

**APS ATHLETIC DEPARTMENT**  
**SPORTSWARE IMPLEMENTATION**  
**Concussion Management**



*All Concussion injuries from your school athlete's should be recorded and completed using the SWOL system for concussions.*

**Recording Concussion Information**

All Concussion injuries must be recorded in SWOL database— Initial injury and Close of injury dates must be recorded for injury

Option 1 SWOL— Can be utilized as a injury date with complete concussion evaluation, SOAP notes section for daily updates, and a final Closed date with information on RTP or other outcome of injury. (might be did not return to activity, others.) A hard copy of daily progression should remain on file with athletic medical information.

Option 2 SWOL—Each stage of the RTP guidelines can be recorded within the SWOL system for a concussion injury using both daily entire evaluation and notes to confirm data with or without

**ADD CONCUSSION DATA**

- Select Athlete Database
- Search for Athlete in question
- Highlight Athlete in school database. Click on injury field (ambulance icon)
- Click on Add icon while in the injury section for initial recording of data

**General Injury for Concussions**

General Information Page:

Status—Injury Date: Must be recorded

Status —RTP or Closed Status: Will need to be completed as final step

Status —Sport: Due to number of athletes with multiple sports on record, which sport did injury occur.

Action taken: Note information to best of record

Description: Concussions will be listed as Body Area: Head Body Part: Brain

Injury : Concussion (Severity is listed as your option for your needs only)

SAVE: At this point save injury into school database

NOTE: Must return to fill in RTP or Closed Status at completion of the injury

**Concussion Information**

- General Tab: Status/ Injury Introduction Statement General Status Scores

**Post Concussion Symptom Scale (PCSS)**

Rate each symptom: 0 none, 1-2 Mild, 3-4 Moderate, 5-6 Severe

Note: Clicking the Initialize box to default all answers to "0".

**Balance Error Scoring System (BESS)**

The BESS is calculated by adding one error point for each error during the six 20-second test trails.

Types of Errors

- 1) Hands lifted off iliac crest.
2. Opening eyes.
- 3) Step, stumble, or fall.
4. Moving hip into > 30 degree abduction.
5. Lifting forefoot or heel.
- 6) Remaining out of testing position > 5 seconds.

**Orientation**

Orientation questions are pass /fail (total score of five if pass all five:) What is ? 1) Month 2) Today date 3) Day of week 4) Year 5) Time

**Memory**

Allows you to record immediate memory recall information. A set of five words is displayed on the left hand side. Trial 1, Trial 2, and Trial 3 record the responses given by the athlete. These are Pass/Fail records. The cumulative score for each trial is recorded below each trial, and a Total Cumulative score is recorded based on the three trials.

**I am going to test your memory. I will read you a list of words and when I am done, repeat back as many words as you can.**

**I am going to repeat the list again. Repeat back as many words as you can. Trail 2 again Trail 3.**

Complete all 3 trials regardless of score on trail 1 & 2

**Exertion**

Allows you to record whether an exertion test was performed. **Note:** *This section is not calculated in the scoring.*

If athlete is not displaying/reporting symptoms. Conduct simple maneuvers to create condition of physical stress.

THESE MEASURES NEED NOT BE CONDUCTED IF ATHLETE ALREADY DISPLAY/REPORT SYMPTOMS.

Jumping Jacks — Push ups — Sit ups — Knee Bends.

**Neurologic**

Allows you to record a basic neurological screening. Answers are either Yes/No or Normal/Abnormal.

**Concentration**

Allows you to record the athlete's ability to concentrate. Two sets of number strings (3, 4, 5, 6 long) are listed. The athlete is read the first string of numbers and asked to repeat backwards. If the athlete answers correctly, go on to the next string. If answered incorrectly, read trial 2 in the same string. If the athlete answers incorrectly on both trials, the test should be stopped. .

The athlete should be asked to state the months of the year in reverse order.

**Recall**

Allows you to record delayed recall. Word choice is the same as for the Memory section

**Review and Closure**

Confirmed closed injury must have the minimum of:

- 1) Initial Injury Report and Concussion Evaluation
- 2) Closed date and RTP guidelines noted with final Concussion Evaluation
- 3) Notes of daily progress with hard copy in file, or daily progress reported on SWOL data base under the injury.