

A New Approach to Concussion Education: Pre-Game Safety Huddles

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Background

- Youth in contact sports have a high risk for concussion
- Up to 50% do not report symptoms
- Adult stakeholders are key influencers of concussion reporting



Conceptual model

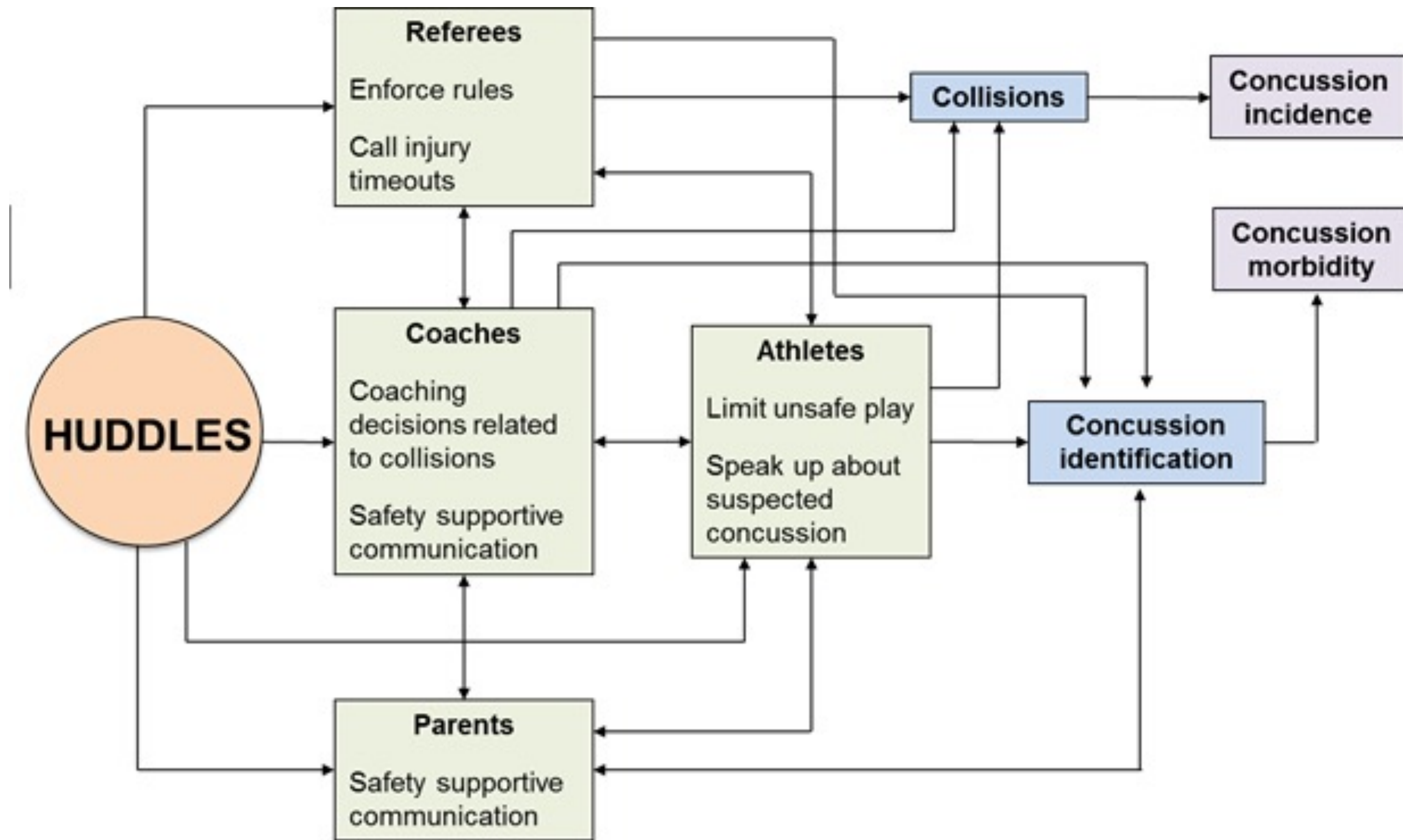


Figure 3. Conceptual model illustrating process by which Safety Huddles influence concussion incidence and concussion morbidity.

Pregame Safety Huddles

1. Review: symptoms of concussion
2. Reinforce: danger of playing with symptoms and importance of reporting to coach or ref



HOW

do concussions happen?



Concussions can happen when you get a bump, blow, or jolt to the head (or body).

WHEN

should you tell someone?



If you crash into someone (or something) and you're not feeling right, come out and get checked out.

WHY

should you report?



Concussions can be dangerous and make you play worse.

WHO

makes sure no one plays with a concussion?



It's on all of us to make sure no one plays with a concussion.

WHAT

are we here to do?



Respect each other, respect the game!

learn more at concussionspace.org

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Results

- Randomized trial with more than 300 youth athletes
- Athletes randomized to huddles were more likely to report symptoms





NEXT STEP: Does it change
behavior