## Section 1 – Demography

1. Gender:
- [ ] male
- [ ] female

2. How many years’ experience do you have working in sports physiotherapy?
- [ ] <1yr
- [ ] 1-3yrs
- [ ] 3-6yrs
- [ ] 7-10yrs
- [ ] >10yrs

3. Have you undertaken or are you currently undertaking formal postgraduate education? (Tick all that apply.)
- [ ] MSc Sports and Exercise Medicine
- [ ] MSc Sports Physiotherapy
- [ ] Other________________
- [ ] No

For each degree, please indicate year(s) of past/prospective graduation ____________

4. Which of these less formal CPD courses have you undertaken, where management of the player with concussion was covered? (Tick all that apply.)
- [ ] Introduction to Sports Injury Management – Module B
- [ ] CPSEM: Sports Traumatology Course
- [ ] First aid qualification
- [ ] Other________________
- [ ] No

5. From the list below, please tick the sport(s) and level(s) you have worked in:

<table>
<thead>
<tr>
<th>Sport</th>
<th>Club</th>
<th>County</th>
<th>Provincial</th>
<th>National</th>
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</thead>
<tbody>
<tr>
<td>Gaelic football</td>
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<td>Other</td>
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</table>

6. From the list below, please tick the sport(s) and level(s) you are currently working in:

<table>
<thead>
<tr>
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<td>Other</td>
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</table>

7. Please indicate which healthcare providers are present at competitive events you attend:

<table>
<thead>
<tr>
<th>Healthcare Provider</th>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>Physiotherapist</td>
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<tr>
<td>Doctor</td>
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<tr>
<td>First aid service</td>
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<tr>
<td>Other</td>
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## Section 2 – Knowledge of concussion

8. What current guidelines are you aware of for the treatment of concussion?
- [ ] National Collegiate Athletic Association Guidelines – 2010
- [ ] The American Academy of Neurology Recommendations – 2010
- [ ] Position Statement on Concussion in Gaelic Games, GAA – 2007
- [ ] The IRB Concussion Guidelines – 2011
- [ ] FIFA recommendations – 2008
- [ ] The IOC recommendations – 2008
- [ ] ThinkFirst-SportSmart Concussion Education and Awareness Committee. Canadian Academy of Sports Medicine – 2005
- [ ] Other________________

9. It is correct to divide a concussion injury into ‘simple’ and ‘complex’ to help direct the treatment pathway?
- [ ] Strongly agree
- [ ] Agree
- [ ] Disagree
- [ ] Strongly disagree
- [ ] I don’t know

10. Concussion can be caused by a directed blow anywhere on the body with an impulsive force transmitted to the head.
- [ ] Strongly agree
- [ ] Agree
- [ ] Disagree
- [ ] Strongly disagree
- [ ] I don’t know

11. Concussion results in the rapid onset of short-lived impairment of neurologic function that resolves spontaneously.
- [ ] Strongly agree
- [ ] Agree
- [ ] Disagree
- [ ] Strongly disagree
- [ ] I don’t know

12. 90% of adult concussions resolve in:
- [ ] 3-6 days
- [ ] 7-10 days
- [ ] 11-14 days
- [ ] >14 days
- [ ] I don’t know

13. A player can suffer from concussion without loss of consciousness.
- [ ] Strongly agree
- [ ] Agree
- [ ] Disagree
- [ ] Strongly disagree
- [ ] I don’t know

14. Which of the following do you feel are the most common signs and symptoms of concussion? (Please rank from 1 to 12, 1 being the most common.)
- [ ] Dizziness/balance instability
- [ ] Attention/concentration deficit
- [ ] Loss of consciousness
- [ ] Low pulse rate
- [ ] Feeling of nausea
- [ ] Feeling of euphoria
- [ ] Drowsiness
- [ ] Blurred vision
- [ ] Irritability
- [ ] Stomach pain
- [ ] Amnesia
- [ ] Headache

15. A player with concussion can be allowed to return to play on the same day of injury if their symptoms have resolved.
- [ ] Strongly agree
- [ ] Agree
- [ ] Disagree
- [ ] I don’t know

16. A player has just been involved in a collision with an opponent. When you get to the player he/she tells you they are fine. What information would you need if you suspect they are concussed? (Tick all that apply.)
- [ ] Player’s symptoms
- [ ] Respiration rate
- [ ] Pulse rate
- [ ] Short-term memory test
- [ ] Balance test – tandem standing with eyes closed

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Appendix: original questionnaire used to survey Irish chartered physiotherapists.
17. Which factors involved at the time of concussion do you feel would affect how the player’s treatment is managed or require further assessment of the player?

<table>
<thead>
<tr>
<th>Factor</th>
<th>Strongly disagree</th>
<th>Disagree</th>
<th>Agree</th>
<th>Strongly agree</th>
<th>I don’t know</th>
</tr>
</thead>
<tbody>
<tr>
<td>LOC &lt;1 min</td>
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<tr>
<td>LOC &gt;1 min</td>
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<tr>
<td>Female player</td>
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<td>Convulsive movement</td>
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<td>Player suffers from depression</td>
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<td>Symptoms &gt;10 days</td>
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<tr>
<td>Player between ages of 10 and 18 years</td>
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<tr>
<td>Player &lt;10 yrs old</td>
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<tr>
<td>Player has had a concussion in the last 2 months</td>
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</tbody>
</table>

Section 3 – Assessment of concussion

19. Do you carry out pre-season cognitive evaluation testing?  
- Always  
- Often  
- Sometimes  
- Rarely  
- Never  
If never, why? ____________

20. What pre-season cognitive evaluation test(s) do you carry out? (Tick all that apply.)
- ImPACT computerised test
- Standardised Assessment of Concussion (SAC)
- None
- Other (please specify) __________________

21. Do you have the player(s) sign a pre-season statement in which they accept the responsibility of reporting any illnesses or injuries to you?  
- Always  
- Often  
- Sometimes  
- Rarely  
- Never

22. What test do you carry out on the sideline to evaluate cognitive function, if concussion is suspected? (Tick all that apply.)
- Maddock’s Questions
- Sports Concussion Assessment Test 2 (SCAT 2)
- Standardised Assessment of Concussion (SAC)
- Orientation questions, i.e., time, place, person
- Balance test – tandem standing with eyes closed
- None
- Other __________________

23. Do you feel you have sufficient time for appropriate assessment on the field for an injured player?  
- Always  
- Often  
- Sometimes  
- Rarely  
- Never

24. Why does the third Consensus Statement on Concussion in Sport – Zurich 2008 – recommend that you reassess a player after an initial negative assessment for concussion?  
- To make sure that the initial test was carried out correctly
- Because the appearance of symptoms can be delayed by several hours
- To make sure the player can return to play immediately
- To make sure the player was not hiding their symptoms

Section 4 – Management of concussion

25. Do you think all players, regardless of level, should be managed the same way?  
- Strongly agree
- Strongly disagree
- I don’t know

26. A player has sustained a concussion but did not lose consciousness. They report feeling like they are ‘seeing stars’. Do you:  
- Assess the player, allow them a few minutes to recover and send them back to play when they are subjectively ready
- Tell the player to get showered, changed and go home to relax
- Assess the player, remove them from play and continue to monitor them over the next few hours
- Tell them to go to their GP when they get a chance

27. A young player (<18yrs) has collided with an opponent. He/she says they feel a bit dizzy and nauseous. Do you:  
- Check with the coach/manager about what he/she wants to do
- Send the player straight to hospital
- Contact the player’s family. Inform them of the incident, advise regarding symptoms and recommend A&E if condition deteriorates
- Let the player rest on the sidelines and then see if they feel ready to continue play

28. You are unable to attend a competitive event. From the list below, what advice would you give the coach/manager if he/she suspects a player has suffered a concussion?  
- The coach/manager should send the player to hospital/GP immediately for assessment
- The coach/manager should use his/her own judgment as to whether the player can continue
- The coach/manager should send the player home to recover
- The coach/manager should let the player decide if they can continue or not

29. Please indicate your views with regard to the management of an athlete with concussion:  
- Strongly disagree  
- Disagree  
- Agree  
- Strongly agree  
- I don’t know

<table>
<thead>
<tr>
<th>Players can return to play immediately once asymptomatic</th>
</tr>
</thead>
<tbody>
<tr>
<td>It is important to emphasise cognitive as well as physical rest</td>
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<tr>
<td>A graduated return to play is the safest protocol</td>
</tr>
<tr>
<td>Generally, each of the seven steps to full recovery should take 24 hours per step</td>
</tr>
<tr>
<td>Female players should have different treatment plans from male players</td>
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<tr>
<td>The players should carry out a cognitive function test before return to play</td>
</tr>
</tbody>
</table>

30. In your sport, who leads the treatment protocol for a player with concussion?  
You  
The coach  
The team doctor /local GP  
The player  
Other __________________

| You  
The coach  
The team doctor /local GP  
The player  
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31. Who decides when the player can return to competitive sport? (Tick all that apply.)  
- You  
- The coach  
- The team doctor/local GP  
- Other __________________