

2018 nationals report

Thank you for inviting me to support the medical side of this year's competition.

I am grateful for the volunteer medical staff without whom of course we would not have been able to manage the competition.

The venue at Carrara sports complex was familiar and reassuring.

The first aid room was accessible from the mat area but not practical with the reduced staff numbers on the Monday. On that day, we set up a complex assessment area mat side. Workflow demands that we have at least 7 staff (preferably 8) for 5 mats.

This enables us to triage to the first aid room as well as ensure appropriate documentation.

This year's injuries were relatively few.

There were 766 athletes (excluding 38 kata entries) and 845 contests.

75 total athlete contacts including 23 blood management.

There were two cases of probable concussion. One of whom convinced me otherwise and I cautiously allowed a return to play with specific instructions. He subsequently and sensibly curtailed his next fight after a drop seoinage bruised his face produced a headache. The other player was not

medically assessed by our team. This was a timely reminder to adhere to the current advice "if in doubt sit them out".

There was also a special needs athlete who sustained an undisplaced fractured distal radius.

There were also 6 mouth guard approvals.

These tested our procedures and on the whole we're managed well.

The main confusion was around notification. Issues noted were: late notification and mat referees not being aware of an approval being made.

Injury list

Blood contact 23

Shoulder 6

Blunt abdo 1

Wrist fracture 1

Neck soft tissue 2

Concussion 2

Head injury - not concussion
2

Ankle injury chronic 1

Thumb collateral ligament
injury 1

Foot injury 3

Knee soft tissue 6 (1 ACL
likely)

Back 5

Elbow 5

Rib 3

Finger 3

Leg 2

Cauliflower ear 1

Nose 2

Medical consults 6