscious patient

1. Place in recovery position.
2. Clear and open airway.
3. Monitor breathing.
4. Support the patient's head and neck in neutral alignment with spine during movement; avoid twisting movements (patient could have spinal injury).
5. Keep the patient's airway open with a chin lift if the face is badly injured (do not force).
6. Control any bleeding but do not apply direct pressure to the skull if you suspect a depressed fracture.
7. If blood or fluid comes from the ear, cover with a sterile dressing.
8. Ensure an ambulance has been called, noting the patient's condition so that you can report it to the paramedics.