APPENDIX 1

Figure 1: Flow diagram

APPENDIX 2

The Zurich Consensus Statement Concussion Definition <1>:

Sport related concussion is a traumatic brain injury induced by biomechanical forces. Several common features that may be utilised in clinically defining the nature of a concussive head injury include:

* SRC may be caused either by a direct blow to the head, face, neck or elsewhere on the body with an impulsive force transmitted to the head.
* SRC typically results in the rapid onset of short-lived impairment of neurological function that resolves spontaneously. However, in some cases, signs and symptoms evolve over a number of minutes to hours.
* SRC may result in neuropathological changes, but the acute clinical signs and symptoms largely reflect a functional disturbance rather than a structural injury and, as such, no abnormality is seen on standard structural neuroimaging studies.
* SRC results in a range of clinical signs and symptoms that may or may not involve loss of consciousness. Resolution of the clinical and cognitive features typically follows a sequential course. However, in some cases symptoms may be prolonged. The clinical signs and symptoms cannot be explained by drug, alcohol, or medication use, other injuries (such as cervical injuries, peripheral vestibular dysfunction, etc) or other comorbidities (eg, psychological factors or coexisting medical conditions).

APPENDIX 3

Table 2: Characteristics of return visits

|  |  |
| --- | --- |
| **Days after index visit, median (range)** | 3 (1-14) |
| **Reason for return, *n* (%)** |  |
| Headache | 25 (66) |
| Dizziness | 5 (13) |
| Nausea/vomiting | 3 (8) |
| Told to return/CT booked | 2 (5) |
| Other | 3 (8) |
| **CT ordered, *n* (%)** | 16 (42) |
| **Abnormal findings on CT, *n* (%)** | 0 (0) |
| **Discharge, *n* (%)** |  |
| Documented | 19 (5) |
| New instructions from previous | 16 (42) |
| New referral to CC | 7 (18) |
| New referral to GP | 7 (18) |

APPENDIX 4

<http://hamiltonhealthsciences.ca/documents/Patient%20Education/HeadInjuryAndConcussion-trh.pdf>

[note to publisher from ME : PDF attached separately]