Concussion

You have been given this information sheet because the ringside doctor has diagnosed you or your fighter as having a concussion or being at a high risk of developing a concussion. Symptoms of concussion can, at times, take several hours to become apparent.

**Concussion is a change in brain function that is brought about by a force to the head or anywhere on the body that causes the brain to move rapidly back and forth in the skull. You do not need to lose consciousness or get KO’d to have a concussion.**

**The Professional Boxing and Combat Sports Board recommends that all persons who have suffered a concussion or suspected concussion be treated as having a concussion.**

It is very important that you take this advice seriously. Concussion can lead to long-term health problems, and repeated concussions increase this risk.

The table below describes the common symptoms of concussion. It is not possible to list every possible symptom of concussion as it varies from person to person, and from one concussion to the next.

If you begin to experience any of these symptoms following your fight or are concerned that you may be concussed, it is recommended that you immediately seek medical advice.

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| --- | --- | --- | --- |
| **Physical** | **Cognitive** | **Emotional** | **Sleep** |
| headache | poor concentration | more emotional | drowsy |
| loss of consciousness | foggy thinking | irritable | trouble falling asleep |
| nausea | amnesia (loss of memory) | upset | sleeping more or less than normal |
| vomiting | “losing” time | angry |  |
| flashing lights | feeling slowed down | anxious |
| dizziness |  | sad |
| balance issues | change in behaviour |
| visual problems | change in personality |
| photophobia (light bothering) |   |
| Sonophobia (sound bothering) |
| numbness |
| problems with co-ordination |

**Important:**

It is important you see a medical practitioner as soon as possible (within 72 hours) for a full assessment and treatment plan.

Monitoring symptoms over the next 48 hours is extremely important. If symptoms appear or worsen, especially nausea, balance problems, numbness on one side of the body, or persistent fatigue, present to an emergency department straight away.

Ignoring your symptoms may make your symptoms worse and cause more significant and long-term complications. If your recovery is slower than expected, or your family or friends are concerned about you – do not delay – see medical advice immediately.

# What to do now you have a concussion

* **Early care and monitoring** are important to prevent long-term complications from concussion. See a medical practitioner as soon as possible, and within 72 hours of the injury, for a thorough assessment and treatment plan. It is also the best thing to do to ensure you can return to training and the ring safely and in a timely manner.
* **Have a friend or family member stay with you** for a few days. You should not be alone until you know how the concussion has affected you.
* **Get plenty of rest and sleep** as this helps the brain to heal. Do not try to do too much too soon. As you start to feel better, you can gradually return to your usual routine.

##  Do not drink alcohol.

* **Do not drive a car/ride a motorcycle.**

##  Do not take any medication unless advised by the doctor.

* **Follow the Return to Fight Strategy** attached to this leaflet.
* **Avoid activities that are physically demanding** (e.g. non-contact training, heavy physical work) or require a lot of thinking or concentration (e.g. screen time).
* **Do not return to contact training/sparring until you are cleared to return by a medical practitioner** (minimum 30 days post-concussion).

**A repeat concussion that occurs before the brain has fully healed can be dangerous. It may also slow your recovery and increase the chance of long-term problems.**

**Important:**
If you experience any of the below symptoms, attend a hospital emergency department immediately:

* repeated vomiting
* headache that gets worse and does not go away
* loss of consciousness
* inability to stay awake during times you would usually be awake
* getting more confused, restless or agitated
* convulsions or seizures
* difficulty walking or difficulty with balance
* weakness or numbness of any part of the body
* blurring or difficulty with vision
* slurred speech