



# State of knowledge and current practices regarding concussion prevention and management: a survey among >2000 French-speaking stakeholders

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On behalf of the Réseau Francophone Olympique de la Recherche en Médecine du sport (ReFORM)

## Objective

Assess the current state of knowledge and practice regarding sport-related concussion (SRC) within a French-speaking consortium

## Methods



Multicentric cross-sectional international survey

Anonymous online French survey sent through mailing list and social networks for 3 months

Participants: athletes, healthcare professionals and coaches from Belgium, Canada, France, Luxembourg and Switzerland

## Questionnaire

5 Themes (25-33 questions)

Demographics, exposure to concussion, knowledge about concussion, management of concussion, existing educational programmes



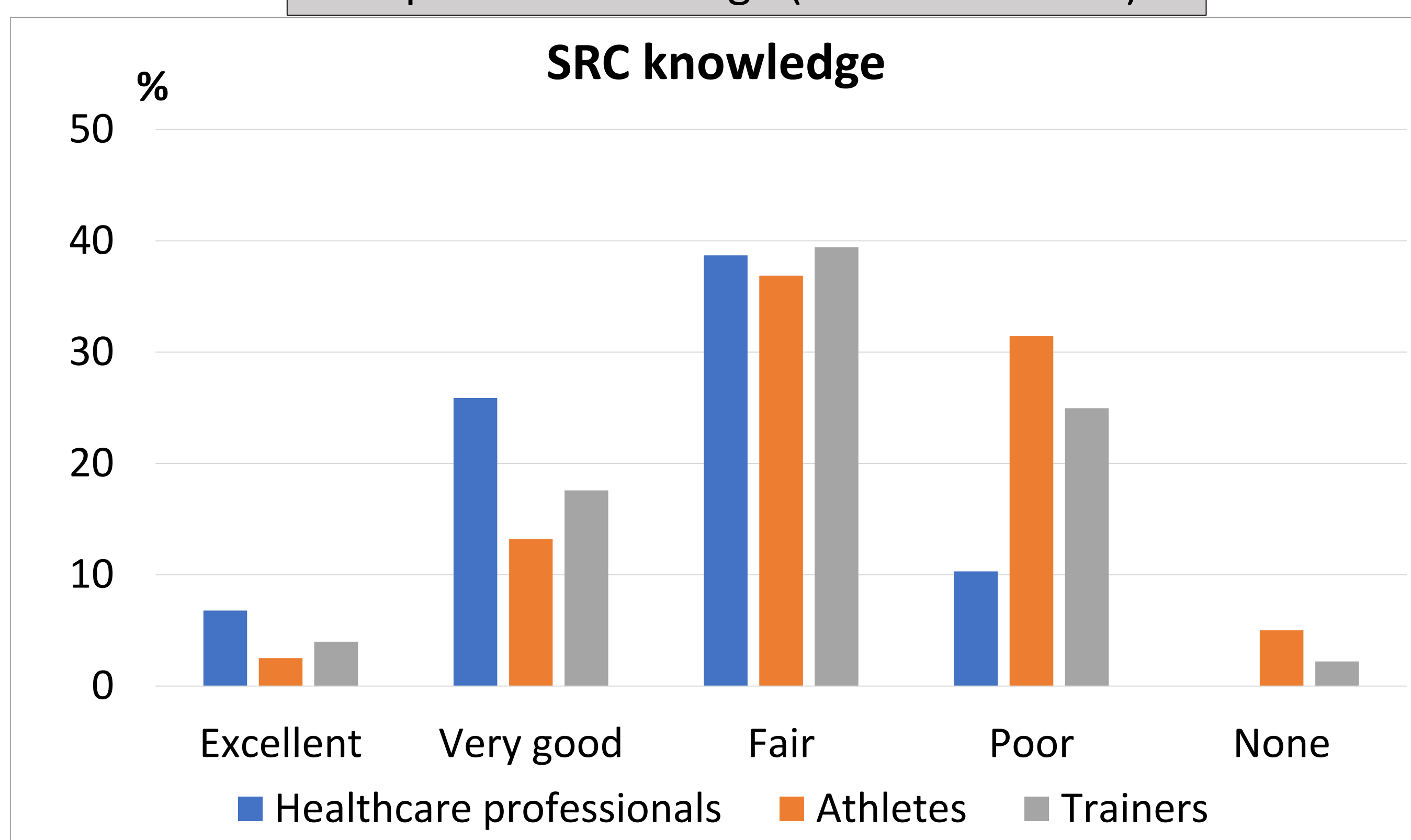
## Survey Preliminary Results

### Demographics

(n=2073) * 1692 finished questionnaires	Healthcare professionals (n=398)	Athletes (n=998)	Trainers (n=677)		Athletes (n=998)
<b>Country</b>				<b>Age</b>	
Belgium	42 (10.6%)	162 (16.2%)	219 (32.3%)	14-18 y	465 (48.7%)
Canada	111 (28.0%)	635 (63.6%)	343 (50.7%)	19-25 y	316 (33.1%)
France	125 (31.5%)	73 (7.3%)	36 (5.3%)	26-30 y	69 (7.2%)
Luxembourg	19 (4.8%)	14 (1.4%)	6 (0.9%)	31-35 y	29 (3.0%)
Switzerland	40 (10.1%)	61 (6.1%)	25 (3.7%)	> 35 y	75 (7.9%)
Other	60 (15.1%)	53 (5.3%)	48 (7.1%)		

### Knowledge: reported vs. tested

#### Reported knowledge (self-assessment)

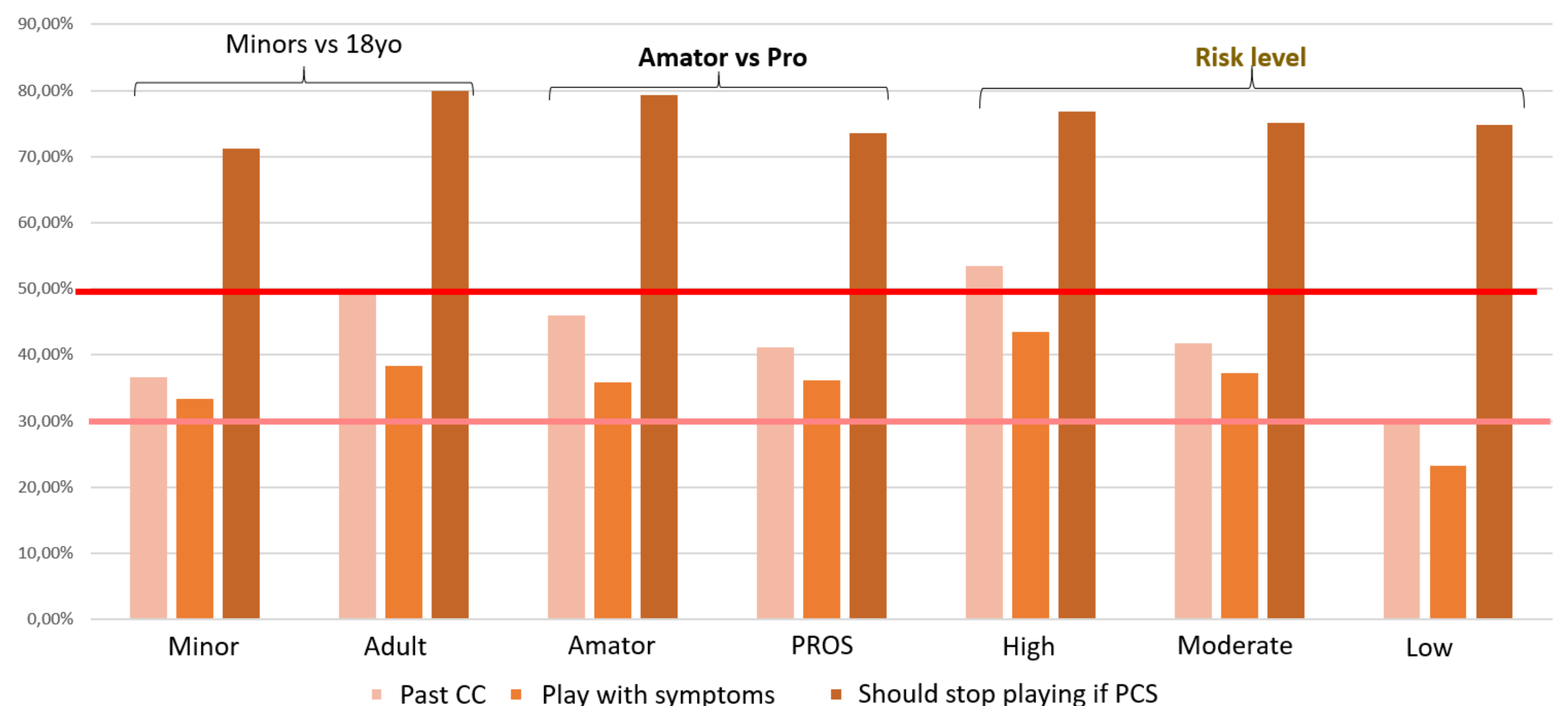


#### Tested knowledge (score /10)

	Professionals	Athletes	Trainers
Sample*	9.42 ± 1.28	7.84 ± 1.75	8.53 ± 1.79
Gender			
Male	9.32 ± 1.27	7.75 ± 1.81	8.32 ± 1.86
Female	9.62 ± 0.75	7.94 ± 1.63	9.21 ± 1.32*
Country			
Canada	9.72 ± 0.61	8.27 ± 1.40	9.36 ± 1.08
Europe	9.27 ± 1.28*	7.02 ± 1.97*	7.50 ± 1.96*
Age			
<18 y.o.		7.64 ± 1.82	
>18 y.o.		8.05 ± 1.59*	

### Athletes: exposure vs. behavior vs. knowledge

	Athletes
Reported ≥ 1 SRC	43,1%
Average symptom duration	21 days
Average sport cessation sample	21 days
Average sport cessation professional sports only	14 days
Practiced w/ symptoms	38,8%
Aware of 6-step RTS protocol	52,3%



### Take Home Messages

- Inhomogeneous distribution of knowledge about SRC in the French-speaking sports community
- Gap between the theoretical knowledge and the behavior on the field
- This might be due to the unequal opportunities of training & education on SRC
- ➔ Tailored education programs on both prevention and management need to be implemented on the field and reevaluated

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