

2016 Judo Nationals Geelong medical Report

It was a pleasure to be invited again to assist in the medical management of the 2016 Australian judo nationals competition in Geelong.

Our medical team included Paul Coughlan, Simon whitehead and Caroline Curren.

Statistics

Total athletes - 743

Total bouts - 1023

Injury and illness contact - 100

Blood contact - 16

Ambulance transfer - 1 (suspected cervical spine injury - not confirmed)

Fracture confirmed – 2 (clavicle, and distal radius)

Concussion - 5

Strangulation to unconsciousness - 3

Elbow hyperextension injuries - 10

Head and neck soft tissue injuries (not shime-waza) - 10

Laceration requiring suturing - 1

Discussion

*The aim of the following comments is to improve processes and should not be seen as an attempt to undermine any in our volunteer organisation. In fact I remain involved as a volunteer because of the great people I work with at **all levels** of the organisation. Feedback is always welcome. Contact the author (Dr John Azoury) at john.azoury@ggpsc.com.au*

Staffing

Unfortunately, due to last minute changes, we were unable to achieve the anticipated full complement of staff and it became necessary to reorganise our on-site support stations.

Venue

The reorganisation of our support stations appeared to be in conflict with the requirements of 'live- streaming', however, in the end we were able to agree on an appropriate space that satisfied the medical requirements for the provision of timely care for athletes both on and off the field of play.

Injury

The above injury list is consistent with that seen in previous tournaments.

There was a continuing significant incidence of elbow hyperextension injuries, concussive events and strangulation to unconsciousness encounters.

One athlete who was known to have been concussed in the past was allowed to compete, no medical clearance evidence was sought by the organisers of the tournament nor was it presented to the medical team leader. During his competition he developed further symptoms consistent with another concussion and was withdrawn from the competition.

There were some interactions with coaches who were surprised to learn the rules regarding specific cadet aged medical rules (unconscious strangulation), blood on judogis and mouth guard recommendations.

Recommendations

- *Tournament organisers to involve the medical team leader in the early stages of venue layout.*
- *Involve the medical team leader of a judo tournament at pre-competition briefing for coaches and referees.*
- *Improve processes for notification and management of concussed athletes at all levels of Judo in Australia.*