

## ***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)
- SIGNS or What do you see? (Be aware of Behavioural change and Unsteadiness)
- ORDER -10 minute stand down period off course and REASSESS

### **Signs and Symptoms of Concussion**

- 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.

### **Concussion Management for Equestrian Athletes**

- 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.  
**Only when an athlete has been assessed as symptom free may they return to riding.**
- If in doubt, SIT IT OUT!

### **Concussion Side-line 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?

## **Instructions for Athlete Care (24 hours following concussion/head injury)**

*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

**Note: 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 GP or return to the Accident & Emergency Department.