

# Daily Medical Report on Injuries, Illnesses and Mental Health Problems

Country: \_\_\_\_\_

Date of report: \_\_\_\_\_

Form completed by (name): \_\_\_\_\_

Contact details: \_\_\_\_\_

Please report: (1) All sport injuries, (2) all illnesses and (3) all mental health problems of your athletes newly incurred, recurrent or an exacerbation of an underlying stable health condition training during the <name of the championship> regardless of the consequences with respect to absence from competition or training. The information provided will be treated strictly confidential.

## 1. Injury – Example

Definitions and codes (see reverse)

|                                      |                                    |                              |                            |   |            |                                  |                     |
|--------------------------------------|------------------------------------|------------------------------|----------------------------|---|------------|----------------------------------|---------------------|
| Age<br>22                            | Gender<br><del>Female</del> / Male | Sport and event<br>Decathlon | Date of injury<br>21. July | Competition / training<br>Competition, 100m | Code<br>2  | Onset code<br>1                  | New - code<br>1     |
| Injury mechanism<br>Slipped and fell | Code<br>5                          | Injured body region<br>Ankle | Code<br>17                 | Injury type<br>Sprain                       | Code<br>10 | Time loss<br><del>No</del> / Yes | Duration<br>28 days |
| Age                                  | Gender<br>Female / Male            | Sport and event              | Date of injury             | Competition / training                      | Code       | Onset - code                     | New - code          |
| Injury mechanism                     | Code                               | Injured body region          | Code                       | Injury type                                 | Code       | Time loss<br>No / Yes            | Duration<br>days    |
| Age                                  | Gender<br>Female / Male            | Sport and event              | Date of injury             | Competition / training                      | Code       | Onset - code                     | New - code          |
| Injury mechanism                     | Code                               | Injured body region          | Code                       | Injury type                                 | Code       | Time loss<br>No / Yes            | Duration<br>days    |
| Age                                  | Gender<br>Female / Male            | Sport and event              | Date of injury             | Competition / training                      | Code       | Onset - code                     | New - code          |
| Injury mechanism                     | Code                               | Injured body region          | Code                       | Injury type                                 | Code       | Time loss<br>No / Yes            | Duration<br>days    |
| Age                                  | Gender<br>Female / Male            | Sport and event              | Date of injury             | Competition / training                      | Code       | Onset - code                     | New - code          |
| Injury mechanism                     | Code                               | Injured body region          | Code                       | Injury type                                 | Code       | Time loss<br>No / Yes            | Duration<br>days    |

## 2. Illness – Example

Definitions and codes (see reverse)

|   |                                    |  |  |                             |            |
|---|------------------------------------|--|--|-----------------------------|------------|
| Age<br>27   | Gender<br><del>Female</del> / Male | Sport and event<br>Athletics, pole vault | Date of onset<br>24 <sup>th</sup> July | Organ system<br>Respiratory | Code<br>13 |
| Aetiology<br>Environmental - not exercise related | Code<br>3                          | New, recurrent or exacerbation code<br>1 | Time loss<br><del>No</del> / Yes       | Duration<br>2 days          |            |
| Age   | Gender<br>Female / Male            | Sport and event                          | Date of onset                          | Organ system                | Code       |
| Aetiology   | Code                               | New, recurrent or exacerbation code      | Time loss<br>No / Yes                  | Duration<br>days            |            |
| Age   | Gender<br>Female / Male            | Sport and event                          | Date of onset                          | Organ system                | Code       |
| Aetiology   | Code                               | New, recurrent or exacerbation code      | Time loss<br>No / Yes                  | Duration<br>days            |            |

## 3. Mental Health Problem(s) – Example

Definitions and codes (see reverse)

|  |                                    |  |                                  |  |               |
|--|------------------------------------|--|----------------------------------|--|---------------|
| Age<br>18  | Gender<br><del>Female</del> / Male | Sport and event<br>Swimmer, artistic     | Date of onset<br>2 July          | Mental health symptom(s)<br>Sleeping problems, performance anxiety | Code<br>11, 5 |
| Reason or most influential factor(s)<br>perceived failure, pressures | Code<br>6                          | New, recurrent or exacerbation code<br>1 | Time loss<br><del>No</del> / Yes | Duration<br>0 days   |               |
| Age  | Gender<br>Female / Male            | Sport and event                          | Date of onset                    | Mental health symptom(s)   | Code          |
| Reason or most influential factor(s)                                 | Code                               | New, recurrent or exacerbation code      | Time loss<br>No / Yes            | Duration<br>days   |               |
| Age  | Gender<br>Female / Male            | Sport and event                          | Date of onset                    | Mental health symptom(s)   | Code          |
| Reason or most influential factor(s)                                 | Code                               | New, recurrent or exacerbation code      | Time loss<br>No / Yes            | Duration<br>days   |               |

If space is not sufficient to report all injuries, illnesses or mental health problems, please use additional forms.

No new health problem in any athlete of our team today (any ongoing health problem has already been reported)

## Definitions and codes

**For injuries** (defined as tissue damage or other derangement of normal physical function due to participation in sports, resulting from rapid or repetitive transfer of kinetic energy)

### Competition or training

- |                                     |            |  |   |
|-------------------------------------|------------|--|---|
| 1 Competition, please specify event | 2 Training | 3 Peri-competition activities<br>(e.g. warm-up, cool-down) | 4 Unknown, or not specified<br>(e.g. gradual onset) |
|-------------------------------------|------------|--|---|

### Mode of onset

- |                             |                              |           |         |
|-----------------------------|------------------------------|-----------|---------|
| 1 Sudden after acute trauma | 2 Sudden but no acute trauma | 3 Gradual | 4 Mixed |
|-----------------------------|------------------------------|-----------|---------|

### Injury mechanism

- |  |   |  |
|--|---|--|
| 1 No identifiable single event<br>(repetitive transfer of energy, overuse) | 3 Direct contact with another athlete                             | 5 Direct contact with an object (e.g. ball, wall, ground, i.e. slipped and fell) |
| 2 Acute non-contact trauma   | 4 Following contact with another athlete (e.g. fall after a push) | 6 Following contact with an object   |

### Injured body region

- |                                    |             |                                |
|------------------------------------|-------------|--------------------------------|
| 1 Head                             | 7 Shoulder  | 13 Hip / groin                 |
| 2 Neck / cervical spine            | 8 Upper arm | 14 Thigh                       |
| 3 Chest (incl. chest organs)       | 9 Elbow     | 15 Knee                        |
| 4 Thoracic spine / upper back      | 10 Forearm  | 16 Lower leg / Achilles tendon |
| 5 Lumbosacral spine / buttock      | 11 Wrist    | 17 Ankle                       |
| 6 Abdomen (incl. abdominal organs) | 12 Hand     | 18 Foot                        |

### Injury type

- |                             |                                   |                                     |
|-----------------------------|-----------------------------------|-------------------------------------|
| 1 Concussion / brain injury | 10 Joint sprain / ligament tear   | 19 Contusion / bruise (superficial) |
| 2 Spinal cord injury        | 11 Chronic instability            | 20 Arthritis                        |
| 3 Peripheral nerve injury   | 12 Tendon rupture                 | 21 Bursitis                         |
| 4 Bone fracture             | 13 Tendinopathy                   | 22 Synovitis                        |
| 5 Bone stress injury        | 14 Muscle strain / rupture / tear | 23 Vascular damage                  |
| 6 Bone contusion            | 15 Muscle contusion               | 24 Stump injury                     |
| 7 Avascular necrosis        | 16 Muscle compartment syndrome    | 25 Dental injury                    |
| 8 Physis injury             | 17 Laceration                     | 26 Internal organ trauma            |
| 9 Cartilage injury          | 18 Abrasion                       | 27 Unknown, or not specified        |

**For illnesses** (defined as a complaint or disorder not related to injury or mental health)

### Organ system

- |                    |                            |                              |
|--------------------|----------------------------|------------------------------|
| 1 Cardiovascular   | 6 Urinary / gynaecological | 11 Otological                |
| 2 Dermatological   | 7 Haematological           | 12 Respiratory               |
| 3 Dental           | 8 Musculoskeletal          | 13 Thermoregulatory          |
| 4 Endocrinological | 9 Neurological             | 14 Unknown, or not specified |
| 5 Gastrointestinal | 10 Ophthalmological        |                              |

### Aetiology

- |                                    |   |                                     |
|------------------------------------|---|-------------------------------------|
| 1 Allergic                         | 5 Infection (viral, bacterial, parasitic) | 9 Degenerative or chronic condition |
| 2 Environmental - exercise-related | 6 Neoplasm                                | 10 Developmental anomaly            |
| 3 Environmental - non-exercise     | 7 Metabolic / nutritional                 | 11 Drug-related / poisoning         |
| 4 Immunological / inflammatory     | 8 Thrombotic / haemorrhagic               | 12 Unknown, or not specified        |

**For mental health problems** (defined as any adverse thought, feeling, behaviour and/or psychosomatic symptom that reduces an athlete's normal state of full mental health)

### Symptom or symptom cluster

- |  |  |   |
|--|--|---|
| 1 Depression                             | 10 Psychosomatic problems (e.g., unexplained pain, heart palpitations) | 17 Irritability, anger, or tension with people                      |
| 2 Generalised anxiety                    | 11 Obsessive-compulsive behaviours                                     | 18 Aggressive behaviour against others or objects (verbal/physical) |
| 3 Phobia (e.g. heights, flying, spiders) | 12 Excessive gaming behaviour  | 19 Social withdrawal  |
| 4 Performance anxiety                    | 13 Gambling or betting   | 20 Thoughts or actions of non-suicidal self-harm                    |
| 5 Panic attacks                          | 14 Alcohol or drug misuse  | 21 Suicidal thoughts, intentions, or actions                        |
| 6 Hyperactivity / agitation              | 15 Elation or euphoria for no reason and excessive energy              | 22 Other  |
| 7 Difficulties concentrating             | 16 Mood swings, other than bipolar disorder                            |   |
| 8 Eating problems                        |  |   |
| 9 Sleeping problems                      |  |   |

### Reason or most influential factor(s)

- |   |  |  |
|---|--|--|
| 1 Musculoskeletal injury                      | 7 Body weight, body shape or body image  | 12 Other aspects of sports environment   |
| 2 Concussion or other traumatic brain injury  | 8 Gender dysphoria   | 13 Social media or other media comments  |
| 3 Chronic pain                                | 9 Sport performance (e.g., perceived failure)  | 14 Alcohol or drug use                   |
| 4 Illness (e.g., cancer, thyroid dysfunction) | 10 Dissatisfaction with sport career   | 15 Transitioning, or retiring from sport |
| 5 Side effect of medication                   | 11 Behaviour of teammates, coach, trainer management, etc. (e.g., rivalry, bullying) | 16 Others, unknown, or not specified     |
| 6 Life outside of sport                       |  |  |

## For injuries, illnesses and mental health problems

### Sport and event

Please report the sport (e.g. athletics) AND specify the event (e.g. pole vault) if applicable.

### New, recurrent or exacerbation

- |   |  |
|---|--|
| 1 Newly incurred during the championships           | 3 Exacerbation of a stable (not recovered) condition |
| 2 Recurrent after full recovery and return-to-sport | 4 Unknown, or not specified                          |

### Time loss in sport due to injury, illness or mental health problem(s)

- No** Athlete continues to train or compete, even if not at usual level (duration, intensity, performance)  
**Yes** Athlete *did not finish* the training/competition when the health problem occurred OR could not participate in sport later

### Duration of impaired participation / limited performance in sport due to the health problem (in days)

Please provide an estimate of the number of days that the athlete will not be able to undertake his/her *normal training* or will not be able to *compete as usual*, counting the day **after** the onset of the health problem as day 1. If an athlete is **not** expected to return to sport after the health problem, please state the reason: F=Fatality, P=Permanent disability, R=Retirement or OR=Other reasons.