



Concussion Information

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A concussion is a disturbance in brain function caused by a direct or indirect force to the head. It results in a variety of non-specific signs and/or symptoms (some examples listed below) and most often does not involve loss of consciousness. Concussion should be suspected in the presence of **any or more** of the following: symptoms like headache, physical signs like unsteadiness, impaired brain function like confusion, or other abnormal behavior like a change in personality.

Symptoms

Presence of any of the following signs & symptoms may suggest a concussion.

- ✓ *Headache*
- ✓ *"Pressure" in head*
- ✓ *Neck Pain*
- ✓ *Nausea or vomiting*
- ✓ *Dizziness*
- ✓ *Blurred vision*
- ✓ *Balance problems*
- ✓ *Sensitivity to light*

SWIMMING CANADA NATATION



- ✓ *Sensitivity to noise*
- ✓ *Feeling slowed down*
- ✓ *Feeling like "in a fog"*
- ✓ *Don't feel "right"*
- ✓ *Difficulty concentrating*
- ✓ *Difficulty remembering*
- ✓ *Fatigue or low energy*
- ✓ *Confusion*
- ✓ *Drowsiness*
- ✓ *More emotional*
- ✓ *Irritability*
- ✓ *Sadness*
- ✓ *Nervous or anxious*

Signs to watch for

Problems could arise over the first 24-48 hours. You 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 recognize people or places*
- ✓ *Have repeated vomiting*
- ✓ *Behave unusually or seem confused*
- ✓ *Are very irritable*
- ✓ *Have seizures*
- ✓ *Have weak or numb arms or legs*
- ✓ *Are unsteady on your feet*
- ✓ *Have slurred speech*

Remember, it is better to be safe. Consult your doctor after a suspected concussion.

Other Important Points if Concussed

- ✓ *Yes to complete rest, both physically and mentally.*
- ✗ *No alcohol.*
- ✗ *No prescription or non-prescription drugs without medical supervision.*
- ✗ *No sleeping tablets.*
- ✗ *No driving until medically cleared to do so.*
- ✗ *No aspirin, anti-inflammatory medication, or sedating painkillers.*



- * No training or playing of other sports until medically cleared.

Return to Sport

Concussion recovery varies considerably for athletes and is influenced by many factors. A sport medicine practitioner with experience in this area should ideally guide return to sport decisions.

Useful Resources

<http://www.biapei.com/SCAT.pdf>

<http://www.parachutecanada.org/thinkfirstcanada>