

Medical Equestrian Association – Ireland

CONCUSSION ----- Summary

- **Concussion - Is a Brain Injury** with complex neuropathology
- Caused by blow / hit/ biomechanical force to Head or Body, transmitted to Brain.
- May or May Not be associated with Loss of Consciousness
- Rapid (not Immediate >10 mins.) or delayed onset of symptoms and/or signs
- SYMPTOMS/Complaints (e.g headache, dizziness) vary in type and in severity
- SIGNS / Observations may include Behavioural changes and Unsteadiness
- Usually short lived neurological / cognitive impairment
- Usually resolves with REST (? how long)
- **NB ----- May also indicate other serious Head or Brain Injuries**

CONCUSSION -- RECOGNITION

- Rider / injured person - obviously unconscious, dazed or disorientated
- OBSERVE and use Common Sense
- OBTAIN - History of Fall / Accident / Injury ... Ask Fence Steward or Spectator
- SYMPTOMS or What does Faller complain of? (Not complaining or silent may also be indicative of Concussion)
- SIGNS or What do you see? (Be aware of Behavioural change and Unsteadiness)
- ORDER -10 minute stand down period off course and REASSESS

SYMPTOMS & SIGNS

- Symptoms – (include) headache, nausea, confusion, amnesia, dizziness, loss of balance, blurred vision/ visual disturbance.... may vary in type and in severity
- Signs –(include) Loss of consciousness, confusion, disorientation, behavioural change, unsteadiness, convulsions, etc.

• MANAGEMENT

- Sideline assessment – **Remove from course or arena**, ask Maddock's Questions, EXAMINATION- General & Neurological, score symptoms and memory assessment
- Reassess after 10minutes and 30minutes. Is rider's condition improving, the same or worsening? If not improving, get Medical help or Refer to Hospital
- REST...Do NOT Ride... REASSESS REST Recovery REST ... and then when symptom free Return to RIDING
- If in doubt, SIT IT OUT!

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CONCUSSION ----- SIDELINE ASSESSMENT Questions

(Maddock's Qs, Modified for Equestrian Sport)

- Which event are we at?
- What is the name of the horse you are riding?
- Which competition is it?
- Which fence did you fall at?
- What event and where did you last compete?
- Who is the current World Champion in Eventing or Show Jumping?
- Where were the last World Equestrian Games held?
- How did you get here today?

HEAD INJURY or CONCUSSION ----- WARNING

These instructions should be read to you and then given to a responsible adult who will be available to accompany you over the next 24 hours

For the next 24 hours,

DO NOT

Do Not Ride a Horse or operate heavy machinery
Do Not Drive a Motor car, Do Not Ride a Motor bike or bicycle,
Avoid excess visual stimulation Do NOT use a computer
Do Not drink Alcohol

DO

Get plenty of rest
Take prescribed medications or Paracetamol for Pain

RETURN to the Accident & Emergency Department IF YOU

Have Severe HEADACHES
Are CONFUSED or Have Difficulty Concentrating
Start VOMITING
Have Blurred or Double VISION
Have excessive DROWSINESS or Have a FIT or CONVULSION

After a Head Injury, it is common to have mild headaches, difficulty with concentration, irritability or dizzy turns. If the above should persist more than a few days, you should visit your own Doctor or return to the Accident & Emergency Department.