

## Appendix 2

An example of an injury and illness report form in Para sport, adapted from the IOC consensus statement of methods for recording and reporting of epidemiological data on injury and illness in sport and the Sports-related Injury and Illness in Paralympic Sport Study (SRIIPSS)[1–4]

### Baseline information

1. Athlete information (e.g. gender, age, BMI, use of medications, impairment-related health concerns, previous sports injuries and illnesses, access to medical service, minutes of training per week/session, match exposure)

2. Impairment

Vision impairment

*Low vision*

*Blind*

Physical impairment

Neurological

*Brain Disorder*

*Cerebral Palsy*

*Other (e.g. TBI, Stroke, MS)*

*Spinal Cord Related Disorders*

*Para*

*Tetra*

*Neuromuscular Disorders*

*Stable (e.g., Post-polio, Peripheral nerve injury)*

*Progressive (e.g. MND, Myopathy, MD)*

Musculoskeletal

*Limb Deficiency*

*Upper Limb*

*Single*

*Double*

*Above elbow*

*Below elbow*

*Lower Limb*

- Single*
- Double*
- Above knee*
- Below knee*
- Short Stature*
- Leg Length Difference*
- Impaired Passive Range of Movement (e.g. club foot, arthrogyposis)*
  - Upper Limb*
  - Lower limb*
  - All limbs*
- Intellectual impairment**

### 3. Adaptive equipment

- Power wheelchair**
    - For all activities*
    - For ADLs only*
  - Manual Wheelchair**
    - For all activities*
    - For ADLs only*
    - For sport only*
  - Prosthesis**
    - Upper limb*
      - For all activities*
      - For ADLs only*
      - For sport only*
    - Lower limb*
      - For all activities*
      - For ADLs only*
      - For sport only*
  - Crutches**
  - Walking frame**
  - Stick**
  - Personal assistance /guide**
    - For all activities*
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*For ADLs only*

*For sport only*

#### 4. Para sport

Summer sport

*Specific Summer Sport:* \_\_\_\_\_

Winter sport

*Specific Winter Sport:* \_\_\_\_\_

### **Injury report form**

1. Did the athlete/you report any injury that reduced the athlete's normal state of full health, irrespective of its consequences on the athlete's sports participation or performance or whether the athlete sought medical attention?

No

Yes

*Directly from participation in training or competition*

*Indirectly from participation in training or competition*

*From an activity that is not related to sports participation*

#### 2. Mode of onset of injury

Acute with a sudden onset

Repetitive with a sudden onset

Repetitive with a gradual onset

#### 3. Injury mechanism

Non-contact

Contact

*Indirect*

*With another athlete*

*With a fixed object*

*With a moving object*

*Direct*

*With another athlete*

*With a fixed object*

*With a moving object*

4. Type of injury

- New injury
- Subsequent recurrent injury
- Subsequent local injury
- Subsequent new injury

5. Injured body region

- Head and Neck
    - Head*
    - Neck*
  - Upper limb
    - Shoulder*
    - Upper arm*
    - Elbow*
    - Forearm*
    - Wrist*
    - Hand*
  - Trunk
    - Chest*
    - Thoracic spine*
    - Lumbosacral*
    - Abdomen*
  - Lower limb
    - Hip/Groin*
    - Thigh*
    - Knee*
    - Lower leg*
    - Ankle*
    - Foot*
  - Unspecified
    - Region unspecified*
  - Multiple regions
-

- Single injury crossing two or more regions*

## 6. Tissue and pathology type for the injury

- Muscle/Tendon**
    - Muscle injury*
    - Muscle contusion*
    - Muscle compartment syndrome*
    - Tendinopathy*
    - Tendon rupture*
  - Nervous**
    - Brain/Spinal cord injury*
    - Peripheral nerve injury*
  - Bone**
    - Fracture*
    - Bone stress injury*
    - Bone contusion*
    - Avascular necrosis*
    - Physis injury*
  - Cartilage/Synovium/Bursa**
    - Cartilage injury*
    - Arthritis*
    - Synovitis/Capsulitis*
    - Bursitis*
  - Ligament/Joint capsule**
    - Joint sprain (ligament tear or acute instability episode)*
    - Chronic instability*
    - Contracture*
  - Superficial tissues/skin**
    - Contusion (superficial)*
    - Laceration*
    - Abrasion*
    - Pressure ulcer*
  - Vascular trauma**
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- Vessels*
- Residual limb
  - Residual limb*
- Internal organs
  - Organ trauma*
- Non-specific
  - Injury without tissue type specified*

7. Diagnosis and diagnosis code\*: \_\_\_\_\_

8. Involvement of adaptive equipment or the impairment

a. Did any adaptive equipment contribute to the injury?

- No
- Yes
- Unknown

*Describe how:* \_\_\_\_\_

b. Did the impairment per se contribute to the injury?

- No
- Yes

*Describe how* \_\_\_\_\_

- Unknown

9. Time loss from sport

Number of days lost: \_\_\_\_\_

10. Time loss category:

- 0 days
- 1-7 days
- 8-28 days
- >28 days

**Illness report form**

1. Did the athlete/you report any illness that reduced the athlete's normal state of full health, irrespective of its consequences on the athlete's sports participation or performance or whether the athlete sought medical attention?

- No
- Yes
- Directly from participation in training or competition*
- Indirectly from participation in training or competition*
- From an activity that is not related to sports participation*

2. Affected organ system/region

- Cardiovascular
  - Dermatological
    - Infectious pressure ulcer*
  - Dental
  - Endocrinological
  - Gastrointestinal
  - Genitourinary
  - Haematological
  - Musculoskeletal
    - Premature osteoporosis*
    - Infectious residual limb injury*
  - Neurological
    - Autonomic nervous system (i.e. autonomic dysreflexia)*
    - Central nervous system (i.e. seizure, hypertonia or neuropathic pain)*
    - Peripheral nervous system (i.e. phantom pain)*
  - Ophthalmological
  - Otological
  - Psychiatric/psychological
  - Respiratory
  - Thermoregulatory
  - Multiple systems
  - Unknown or not specified
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## 3. Aetiology of illness

- Allergic
- Comorbidity of existing impairment
- Environmental—exercise-related
- Environmental—non-exercise
- Immunological/Inflammatory
- Infection
- Neoplasm
- Metabolic/nutritional
- Thrombotic/Haemorrhagic
- Degenerative or chronic condition
- Developmental anomaly
- Drug-related/Poisoning
- Multiple
- Unknown or not specified

4. Diagnosis and diagnosis code\*: \_\_\_\_\_

## 5. Time loss from sport

Number of days lost: \_\_\_\_\_

## 6. Time loss category

- 0 days
- 1-7 days
- 8-28 days
- >28 days

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\*Provide diagnosis and diagnosis code from the Orchard Sports Injury and Illness Classification System (OSIICS), the Sport Medicine Diagnostic Coding System (SMDSC), and the International Classification of Disease (ICD).



## References

- 1 Bahr R, Clarsen B, Derman W, *et al.* International Olympic Committee consensus statement: methods for recording and reporting of epidemiological data on injury and illness in sport 2020 (including STROBE Extension for Sport Injury and Illness Surveillance (STROBE-SIIS)). *Br J Sports Med* 2020;**54**:372–89. doi:10.1136/bjsports-2019-101969
- 2 Fagher K, Jacobsson J, Timpka T, *et al.* The sports-related injuries and illnesses in Paralympic sport study (SRIIPSS): a study protocol for a prospective longitudinal study. *BMC Sports Sci Med Rehabil* 2016;**8**. doi:10.1186/s13102-016-0053-x
- 3 Fagher K, Jacobsson J, Dahlström Ö, *et al.* An eHealth application of self-reported sports-related injuries and illnesses in Paralympic sport: pilot feasibility and usability study. *JMIR Hum Factors* 2017;**4**:e30
- 4 Fagher K. *Sports-related injuries and illnesses in Paralympic athletes*. Lund: Lund University: Faculty of Medicine, 2019. 118 p. (Lund University, Faculty of Medicine Doctoral Dissertation Series; 116). 2019