

# Head Injuries

Notes from Dr Brian Sando's 2008 PowerPoint presentation to SAAFL Trainers

## Concussion:

**Definition:** a transient disturbance of neurological function induced by head trauma

## Possible symptoms:

- Amnesia/confusion
- Headache
- Dizziness/lightheadedness
- Tinnitus
- Blurred vision
- Nausea
- Loss of consciousness

## On-field questions:

- Which ground are we at?
- Which team are we playing today?
- Who is your opponent at the moment?
- Which quarter is it?
- How far into the quarter is it? (i.e. first, middle or last 10 minutes)
- Which team did we play last week?
- Did we win last week?

## History:

- Time and place of injury
- Mechanism – witness
- Presence of LOC
- Post injury behaviour
- Presence of convulsion post injury

## AVPU

- **A**     **alert**
- **V**     **response to vocal stimulus**
- **P**     **response to painful stimulus**
- **U**     **unresponsive**



*CT Scan Epidural Haematoma*



*CT Scan Subdural Haematoma*



**Assessment:**

- AVPU
- Then complete neurological examination
- Look for neurological deficit

**In all cases of head injury – cervical spine injury is assumed present until proven otherwise**



**Post-Concussion Syndrome:**

- headache
- nausea
- confusion/disorientation
- poor memory
- balance problems
- fatigue
- sleep disturbances
- concentration difficulties
- slow decision making
- irritability



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The logo for Wakefield Sports Clinic Education Program features a dark blue background. At the top, the word "WAKEFIELD" is written in large, bold, yellow capital letters. Below it, a red wavy ribbon graphic runs across the width of the logo. Underneath the ribbon, the words "SPORTS CLINIC" are written in white capital letters. At the bottom, the words "EDUCATION PROGRAM" are written in large, bold, yellow capital letters. On either side of the red ribbon, there are white silhouettes of athletes in various sports poses, including a runner, a basketball player, and a tennis player.