**University of Chichester Concussion – Basis for Protocol Requirement**

In line with National Governing Body (NGB) guidance and recommendations for concussion management, and the Concussion Consensus Statement, (2017, *BJSM*) the University must adopt a strict and non-negotiable concussion management programme for all students. This protocol will apply immediately to all students participating in BUCS and to all students and or staff that experience a head trauma related injury during other IOSNAH programmes or non-university activities.

The protocol should be implemented by *1 Feb 2023* to coincide with increased BUCS activities and will be supported by a newly formed Concussion Incident Management Group (CIMG) formed of primarily University Sports Therapy staff, with additional invited support from research expertise in this area. The basis of the protocol is to manage ongoing symptoms of post-concussion syndrome appropriately on a case by case scenario to ensure students/staff can return to activity and sport in a safe and timely manner without further risk of secondary impact concussion syndrome (SIS) which can be fatal.

Anecdotal evidence has suggested that Chichester students who have incurred a head injury in sporting and non-sporting environments are not managed appropriately and deem themselves fit to return to activity in short timeframes without having had any medical intervention or limited advice. This has significant risks to a student’s health and wellbeing and must be monitored and supervised in accordance with NGB guidance.

The newly proposed and mandated protocol will be coordinated by CIMG, and all students who incur a head trauma incident where they have been removed from the field of play (even as a precaution) must follow this. Students will effectively be banned from returning to sporting activity until assessed and cleared by CIMG. *Note* – Team Reps/Course Programme Coordinators must be actively engaged and made accountable to support this protocol.

Any concussion incident on the BUCS field of play is currently managed in accordance with Concussion Consensus (2017, *BJSM*) and BUCS Emergency Action Plan dated Oct 2022. A player is hospitalised if at any time has been reported to be unconscious or must report immediately to nearest healthcare centre if later feeling nauseous, sick or vomiting or symptoms of concussion are worsening.

**CIMG Concussion Protocol (WEF 1 Feb 2023)**

* BUCS Sports Therapy students present as medical pitch-side cover will notify CIMG directly of a concussion incident where a player has been removed from the field of play or who later shows symptoms of concussion.
* Any student who is deemed to have had a concussion/head trauma on the field of play whilst representing the University in BUCS **must** book and attend a Sports Concussion Assessment Tool (SCAT5) Symptom check via CIMG within *48 hours*. *Note* – This service is not conducted at A&E or at any healthcare centre.
* This student is then effectively *banned* from returning to sports until cleared to do so by CIMG who will establish a timeline for student to undertake ongoing assessment, return to daily lifestyle activities and a graduated return to play (GRTP). This initial symptom check can be undertaken online by a member of the CIMG.
* Students without symptoms who are deemed to be clear of any post-concussion symptoms will be advised to follow the GRTP under direction of a nominated BUCS Sports Therapy student.
* If concussion symptoms are present on initial assessment a full face to face SCAT5 is required and will be made available to the student within a 7-day period. *Note* – Initial symptoms of concussion are expected to continue for a period up to 14 days, longer if a reoccurrence. Face to face SCAT5 appointments will take place in the Sports Injury Clinic during weeks 3 – 10 of semester, and under separate arrangements outside of these times as directed by CIMG.
* Programme Coordinators, BUCS Team Reps/Captains will be made aware a student on their course/team has incurred a concussion injury and is not permitted to take part in any sporting activity until cleared to do so by CIMG.
* Ongoing SCAT5 will occur every 7 – 10 days conducted by CIMG until a student is deemed to be symptom free and able to commence GRTP under guidance of nominated BUCS Sports Therapy student, supported by a member of CIMG.
* Once cleared to RTP by CIMG, student can safely return to sport with supervision/monitoring in place with relevant BUCS Sports Therapist.
* Any student may be referred for additional or ongoing medical appointments outside of the scope of practice of the CIMG. CIMG will mitigate SIS by using a robust and clinical approach however further specialist medical advice may be required.

BUCS Team Reps, Student Union Staff and all BUCS Placement therapists will be expected to assist CIMG in the implementation and success of this protocol. The objective is to ensure a safely managed RTP for participants who have experienced a concussion injury whilst managing ongoing symptoms associated with post-concussion syndrome. This process allows a delayed and individually specific timeframe for students to be managed appropriately without pressures of RTP whilst still being symptomatic.

It should be noted that the current evidence-based practice NGBs recommend for a phased GRTP from date of injury to the earliest possible date a player can return to competitive sports/match-play is 23 days for a player who is under the age of 19 years of age. This only reduces to 19 days for any player who is over this age. These are examples based on RFU and FA guidelines where most frequent concussion incidents have and are expected to occur.

**NGB links**

[**https://www.englandrugby.com/dxdam/fc/fc36ddd4-fa06-413e-865a-3fb1d7c15926/HEADCASE%20EXTENDED.pdf**](https://www.englandrugby.com/dxdam/fc/fc36ddd4-fa06-413e-865a-3fb1d7c15926/HEADCASE%20EXTENDED.pdf)

[**file:///C:/Users/RClash/Downloads/the-fa-concussion-guidelines-2019%20(1).pdf**](file:///C%3A%5CUsers%5CRClash%5CDownloads%5Cthe-fa-concussion-guidelines-2019%20%281%29.pdf)

**SCAT5**

[**https://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097506SCAT5.full.pdf**](https://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097506SCAT5.full.pdf)

**Concussion in Sport Group (CISG) 2017 Consensus paper**

[**https://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097699.full.pdf**](https://bjsm.bmj.com/content/bjsports/early/2017/04/26/bjsports-2017-097699.full.pd###########################f)

**CHICHESTER UNIVERSITY – (IOSNAH) CONCUSSION INCIDENT MANAGEMENT GROUP (CIMG)**

**MANDATORY CONCUSSION PROTOCOL (FLOWCHART)**

**NO SPORTING ACTIVITY PERMITTED**

Student Concussion Symptoms **PRESENT**

Medical Advice Given / Healthcare Considerations

**FULL SCAT5 ASSESSMENT**

(CIMG – Sports Injury Clinic)

*Within 5 days post Incident*

Student **CLEAR** of Concussion Symptoms

INCIDENT REPORTED TO SIC/CIMG

**MANDATORY** CONCUSSION SYMPTON CHECK **<48 HOURS** POST INCIDENT

(**CIMG** to Contact/Notify Student)

Notification advised to Programme Coordinator

BUCS Team Rep

Ongoing Monitoring of student via CIMG Concussion Incident Register

Monitoring of student via BUCS Sports Therapist

**Earliest RETURN TO SPORT**

*U19 Student* ***23 DAYS***

*AGE 20 + Student* ***19 DAYS***

**SCAT5 RE-ASSESSED EVERY 7-10 DAYS**

(CIMG – Until Symptom free)

**GRADUATED RETURN TO PLAY PROGRAMME**

(RFU/FA Model for BUCS Students)

MANDATED **14 DAY** SYMPTOM CLEAR PERIOD

(BUCS Students & Sports Programmes)

HEAD INJURY/SUSPECTED CONCUSSION INCIDENT

CIMG Therapist led

+ BUCS Sports Therapist

IMMEDIATE MANAGEMENT AT SCENE/HOSPITAL IF UNCONSCIOUS AT ANY TIME, OR SYMPTOMS WORSENING

BUCS Sports Therapist

Programme Coordinator

First Aider on site

Risk Mitigation / Withdrawal if appropriate

FULL RETURN TO SPORT/COURSE PROGRAMME

INCIDENT REPORTED TO SU/NOK