



The SCAT Card

(Sport Concussion Assessment Tool)

Athlete Information

What is a concussion? A concussion is a disturbance in the function of the brain caused by a direct or indirect force to the head. It results in a variety of symptoms (like those listed below) and may, or may not, involve memory problems or loss of consciousness.

How do you feel? You should score yourself on the following symptoms, based on how you feel now.

Post Concussion Symptom Scale

	<u>None</u>		<u>Moderate</u>		<u>Severe</u>	
Headache	0	1	2	3	4	5
"Pressure in head"	0	1	2	3	4	5
Neck Pain	0	1	2	3	4	5
Balance problems or dizzy	0	1	2	3	4	5
Nausea or vomiting	0	1	2	3	4	5
Vision problems	0	1	2	3	4	5
Hearing problems / ringing	0	1	2	3	4	5
"Don't feel right"	0	1	2	3	4	5
Feeling "dinged" or "dazed"	0	1	2	3	4	5
Confusion	0	1	2	3	4	5
Feeling slowed down	0	1	2	3	4	5
Feeling like "in a fog"	0	1	2	3	4	5
Drowsiness	0	1	2	3	4	5
Fatigue or low energy	0	1	2	3	4	5
More emotional than usual	0	1	2	3	4	5
Irritability	0	1	2	3	4	5
Difficulty concentrating	0	1	2	3	4	5
Difficulty remembering	0	1	2	3	4	5

(follow up symptoms only)

Sadness	0	1	2	3	4	5
Nervous or Anxious	0	1	2	3	4	5
Trouble falling asleep	0	1	2	3	4	5
Sleeping more than usual	0	1	2	3	4	5
Sensitivity to light	0	1	2	3	4	5
Sensitivity to noise	0	1	2	3	4	5
Other: _____	0	1	2	3	4	5

What should I do?

Any athlete suspected of having a concussion should be removed from play, and then seek medical evaluation.

Signs to watch for:

Problems could arise over the first 24-48 hours. You should not be left alone and must go to a hospital at once if you:

- Have a headache that gets worse
- Are very drowsy or can't be awakened (woken up)
- Can't recognize people or places
- Have repeated vomiting
- Behave unusually or seem confused; are very irritable
- Have seizures (arms and legs jerk uncontrollably)
- Have weak or numb arms or legs
- Are unsteady on your feet; have slurred speech

Remember, it is better to be safe. **Consult your doctor after a suspected concussion.**

What can I expect?

Concussion typically results in the rapid onset of short-lived impairment that resolves spontaneously over time. You can expect that you will be told to rest until you are fully recovered (that means resting your body and your mind). Then, your doctor will likely advise that you go through a gradual increase in exercise over several days (or longer) before returning to sport.

This tool represents a standardized method of evaluating people after concussion in sport. This Tool has been produced as part of the Summary and Agreement Statement of the Second International Symposium on Concussion in Sport, Prague 2004

Sports concussion is defined as a complex pathophysiological process affecting the brain, induced by traumatic biomechanical forces. Several common features that incorporate clinical, pathological and biomechanical injury constructs that may be utilized in defining the nature of a concussive head injury include:

1. Concussion may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an 'impulsive' force transmitted to the head.
2. Concussion typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously.
3. Concussion may result in neuropathological changes but the acute clinical symptoms largely reflect a functional disturbance rather than structural injury.
4. Concussion results in a graded set of clinical syndromes that may or may not involve loss of consciousness. Resolution of the clinical and cognitive symptoms typically follows a sequential course.
5. Concussion is typically associated with grossly normal structural neuroimaging studies.

Post Concussion Symptoms

Ask the athlete to score themselves based on how they feel now. It is recognized that a low score may be normal for some athletes, but clinical judgment should be exercised to determine if a change in symptoms has occurred following the suspected concussion event.

It should be recognized that the reporting of symptoms may not be entirely reliable. This may be due to the effects of a concussion or because the athlete's passionate desire to return to competition outweighs their natural inclination to give an honest response.

If possible, ask someone who knows the athlete well about changes in affect, personality, behavior, etc.

Remember, concussion should be suspected in the presence of ANY ONE or more of the following:

- Symptoms (such as headache), or
- Signs (such as loss of consciousness), or
- Memory problems

Any athlete with a suspected concussion should be monitored for deterioration (i.e., should not be left alone) and should not drive a motor vehicle.

For more information see the "Summary and Agreement Statement of the Second International Symposium on Concussion in Sport" in the April, 2005 edition of the Clinical Journal of Sport Medicine (vol 15), British Journal of Sports Medicine (vol 39), Neurosurgery (vol 59) and the Physician and Sportsmedicine (vol 33). This tool may be copied for distribution to teams, groups and organizations.
©2005 Concussion in Sport Group