

CONCUSSION

- Concussion is a temporary alteration in brain function after a head injury, and commonly lasts 7-10/7.

Concussion

Disclaimer:
Read the disclaimer at medimaps.co.uk/disclaimer

References:
1. GP Update

Rule out red flags

intracranial haemorrhage

- Deteriorating consciousness.
- Confusion.
- Severe 1 headache.
- Repeated vomiting.
- Seizures.
- Double/blurred vision.

cervical spine injury

- Midline or severe neck pain.
- Limb sensory or motor neurology.
- ↑ or persistent difficulty walking.
- Poor balance.

Symptoms

- Headache, dizziness, fogged thinking.
- Vomiting.
- Unsteady on legs/slowed reactions.
- Behavioural changes.
- Cognitive impairment.
- Sleep disturbance or drowsiness.

- Vacant.
- Emotional lability.
- Irritability.
- Anxiety.

Investigations

- Establishing the severity of the initial injury.
- Establishing the presence of any concussion symptoms.
- Looking for signs of any ongoing or later effects.

- How long ago was the injury?
- What hit your head?
- Do you remember impact of hitting the ground?
- Any later memory loss?
- How did you feel afterwards?
- Did you have to go to A&E?
- Did you have to leave the pitch?

- Vision changes.
- Headache, nausea or vomiting?
- LOC?
- Balance probs?
- Noises in ears?

- Fundoscopy.
- Pupil reflexes.
- Eye movements including nystagmus.
- Romberg's test.
- Finger-nose test.
- Neck examination.

- How were you 10, 30, 60 mins later?
- How did you feel that evening?
- Do you feel more irritable or emotional than usual?
- How well did you sleep that night and how did you feel the following morning?
- Any probs with concentration or mood since?
- When did you feel completely back to normal from your point of view?

Management

- Reassure 80-90% recover spontaneously.
- Rest and return as per BMJ infographic.
- Head injury can trigger migraine and vestibular symptoms, which can be managed as per usual.

refer to neurology if

- Symptoms that persist beyond 10/7.
- Children and young people sustaining ≥2 concussions in 1yr.
- Repeated concussions, especially if the causative trauma seems innocuous.
- Difficulties in returning to work or study.
- In sports players, persistent failure to progress through a protocol for returning to sport.