

APPENDIX 11: Boxing Australia Limited Head Injury Form

Head injuries – instructions for care

Form to be handed to a responsible adult who will remain with the boxer for next 24 hours.

Boxer's name: _____ **Age:** _____

Date: _____ **Time:** _____ am/pm

This boxer has sustained:

- ☐ a knockout from head blows, or
☐ a Referee Stopped Contest (RSC) from head blows.

Where a knockout from head blows occurs, did the boxer experience a loss of consciousness?

☐ Yes ☐ No ☐ N/A

If the above response is 'Yes' was the loss of consciousness less than one-minute or greater than one minute?

☐ Less than one minute ☐ Greater than one minute

Therefore I, the undersigned Medical Officer, have imposed a medical probation period of _____ days without competition or sparring and, following this probation period, if you have sustained a knockout or RSC from head blows, you are to comply with Boxing Australia Limited Technical and Competition Regulation 7.28.

Doctor's name: _____

Doctor's signature: _____ **Date:** _____

Discharged into the care of: _____ (responsible adult)

This boxer has sustained a head injury.

He/she should be directly supervised for the first four hours after the injury and then rest quietly for 24 hours.

For the next 24 hours, he/she must avoid alcohol and **MUST NOT** take aspirin, disprin, or other aspirin derivatives.

If greater than recommended level of pain relief is required, seek medical advice.

He/she should be brought to hospital immediately if he/she:

- Cannot stay awake
- Vomits
- Complains of severe or persistent headache or dizziness
- Becomes restless, drowsy or unconscious
- Has convulsion or fit or twitching of face, arms, legs, etc
- Shows any sign of weakness anywhere in the body
- Complains of double vision or blurred vision
- Acts out of character in any way.

After a knock to the head it is common for children to vomit, especially with movement or travelling in the car. Repeated vomiting can be a danger sign and should not be ignored.

Drowsiness, pale colour, unsteadiness on feet can be signs of concussion or more serious injury.

Wake the person fully each hour or two and:

- ask them to walk
- ask them their name and where they are

IF IN DOUBT – If the boxer does not seem normal, take them to the Emergency Department at the nearest hospital.

Additional information in support of the Head Injury Form

Following a head injury an athlete should be taken to a hospital emergency department if:

- The person is not neurologically normal after 5 minutes
 - After several minutes, she/he still can't recall what had happened
 - There is suspicion of a skull or significant facial fracture or significant eye injury (e.g. loss of vision or persistently impaired or distorted vision)
 - She/he has vomited more than once
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If the person does not show any symptom or signs of serious damage, the doctor will usually allow return into the care of a responsible person and a good recovery is expected. However, rarely complications may follow over the next hours, days or even weeks.

Therefore, and **ESPECIALLY WITHIN 24 HOURS** after any significant head injury a responsible person should keep the athlete under close observation and seek medical advice immediately if any of the following occur:

- Fainting, passing out, undue drowsiness or excessive sleepiness
- Confusion, irrational or otherwise unusual behaviour
- Bleeding or discharge from ear or nose
- Neck pain and/or persistent or increasing headache not relieved by paracetamol
- Repeated vomiting
- Fits or involuntary movements of limbs or face
- Loss of or impaired distorted vision

For the first 24 hours after the head injury the athlete should be allowed to go to sleep, but should be woken every 4 hours to see if arousable without problems and conscious without obvious impairment.

A doctor should be contacted **if symptoms persist for more than a few days** following a head injury. Such symptoms can be of different nature e.g. headaches, dizziness, cognitive problems such as difficulties concentrating, and emotional and/or behavioural issues such as irritability and may represent a concussion of the brain. While guidelines exist to help decide when to return to work or sporting activity, repeat evaluation by a doctor before making that decision is strongly recommended. After any significant head injury or if persistent symptoms occur:

- Avoid alcohol
- Avoid aspirin, anti-inflammatory painkillers and stronger painkillers (paracetamol can be taken), sedating medications like sleeping tablets or calmatives, unless directed by a doctor

This information is a general guide only. Please ask your doctor if you have any questions relating to this information.

NOTE: A COPY OF THIS COMPLETED FORM IS TO BE SENT TO BOXING AUSTRALIA LIMITED.