

Daily Medical Report on Injuries and Illnesses

Country:

Date of report:

Form completed by: Name:

Contact details:

Please report: (1) All sport injuries and (2) all illnesses of your athletes newly incurred, recurrent or an exacerbation of an underlying stable injury/illness during the <name of the championship> regardless of the consequences with respect to absence from competition or training. The information provided will be treated strictly confidential.

1. Injury – Example

Definitions and codes (see

reverse)

| | | | | | | | | | |
|---|--------------------------------|-------------------------------------|-------------------------------------|---|------------------------------|-----------------|---------------|------------------------------|----------------------------|
| age 22 | gender <i>male / female</i> | sport and event <i>decathlon</i> | date of injury <i>21. July</i> | competition / training <i>sprint competition</i> | code 2 | onset code 1 | new code 4 | | |
| injury mechanism <i>slipped and fell</i> | | code 5 | injured body region <i>ankle</i> | code 17 | injury type <i>sprain</i> | | code 10 | time-loss <i>no / yes</i> | duration <i>28 days</i> |
| age | gender <i>male / female</i> | sport and event | date of injury | competition / training | code | onset code | new code | | |
| injury mechanism | | code | injured body region | code | injury type | | code | time-loss <i>no / yes</i> | duration <i>days</i> |
| age | gender <i>male / female</i> | sport and event | date of injury | competition / training | code | onset code | new code | | |
| injury mechanism | | code | injured body region | code | injury type | | code | time-loss <i>no / yes</i> | duration <i>days</i> |
| age | gender <i>male / female</i> | sport and event | date of injury | competition / training | code | onset code | new code | | |
| injury mechanism | | code | injured body region | code | injury type | | code | time-loss <i>no / yes</i> | duration <i>days</i> |
| age | gender <i>male / female</i> | sport and event | date of injury | competition / training | code | onset code | new code | | |
| injury mechanism | | code | injured body region | code | injury type | | code | time-loss <i>no / yes</i> | duration <i>days</i> |

2. Illness – Example

Definitions and codes (see

reverse)

| | | | | | | | |
|--|--------------------------------|---|--|--|------------------------------|---------------------------|--|
| age 27 | gender <i>male / female</i> | sport and event <i>athletics, pole vault</i> | date of onset <i>24th July</i> | organ system / region <i>respiratory system</i> | code 13 | | |
| aetiology <i>Environmental - not exercise related</i> | | | code 3 | new, recurrent or exacerbation code 1 | time-loss <i>no / yes</i> | duration <i>2 days</i> | |
| age | gender <i>male / female</i> | sport and event | date of onset | organ system / region | code | | |
| aetiology | | | code | new, recurrent or exacerbation code | time-loss <i>no / yes</i> | duration <i>days</i> | |
| age | gender <i>male / female</i> | sport and event | date of onset | organ system / region | code | | |
| aetiology | | | code | new, recurrent or exacerbation code | time-loss <i>no / yes</i> | duration <i>days</i> | |
| age | gender <i>male / female</i> | sport and event | date of onset | organ system / region | code | | |
| aetiology | | | code | new, recurrent or exacerbation code | time-loss <i>no / yes</i> | duration <i>days</i> | |
| age | gender <i>male / female</i> | sport and event | date of onset | organ system / region | code | | |
| aetiology | | | code | new, recurrent or exacerbation code | time-loss <i>no / yes</i> | duration <i>days</i> | |

no new injury or illness in any athlete of our team today

If space is not sufficient to report all injuries or illnesses, please use additional forms.

Definitions and codes

For injuries (defined as tissue damage or other derangement of normal physical function due to participation in sports, resulting from rapid or repetitive transfer of kinetic energy)

Competition or training

1 competition, please specify event 2 training 3 peri-competition activities (e.g. warm-up, cool-down)

Mode of onset

1 sudden after acute trauma 2 sudden but no acute trauma 3 gradual 4 mixed

Injury mechanism

1 no identifiable single event (repetitive transfer of energy, overuse)
2 acute non-contact trauma 3 direct contact with another athlete 5 direct contact with an object (e.g. ball, wall, ground, i.e. slipped and fell)
4 following contact with another athlete (e.g. fall after a push) 6 following contact with an object

Injured body region

1 head / face 7 shoulder 13 hip / groin
2 neck / cervical spine 8 upper arm 14 thigh
3 chest (incl. chest organs) 9 elbow 15 knee
4 thoracic spine / upper back 10 forearm 16 lower leg / Achilles tendon
5 lumbar-sacral spine / buttock 11 wrist 17 ankle
6 abdomen (incl. abdominal organs) 12 hand 18 foot

Injury type

1 concussion / brain injury 10 joint sprain / ligament tear 19 contusion / bruise (superficial)
2 spinal cord injury 11 chronic instability 20 arthritis
3 peripheral nerve injury 12 tendon rupture 21 bursitis
4 bone fracture 13 tendinopathy 22 synovitis
5 bone stress injury 14 muscle strain / rupture / tear 23 vascular damage
6 bone contusion 15 muscle contusion 24 stump injury
7 avascular necrosis 16 muscle compartment syndrome 25 internal organ trauma
8 physis injury 17 laceration 26 unknown, or not specified
9 cartilage injury 18 abrasion

For illnesses (defined as a complaint or disorder not related to injury)

Organ system

1 cardiovascular 6 genitourinary 11 otological
2 dermatological 7 hematologic 12 psychiatric/psychological
3 dental 8 musculoskeletal 13 respiratory system
4 endocrinology 9 neurological 14 thermoregulatory system
5 gastrointestinal 10 ophthalmological 15 unknown, or not specified

Aetiology

1 allergic 5 infection 9 degenerative or chronic condition
2 environmental - exercise-related 6 neoplasm 10 developmental anomaly
3 environmental - non-exercise 7 metabolic/nutritional 11 drug-related/poisoning
4 immunological/inflammatory 8 thrombotic/haemorrhagic 12 unknown, or not specified

For injuries and illnesses

Sport and event

Please report the sport (e.g. athletics) *AND* specify the event (e.g. pole vault) if applicable.

New, recurrent or exacerbation

1 newly incurred during the championships 3 exacerbation of a stable (not recovered) condition
2 recurrent after full recovery and return-to-sport 4 unknown, or not specified

Time-loss in sport due to injury or illness

no athlete continues to train or compete, even if not at usual level (duration, intensity, performance)
yes athlete *did not finish* the training or competition when the injury occurred *OR* could not participate in sport later

Duration of impaired participation/ limited performance in sport due to injury or illness (in days)

Please provide an estimate of the number of days that the athlete will not be able to undertake his/her *normal training* or will not be able to *compete as usual*, counting the day *after* the onset of the injury/illness as day 1.

Medical Report of Injury or Illness

Date of report: _____

Team: _____ Athlete identification: _____ Date of onset: _____

For injury

Competition or training

- competition training peri-competition activities
(e.g. warm-up, cool-down)

Mode of onset

- sudden after acute trauma sudden but no acute trauma gradual mixed

Injury mechanism (each category might have subcategories based on the purpose of the surveillance)

- no identifiable single event direct contact with another athlete direct contact with an object
 non-contact trauma following contact with another athlete following contact with an object

Injured body region (each category might have subcategories based on the purpose of the surveillance)

- head shoulder hip / groin
 neck / cervical spine upper arm thigh
 chest (incl. chest organs) elbow knee
 thoracic spine / upper back forearm lower leg / Achilles tendon
 lumbar-sacral spine / buttock wrist ankle
 abdomen (incl. abdominal organs) hand foot

Injury type

- concussion / brain injury joint sprain / ligament tear contusion / bruise (superficial)
 spinal cord injury chronic instability arthritis
 peripheral nerve injury tendon rupture bursitis
 bone fracture tendinopathy synovitis
 bone stress injury muscle strain / rupture / tear vascular damage
 bone contusion muscle contusion stump injury
 avascular necrosis muscle compartment syndrome internal organ trauma
 physis injury laceration unknown, or not specified
 cartilage injury abrasion

For illness

Organ system

- cardiovascular genitourinary otological
 dermatological hematologic psychiatric / psychological
 dental musculoskeletal respiratory system
 endocrinology neurological thermoregulatory system
 gastrointestinal ophthalmological unknown, or not specified

Aetiology

- allergic infectious disease degenerative or chronic condition
 environmental - exercise-related neoplasm developmental anomaly
 environmental - non-exercise metabolic / nutritional drug-related / poisoning
 immunological / inflammatory vascular unknown, or not specified

For injury and illness

New, recurrent or exacerbation

- new recurrent after full recovery and return-to-sport unknown, or not specified
 exacerbation of a stable (not recovered) condition

Time-loss in sport due to injury / illness

- no yes

Date of full return to normal training and competition _____ (dd/mm/yy)

No return to sport possible: fatality permanent disability other reasons _____