

The SCAT Card
(Sport Concussion Assessment Tool)
Medical Evaluation



Name: _____ Date: _____

Sport/Team: _____ Mouth Guard? Y N

1) SIGNS

Was there loss of consciousness or unresponsiveness? Y N
Was there seizure or convulsive activity? Y N
Was there a balance problem / unsteadiness? Y N

2) MEMORY

Modified Maddocks questions (check correct):
At what venue are we? _____; Which half is it? _____; Who scored last? _____
What team did we play last? _____; Did we win last game? _____

3) SYMPTOM SCORE

Total number of positive symptoms (from reverse side of the card) = _____

4) COGNITIVE ASSESSMENT

5 word recall

	Immediate	Delayed
Word 1 _____ ex: cat	_____	_____
Word 2 _____ ex: pen	_____	_____
Word 3 _____ ex: shoe	_____	_____
Word 4 _____ ex: book	_____	_____
Word 5 _____ ex: car	_____	_____

Months in reverse order:
Jun-May-Apr-Mar-Feb-Jan-Dec-Nov-Oct-Sep-Aug-Jul (circle incorrect)

Or
Digits backward (check correct):
5-2-8 _____ 3-9-1 _____ 6-2-9-4 _____ 4-3-7-1 _____ 8-3-2-7-9 _____ 1-4-9-3-6 _____

Ask delayed 5-word recall now

5) NEUROLOGICAL SCREENING

	Pass	Fail
Speech	_____	_____
Eye Motion and pupils	_____	_____
Pronator drift	_____	_____
Gait assessment	_____	_____

Any neurological screening abnormality necessitates formal neurological or hospital assessment

6) RETURN TO PLAY PROGRESSION

Athletes should not be returned to play the same day of injury.
When returning athletes to play, they should follow a stepwise symptom-limited program, with stages of progression. For example:

1. Rest until asymptomatic (physical and mental rest)
2. Light aerobic exercise (eg, stationary cycling)
3. Sport-specific exercise
4. Non-contact training drills (start light resistance training)
5. Full contact training after medical clearance
6. Return to competition (game play)

There should be approximately 24 hours (or longer) for each stage, and the athlete should return to stage 1 if symptoms recur. Resistance training should only be added in the later stages.

MEDICAL CLEARANCE SHOULD BE GIVEN BEFORE RETURN TO PLAY.

QUESTIONS?

1-800-446-5684 OR AskSportMed@gcbj.com