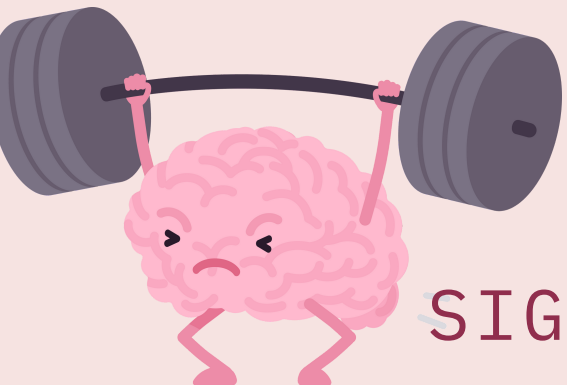


CONCUSSIONS/MILD TRAUMATIC BRAIN INJURY



SIGNS & SYMPTOMS

A concussion is a mild traumatic brain injury caused by a blow to the head, or by an injury to the body that results in the rapid movement of the head back and forth.

RECOGNISE

Symptoms of concussion/mTBI vary between individuals. Some of signs to look out for are:

- Pain and headaches
- Fatigue
- Dizziness/Fainting
- Sleep disturbances
- Mood swings
- Decreased appetite
- Blurry Vision
- Nausea/Vomiting
- Confusion

When working with a non-verbal population or those unable to communicate their symptoms, a witness should look for signs of mild TBI such as:

- Loss of consciousness
- Dazed appearance
- Changes in what they consider “baseline” or “normal” behavior.

ACT

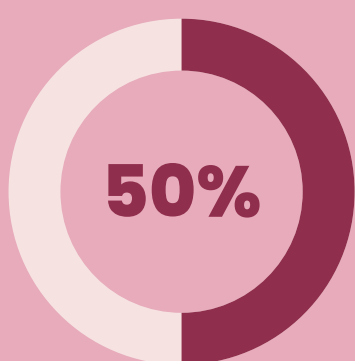
Concussions/mTBI, whilst not usually life threatening, are **serious medical events** and should be treated as such.

Healthcare providers who suspect a concussion/mild TBI will ask the patient to list their symptoms and may assess the patient using **neurocognitive tests** that assess learning, memory, concentration and problem solving.

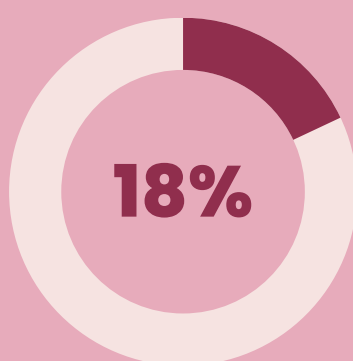
Commonly used **concussion tests** include:

1. King-Devick concussion test
2. Standardized Assessment of Concussion (SAC)
3. Post-Concussion Symptom Scale (PCSS)
4. Sport Concussion Assessment Tool (SCAT)
5. Buffalo Concussion Physical Examination (BCPE)

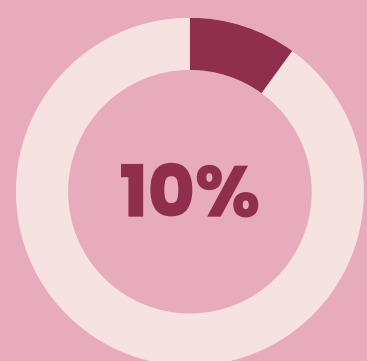
STATISTICS



Half of all concussions go undiagnosed.



Up to 18% of children and adolescents will experience a concussion.



1 in 10 people who play a contact sport will sustain a concussion annually.

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