



Teaching Awareness of Ethical Governance in Sport

Concussion in Sport

Overview:

Concussion is a brain injury with a complex pathophysiological and clinical expression which are related to the sports activities in different sports, with acute, subacute or chronic effects for the health of people.

In the last years more sports association and the Center for Disease Control and Prevention are taking into serious the injured player and try to establish the risk factors and the cognitive and behavioral alteration. An important role devolves upon the universities which need to educate people, based on available evidence to understand the relation between concussion and health.

Many sportsmen treat with indifference the concussion and they not receive follow-up care for improving their health, because most people recover quickly after a trauma episode and ignore the symptoms which appear for weeks or month.

The majority of the sportsmen with concussion are, apparently, full recovered and because they do not need any treatment they quick restart playing. A part of them is returning to physical activities too soon, risking further complication.

In this respect is very important to assure the possibility to educate the stakeholders in sports to recognize the concussion and to facilitate the management in accordance with the most current evidence.

The specific topics must include: recognition of the clinical (acute, subacute and chronic) effects of concussive impacts (single or repetitive), risk factors, post-concussive syndrome, behavior and cognitive alteration, non-hospital and hospital based management, prevention measure (including type of sports equipment).

Aim:

The aim is to outline a variety of the approaches of sportsmen concussion and to promote a preventive and curative management of this, in accordance with the necessity to promote understanding of all aspects of concussion and provide information, support and preventive for sportsmen, their coaches or other professionals involved in sports.

Objectives:

By the end of this lectures and independent study tasks, students will be able to:



- have a basic understanding of concussions by all participants in sports and recreation, officials, recreation staff members—as well as first aid providers
- to increase the capacity of people involved in sport to understand the brain injury and its consequences
- to understand the potential effects of a sports-related concussion
- to recognize the ethical dilemmas in this field

Things to Do / Independent Study Tasks

- How many sports concussions occur each year?
- In what sports are concussions most often reported?
- What is known about sports concussion risk and recovery?
- How can sports concussions be prevented?
- What should you do if you think a sportsman has had a concussion?
- What ethical dilemmas could appear?

Further Reading:

1. Tucker R, Raftery M, Kemp S, et al. Br J Sports Med, 2017;51:1152–1157.
2. Lindsay Sullivan, Michal Molcho, What do coaches want to know about sports-related concussion? A needs assessment study, Journal of Sport and Health Science, Volume 7, Issue 1, 2018, Pages 102-108.
3. Adam C. Raikes, Amy Athey, Pamela Alfonso-Miller, William D.S. Killgore, Michael A. Grandner, Insomnia and daytime sleepiness: risk factors for sports-related concussion, Sleep Medicine, Volume 58, 2019, Pages 66-74.
4. Kelly Sarmiento, Jill Daugherty, Lara DePadilla, Youth and high school sports coaches' experience with and attitudes about concussion and access to athletic trainers by sport type and age of athlete coached, Journal of Safety Research, Volume 69, 2019, Pages 217-225.
5. Dana Waltzman, Kelly Sarmiento, What the research says about concussion risk factors and prevention strategies for youth sports: A scoping review of six commonly played sports, Journal of Safety Research, Volume 68, 2019, Pages 157-172.

