evaluation tool used by clinicians to evaluate athletes with suspected concussions.

**Objective** To describe normative baseline SCAT5 scores among United States Olympic athletes.

**Design** Retrospective descriptive epidemiology.

**Setting** United States Olympic and Paralympic Sports Medicine Centers.

**Participants** Two hundred fifty-seven Olympic athletes (48.2% female, mean age ± standard deviation (SD) = 22.5±4.8 years) representing 19 sport federations underwent baseline SCAT5 testing between April 2018 and July 2019.

**Main Outcome Measurements** Baseline SCAT5 scores of healthy Olympic athletes. T-tests were used to compare scores by sex.

**Results** Athletes reported a mean of 4.0±4.9 symptoms (median=2, IQR=0–6) with an average severity score of 7.9±12.3 (median=2, IQR=0–10). Most (71.8%) athletes reported never having sustained a concussion prior to testing; 17.5% reported one prior concussion (range=0–10). The mean scores ± SD for major components of the SCAT5: 4.8±0.53 for orientation, 20.7±4.0 for immediate memory, 3.8±1.3 for concentration, 4.0±4.2 for balance, 6.9±1.9 for delayed recall, and 12.4±3.0 for Standardized Assessment of Concussion. No sex differences were observed for concussion history or the number and severity of current symptoms. Females scored higher than males in the immediate memory (21.7 vs. 19.8, p<0.001), orientation (4.9 vs. 4.8, p=0.047), and delayed recall tasks (7.3 vs. 6.5, p=0.001).

**Conclusions** Normative values for baseline SCAT5 performance are presented for a population of healthy Olympic athletes. This information can be considered by clinicians interpreting SCAT5 results in athletes who do not have a known baseline score.

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**How Do We Do Better? Managing Community Rugby Conussions in a Primary Care Setting**

1Danielle Salmon, 1Janelle Romanchuk, 1Ian Murphy, 2John S Sullivan, 2Simon Walters, 3Chris Whatman, 4Sierra Keung, 5Amanda Clacy, 6New Zealand Rugby, Wellington, New Zealand; 2Centre for Health, Activity and Rehabilitation Research, School of Physiotherapy, University of Otago, Dunedin, New Zealand; 3Sports Performance Research Institute New Zealand, School of Sport and Recreation, Auckland University of Technology, Auckland, New Zealand; 4Sunshine Coast Mind and Neuroscience – Thompson Institute, University of the Sunshine Coast, Birtinya, Australia

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**Background** Concussions in rugby are of a global player welfare concern. To address this challenge New Zealand Rugby has employed a social ecological model to develop a concussion management pathway (CMP). Following a suspected concussion, the pathway encourages compliance and supports the relevant stakeholders (e.g. players, coaches, physiotherapists, doctors) throughout the recovery process.

**Objective** To examine (i) user uptake of technology that operationalises the CMP and (ii) stakeholder experiences.

**Design** Prospective mixed-methods multi-centre study.

**Setting** Community rugby in three New Zealand provincial unions.

**Patients (or Participants)** Community rugby male and female players (n=1893) were invited to participate of which 1540 provided pre-season baseline data.

**Interventions (or Assessment of Risk Factors)** Pre-season, players were baseline tested using a modified SCAT5. In season, suspected concussions were logged on an App, notifying relevant stakeholders and entering the player into the CMP. Players were referred to a doctor who assessed them for a concussion while comparing to the player’s baseline assessment via a customized online portal. This information was also used by the doctor at the time of medical clearance. To gain a deeper understanding of the participants’ experience with the CMP, 130 stakeholders were interviewed post-season.

**Results** Two-hundred suspected concussions were logged, of these 154 saw a doctor for a diagnosis, 171 obtained medical clearance following completion of GRTP, and 17 were referred on for further investigation/treatment by a doctor involved in the pilot.

Stakeholders agreed that having a clearly defined pathway facilitated an efficient and informed management process for concussions and encouraged compliance with seeking medical advice/clearance.

**Conclusions** The CMP provides an electronic platform for monitoring compliance with medical visits and the safe RTP while ensuring all stakeholders are aware of the player’s status. The system provides controlled access to centrally stored baseline information to help inform medical decisions. Stakeholders supported the use of the CMP.

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**Preliminary Exploration of Baseline Concussion Measures Among Premier League Football Athletes in Zambia**

1Jessica Wallace, 2Dawe Mulenga, 3Philip Schatz, 4Mark Lovell, 5Tracey Coassin. 1The University of Alabama, Tuscaloosa, USA; 2Harvard University, Boston, USA; 3University of Zambia Teaching Hospital, Lusaka, Zambia; 4Saint Joseph’s University, Philadelphia, USA; 5Michigan State University, East Lansing, USA; 6ImPACT Applications, Pittsburgh, USA

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**Background** Concussion is a global sport injury, however, in Africa this public health concern has yet to be studied. Currently, there are no concussion management programs implementing baseline or post-concussion measures among football clubs in the Football Association of Zambia (FAZ). Furthermore, it is unknown if tests such as the Immediate Post-Concussion Assessment and Cognitive Test (ImPACT) Quick Test (QT) would be culturally appropriate measures for implementation as part of a concussion screening protocol in Zambia or other African nations.

**Objective** To determine baseline neurocognitive percentile ranks among Zambian football athletes on the ImPACT QT.

**Design** Cohort study.

**Setting** Premier league football clubs based in Lusaka, Zambia.

**Patients (or Participants)** Male premier league football athletes from Zambia (n=119) aged 24.48±5.41.

**Interventions (or Assessment of Risk Factors)** The ImPACT QT (5–7min) neurocognitive assessment administered on an iOS/Apple iPad prior to a preseason team practice.

**Main Outcome Measurements** Outcome measures were average performance on 3 factor scores: Motor Speed, Memory, and...
Attention Tracker, presented as percentile ranks using normative data built into the ImPACT QT.

**Results**
Zambian athletes scored nearly two standard deviations below the mean on Motor Speed (7th percentile), when compared to North American normative data. However, performance on Attention Tracker (44th percentile) and Memory (56th percentile) among Zambian athletes was well within the average range.

**Conclusions**
This data is the first to explore Zambian athletes’ performance on any concussion measure. Zambian athletes performed poorly on the ImPACT QT factor score related to motor speed. These results suggest that Zambian athletes may be unfamiliar with testing on an iPad device or there may have been cultural barriers in the interpretation of test directions. Further, understanding these preliminary performance measures are a starting point that could aid in understanding which concussion measures would be culturally appropriate to implement in the prevention, diagnosis, and care of concussion among Zambian athletes.

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**Abstracts**

**168 NORMATIVE BASELINE SCAT5 SCORES IN A POPULATION OF UNITED STATES PARALYMPIC ATHLETES**

Laura Zdziarski, Lauren Pierpoint, David Taylor, Amber Donaldson, William Moreau, Dustin Nabb. University of Utah, Department of Orthopaedics, Salt Lake City, USA; Steadman Phillipson Research Institute, Vail, USA; USA Olympic and Paralympic Committee, Colorado Springs, USA; Southern California University of Health Sciences, Whittier, USA; USA Coalition for the Prevention of Illness and Injury in Sport, Colorado Springs, USA

*Background* The Sport Concussion Assessment Tool 5th Edition (SCAT5) is the most recent version of the concussion evaluation tool used by clinicians to evaluate athletes with suspected concussions.

*Objective* To describe normative baseline SCAT5 scores among United States Paralympic athletes.

*Design* Retrospective descriptive epidemiology.

*Setting* United States Olympic and Paralympic Sports Medicine Centers.

*Participants* Fifty-eight Paralympic athletes (60.3% female, mean age ± standard deviation (SD) = 30.2 ± 10.6) representing 7 sport federations underwent baseline SCAT5 testing between April 2018 and July 2019.

*Interventions* None.

*Main Outcome Measurements* Baseline SCAT5 scores of healthy Paralympic athletes. T-tests were used to compare scores by sex.

*Results* Athletes reported an average of 5.0 ± 5.4 symptoms (median = 2.5, IQR = 1.0 – 8.5) with an average severity score of 11.0 ± 14.3 (median = 6.0, IQR = 0 – 17.5). Over half of athletes (59.3%) reported having sustained at least one concussion prior to testing (range = 0 – 16 reported concussions). Mean scores ± SD for major components of the SCAT5: 4.8 ± 0.74 for orientation, 21.0 ± 3.7 for immediate memory, 3.9 ± 1.1 for concentration, 6.7 ± 6.4 for balance, 6.9 ± 2.2 for delayed recall, and 15.7 ± 2.8 for Standardized Assessment of Concussion. No sex differences were observed for any component scores of the SCAT5.

*Conclusions* Normative values for baseline SCAT5 performance are presented for a population of healthy Paralympic athletes. Future research should focus on the development of normative data for specific Paralympic disability classifications.

**Clinical relevance** Knowledge of normative scores may aid clinicians’ interpretation of baseline and post-injury SCAT5 scores.

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**169 THE TOP 1% OF HEAD IMPACTS CAUSE VISIBLE SIGNS AND ‘CHECK ENGINE’ RESPONSES IN ATHLETES AND MILITARY SERVICE MEMBERS**

Adam Bartsch. Prevent Biometrics, Minneapolis, USA

*Background* For the past 20 years, the scientific literature, based on data from inaccurate helmet/head-mounted sensors, has reported that there is little link between head impact magnitude and location and visible signs (VS). The current study found that VS were seen only in impacts in the top 1% as measured by head impact acceleration, velocity and/or energy.

*Objective* Head impacts were measured with an accurate head impact monitoring mouthguard and confirmed through video and data trace analysis. The athlete/military service member behavior was observed for a visible sign post-impact.

*Design* Retrospective meta-analysis from military parachute, boxing, mixed martial arts, weapons firing, as well as American football, Boxing, Ice Hockey, Karate, Lacrosse, Mixed Martial Arts, Rugby, Taekwondo Do, Football.

*Setting* Sporting field or Military training activity.

*Participants* 50,000 verified impacts over 10,000 person-days.

*Assessment of Risk Factors* Visible signs post-impact.

*Main Outcome Measurements* Kinetic energy transfer (KE), peak scale linear acceleration (PLA), peak scale linear velocity (PLV), impact location, impact direction, type of VS.

*Results* There were fifty (50) single head impacts that caused visible signs. The most common visible signs were loss of consciousness, posturing, dazed, imbalance and ataxia. All visible signs impacts were in the top 1% by magnitude (40–100g, 3–8 m/s and 30–150 J). A total of 90% of the VS impacts were to the side or rear of the head.

*Conclusions* Visible signs do not occur often, but always occurred in the top 1% of head impacts by magnitude, and 90% of these were to the rear and the sides of the head. By monitoring head impacts with an accurate device, clinical staff can have access to data that identifies head impacts most likely to cause visible signs.

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**170 RISK FACTORS FOR POST-CONCUSSION SUBSEQUENT MUSCULOSKELETAL INJURIES**

Thomas Buckley, Jessie Oldham, Caroline Howard, Robert Lynall, Buz Swank, Nancy Getchell. University of Delaware, Newark, USA; University of Georgia, Athens, GA, USA; Boston Children’s Hospital, Waltham, MA., USA

*Background* Elevated rates (1.5 to 3.0 times) of musculoskeletal (MSK) injuries in the first year post-concussion have been recently identified in diverse athletic populations; however, clinically feasible risk factors have received limited attention.

*Objective* To identify clinical predictors of post-concussion subsequent musculoskeletal (MSK) injuries.

*Design* Prospective longitudinal.

*Setting* U.S. Intercollegiate Athletics.