

# Scandinavian guidelines for concussion

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# Target audience and topic

- A simplified and practical recommendation for the general public and medical professionals (in sports, at school, for parents, for coaches, etc.)
- Mainly for sports-related concussions, may be applicable to other injuries of similar type and mechanism

# Relationship to Berlin recommendation

- A simplified, more focused and more practical version
- International recommendations will not be changed
- Targeted for Nordic countries
- May contain items not discussed in the international recommendation

# Main topics

- Immediate signs and symptoms, decisions about return to play or seeking medical care
  - Signs and symptoms during the first hours, "red flag" signs
  - Natural course during the first few days
  - Prolonged symptoms after first week
  - Therapeutic recommendations
  - Recommendations about rest, activity, sick leave etc.
- è What is normal? What requires actions? How to promote recovery? What should be avoided?

# Recommendation process

1. Publication of Berlin recommendation
2. Agreement about the included topics
3. Review of other relevant literature
4. Draft for the general recommendation
5. A structured consensus process
6. Approval of the final version
7. Simplified pocket guides
8. Translations to Scandinavian languages

Timetable: During 2017

# Questions for the audience

- You have the possibility to influence the contents of the future recommendation
- The results of your voting will be taken into account
- The next questions concern different topics and their ranks in **your** priority

How important are clear guidelines for recognizing a concussion **acutely\***?

1. Very important
2. Important
3. Fairly important
4. Fairly unimportant

\* = by the sportsfield

How important are guidelines when to seek specialized acute medical care\*?

1. Highly important
2. Important
3. Fairly important
4. Not so important, those are obvious already

\* = based on the evaluation by the sportsfield



How important are guidelines for deciding about return to play acutely (= on-going game)?

1. Very important
2. Important
3. Fairly important
4. Not so important

How important are guidelines about normal signs and symptoms during the first 24 hours?

1. Very important
2. Important
3. Fairly important
4. Not so important

How important are guidelines about when to seek specialized medical care during the first hours and days?

1. Very important
2. Important
3. Fairly important
4. Not so important

# How important are guidelines about rest and return to activities?

1. Very important
2. Important
3. Fairly important
4. Not so important

# How important are guidelines about ways to promote recovery?

1. Very important
2. Important
3. Fairly important
4. Not so important, that is a biological process which goes on its own

# How important are guidelines about treating the symptoms\*?

1. Very important
2. Important
3. Fairly important
4. Not so important

\* = headache, sleep problems, etc.

How important are guidelines about when to seek specialized medical care in prolonged symptoms after the first few days?

1. Very important
2. Important
3. Fairly important
4. Not so important

# How important are guidelines about when to perform MRI?

1. Very important
2. Important
3. Fairly important
4. Not so important



# How important are guidelines about how and when to return to play?

1. Very important
2. Important
3. Fairly important
4. Not so important

Would you have answered similarly to the previous questions before today's symposium?

1. Yes, to all of them
2. Yes, to most of them
3. Maybe to some of them
4. Probably not