

CREST Concussion REcovery Study

Participant Referral Form

Patient Name: _____

DOB: / / _____

Phone: _____

Email: _____

I consent to _____ (Name of Healthcare Provider)
providing my details above to the Concussion Study team and to a member of that team contacting
me to discuss the Concussion Study in more detail.

MEDICAL PRACTITIONER TO COMPLETE THIS SECTION

Referring Doctor or Healthcare Provider Details

Name: _____

Practice Details or Stamp: _____

Signature: _____

Date: / / _____

Key Participant Selection Criteria:

Identifying potential participants: To determine if a concussion has occurred, potential participants may be considered for this study if they provide a description of an incident likely to lead to a traumatic brain injury, with accompanying neurological signs and symptoms which can be attributed to that injury, as defined by the World Health Organisation. Participants must also describe **at least one** of the following, as described by the American Congress of Rehabilitation Medicine and Theadom and colleagues:

1. Any period of loss of consciousness (Were you “knocked out”)?
2. Alteration in mental state at the time of the accident (Were you dazed, disoriented or confused? Did you “see stars” at the time of injury?)
3. Any memory loss for events immediately before or after the accident (Do you have any memory loss around the time of injury - before or after?)
4. Any focal neurological deficits (eg headache, dizziness, foginess) that may or may not be transient?

Please forward the completed form to:

concussionstudy@curtin.edu.au

or

Secure e-fax 08 6270 5470

Thank you very much for your participation!

This study has Ethics Approval through Royal Perth Hospital Human Research Ethics Committee (#RGS0000003024) and Curtin University (HRE2019-0209). Please contact the Curtin research team on 0466 526 849 if you have any further questions.

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Concussion Fact Sheet

What is a concussion?

Concussion is a short-term disturbance of brain function due to either a direct blow to the head or from force transmitted to the head from an impact to another part of the body. A person does not have to lose consciousness (“be knocked out”) to have a concussion.

The most common causes of concussion are falls, car accidents, sports injuries and assaults. All people with a suspected concussion should be assessed by a medical doctor to make the diagnosis of concussion.

Symptoms

Concussion can result in a range of symptoms including:

- Headache
- Dizziness
- Nausea or vomiting
- Fogginess
- Sensitivity to light or sound
- Difficulty concentrating
- Difficulty with memory
- Irritability
- Drowsiness or sleep disturbance

Most people will recover from a concussion within 10-14 days, however approximately 10-20% of people will take a longer time to recover.

Early Management – the first 24-48 hours

- Rest** Rest and avoid strenuous activity for the first 24-48 hours after a concussion injury. This may include time off work, school or sport.
- Sleeping** It is fine for you to sleep tonight, but you should have a responsible adult check on you every 2-4 hours to make sure you are alright. You should not be left alone initially (for at least 24 hours).
- Drinking/Drugs** Avoid drinking alcohol or using recreational drugs for the first 48 hours, as they may change your thinking and worsen your symptoms. It may also make it difficult for other people to tell if your concussion is affecting you or not.
- Pain Relief** Do not take prescription drugs, particularly aspirin, strong pain relieving medications, such as codeine, or anti-inflammatory medications as they may mask worsening symptoms that indicates a deterioration of your condition. Only take medication as recommended by your doctor.
- Driving** Do not drive a motor vehicle until your symptoms have resolved, or you have been cleared by a medical professional to drive.

Returning to Sport, Work or Study

- Physical Activity** After the initial 48 hours of rest, you may gradually increase your physical activity levels **as long as it does not make your symptoms worse**. Light exercise such as a quiet walk can be beneficial for your recovery. Start with 5-10 minutes at a time, and slowly build up the time and intensity of activity as tolerated over the next two weeks.

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- Mental Activity** You may need to “rest your brain” by reducing the length of time spent on activities that involve concentrating such as reading, television and computer or screen use if these activities make your symptoms worse. This will assist your brain’s recovery.
- Work / Study** Depending upon your work, you may need to take up to one week away from work or study. You can spend short periods of time on activities requiring concentration (10-15 mins each hour) **as long as it does not make your symptoms worse.**
- Return to Sport** If you are returning to playing sport, you **must** make an appointment with your GP to be assessed before returning to play. Your sporting organisation may have guidelines regarding returning to sport after a concussion injury. It is important that you have recovered fully from your concussion before returning to sport, as sustaining a second concussion before you are fully recovered may make your symptoms worse.

Medical Emergencies

If you experience any of these signs or symptoms after your concussion, you **MUST** return to hospital or to your local doctor for further evaluation.

- Severe or worsening headache
- Repeated vomiting
- Deteriorating conscious state (drowsiness or difficulty waking up)
- Seizures (convulsions or “fits”)
- Increasing confusion, agitation or irritability
- Slurred speech
- Blurred or double vision
- Neck pain and/or weakness or tingling in arms or legs
- Changes in personality or behaviour
- If you have any other concerns or unusual symptoms

In a medical emergency, call an ambulance (000)

INFORMATION ABOUT A RESEARCH PROJECT

If you have been diagnosed with concussion, you are invited to participate in a Concussion research project. As part of this process, if you have been seen in hospital or have authorised a GP to pass on your details to the research team, you will receive a telephone call within 1-2 days, from a Curtin University researcher who will ask questions about the concussion and invite you to voluntarily participate in an optional observational research study, or participate in further research testing to predict longer lasting symptoms following concussions.

After the initial assessment, we will contact you again after 1, 3, 6 and 12 months to monitor your symptoms and recovery from concussion.

This study has Ethics Approval through Royal Perth Hospital Human Research Ethics Committee (#RGS0000003024) and Curtin University (HRE2019-0209). For more information on the study and to discuss participation, you may contact the Research Team on concussionstudy@curtin.edu.au or Mobile 0466526849.

