

The SCAT Card

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

<p>(Sport Concussion Assessment Tool)</p> <p>Athlete Information</p> <p>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.</p> <p>It results in a variety of symptoms (like those listed below) and may, or may not, involve memory problems or loss of consciousness.</p> <p>How do you feel? You should score yourself on the following symptoms, based on how you feel now.</p> <p>What should I do?</p> <p>Any athlete suspected of having a concussion should be removed from play, and then seek medical evaluation.</p> <p><i>Post Concussion Symptom Scale</i></p> <table border="0"> <tr> <td>None</td> <td>Moderate</td> <td></td> </tr> <tr> <td>Severe</td> <td></td> <td></td> </tr> <tr> <td>Headache</td> <td>0 1 2 3 4 5 6</td> <td></td> </tr> <tr> <td>“Pressure in head”</td> <td>0 1 2 3 4 5 6</td> <td></td> </tr> <tr> <td>Neck Pain</td> <td>0 1 2 3 4 5 6</td> <td></td> </tr> <tr> <td>Balance problems or dizzy</td> <td>0 1 2 3 4 5 6</td> <td></td> </tr> <tr> <td>Nausea or vomiting</td> <td>0 1 2 3 4 5 6</td> <td></td> </tr> <tr> <td>Vision problems</td> <td>0 1 2 3 4 5 6</td> <td></td> </tr> <tr> <td>Hearing problems / ringing</td> <td>0 1 2 3 4 5 6</td> <td></td> </tr> <tr> <td>“Don’t feel right”</td> <td>0 1 2 3 4 5 6</td> <td></td> </tr> <tr> <td>Feeling “dinged” or “dazed”</td> <td>0 1 2 3 4 5 6</td> <td></td> </tr> <tr> <td>Confusion</td> <td>0 1 2 3 4 5 6</td> <td></td> </tr> <tr> <td>Feeling slowed down</td> <td>0 1 2 3 4 5 6</td> <td></td> </tr> <tr> <td>Feeling like "in a fog"</td> <td>0 1 2 3 4 5 6</td> <td></td> </tr> <tr> <td>Drowsiness</td> <td>0 1 2 3 4 5 6</td> <td></td> </tr> <tr> <td>Fatigue or low energy</td> <td>0 1 2 3 4 5 6</td> <td></td> </tr> <tr> <td>More emotional than usual</td> <td>0 1 2 3 4 5 6</td> <td></td> </tr> <tr> <td>Irritability</td> <td>0 1 2 3 4 5 6</td> <td></td> </tr> <tr> <td>Difficulty concentrating</td> <td>0 1 2 3 4 5 6</td> <td></td> </tr> </table>	None	Moderate		Severe			Headache	0 1 2 3 4 5 6		“Pressure in head”	0 1 2 3 4 5 6		Neck Pain	0 1 2 3 4 5 6		Balance problems or dizzy	0 1 2 3 4 5 6		Nausea or vomiting	0 1 2 3 4 5 6		Vision problems	0 1 2 3 4 5 6		Hearing problems / ringing	0 1 2 3 4 5 6		“Don’t feel right”	0 1 2 3 4 5 6		Feeling “dinged” or “dazed”	0 1 2 3 4 5 6		Confusion	0 1 2 3 4 5 6		Feeling slowed down	0 1 2 3 4 5 6		Feeling like "in a fog"	0 1 2 3 4 5 6		Drowsiness	0 1 2 3 4 5 6		Fatigue or low energy	0 1 2 3 4 5 6		More emotional than usual	0 1 2 3 4 5 6		Irritability	0 1 2 3 4 5 6		Difficulty concentrating	0 1 2 3 4 5 6		<p>The SCAT Card</p> <p>(Sport Concussion Assessment Tool)</p> <p>Medical Evaluation</p> <p>Name: _____</p> <p>Date _____</p> <p>Sport/Team: _____</p> <p>Mouth guard? Y N</p> <p>1) SIGNS</p> <p>Was there loss of consciousness or unresponsiveness?</p> <p>Y N</p> <p>Was there seizure or convulsive activity? Y N</p> <p>Was there a balance problem / unsteadiness? Y N</p> <p>2) MEMORY</p> <p><i>Modified Maddocks questions</i> (check correct)</p> <p>At what venue are we? __; Which half is it? __; Who scored last? __</p> <p>What team did we play last? __; Did we win last game? __?</p> <p>3) SYMPTOM SCORE</p> <p>Total number of positive symptoms (from reverse side of the card) = _____</p> <p>4) COGNITIVE ASSESSMENT</p> <p><i>5 word recall</i> Immediate Delayed</p> <p>(Examples) (after concentration tasks)</p> <p>Word 1 _____ cat ____</p> <p>Word 2 _____ pen ____</p> <p>Word 3 _____ shoe ____</p> <p>Word 4 _____ book ____</p> <p>Word 5 _____ car ____</p> <p><i>Months in reverse order:</i></p> <p>Jun-May-Apr-Mar-Feb-Jan-Dec-Nov-Oct-Sep-Aug-Jul (circle incorrect)</p> <p>or</p> <p><i>Digits backwards</i> (check correct)</p> <p>5-2-8 3-9-1 _____</p>
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<p>Difficulty remembering (follow up symptoms only) 0 1 2 3 4 5 6</p> <p>Sadness 0 1 2 3 4 5 6</p> <p>Nervous or Anxious 0 1 2 3 4 5 6</p> <p>Trouble falling asleep 0 1 2 3 4 5 6</p> <p>Sleeping more than usual 0 1 2 3 4 5 6</p> <p>Sensitivity to light 0 1 2 3 4 5 6</p> <p>Sensitivity to noise 0 1 2 3 4 5 6</p> <p>Other: _____ 0 1 2 3 4 5 6</p> <p>Signs to watch for:</p> <p>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:</p> <ul style="list-style-type: none"> • 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 <p>Remember, it is better to be safe.</p> <p>Consult your doctor after a suspected concussion.</p> <p>What can I expect?</p> <p>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.</p>	<p>6-2-9-4 4-3-7-1 _____</p> <p>8-3-2-7-9 1-4-9-3-6 _____</p> <p>7-3-9-1-4-2 5-1-8-4-6-8 _____</p> <p><i>Ask delayed 5-word recall now</i></p> <p>5) NEUROLOGIC SCREENING</p> <p>Pass Fail</p> <p>Speech _____</p> <p>Eye Motion and Pupils _____</p> <p>Pronator Drift _____</p> <p>Gait Assessment _____</p> <p><i>Any neurologic screening abnormality necessitates formal neurologic or hospital assessment</i></p> <p>6) RETURN TO PLAY</p> <p>Athletes should not be returned to play the same day of injury.</p> <p>When returning athletes to play, they should follow a stepwise symptom-limited program, with stages of progression. For example:</p> <ol style="list-style-type: none"> 1. rest until asymptomatic (physical and mental rest) 2. light aerobic exercise (e.g. stationary cycle) 3. sport-specific exercise 4. non-contact training drills (start light resistance training) 5. full contact training after medical clearance 6. return to competition (game play) <p>There should be approximately 24 hours (or longer) for each stage and the athlete should return to stage 1 if symptoms recur.</p> <p>Resistance training should only be added in the later stages. Medical clearance should be given before return to play.</p>
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