

## *A review of injury records and injury recording processes for Basketball NSW to develop evidence-based prevention strategies.*

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Basketball is the sixth most popular organised sport for people aged 15 and over. In NSW in 2005-6 over 98,000 people aged 15 and over reported participating in basketball (ABS, 2007). In that same year, 325 people in NSW were hospitalised as a result of basketball-related injuries (Mitchell, Boufos & Finch, 2008).

This research involved reviewing the injury records and injury recording processes for Basketball NSW to inform recommendations for developing evidence-based prevention strategies. To be effective, sports injury prevention strategies must be based on a sound understanding of injury trends in a particular sport, including the incidence and severity of injury, as well as the mechanism of injury (Van Mechelen, W. 1997).

### **Recommendations**

A review of injury records and injury recording processes for Basketball NSW revealed that there was a need to develop greater consistency and clearer procedures for associations to implement in recording injuries. This finding led to the development of a new injury reporting form. This revised injury reporting form will be distributed to all 100 associations within NSW with an accompanying memo on how and when to complete the form. Having a consistent form will assist Basketball NSW when reviewing future injury records.

Based on a risk management approach soft tissue injuries and concussion/head injuries were identified as the two key areas of focus for Basketball NSW in 2011.

As part of a broader Sports Safety campaign Basketball NSW will implement a variety of strategies in 2011. To promote better treatment for soft tissue injuries a RICER promotion will occur. This will include distribution of a poster and fact sheet to all 100 associations in NSW and relevant information being included on their website. See RICER resource appendix 2.

The strategies that will be implemented as part of the concussion/head injuries campaign is a 'Safe Return to play' after head injury promotion. This will involve distribution of a poster and factsheet (see appendix 3) to all associations, including relevant information on their website and the development of a head injury policy to support the resource.

As part of the overall safety campaign, Basketball NSW will start to encourage local responsibility from associations over injury recording and prevention. This will assist Basketball NSW in achieving the objective of an annual review of injury records which will link to the development of ongoing sports safety prevention strategies. To achieve this objective Basketball NSW are currently investigating allocating this activity to the job description of one of their staff.