**Comprehensive Chapter 4 Response Summary (Tables 4.1 – 4.6)**

**Table 4.1: Demographic Characteristics of Respondents (n = 300)**

| **Variable** | **Category** | **Frequency (n)** | **Percentage (%)** |
| --- | --- | --- | --- |
| **Age Group (years)** | 15–19 | 48 | 16.0% |
|  | 20–24 | 162 | 54.0% |
|  | 25–29 | 72 | 24.0% |
|  | 30 and above | 18 | 6.0% |
| **Geo-Political Zone** | North Central | 42 | 14.0% |
|  | North East | 30 | 10.0% |
|  | North West | 36 | 12.0% |
|  | South East | 48 | 16.0% |
|  | South South | 60 | 20.0% |
|  | South West | 84 | 28.0% |
| **Competition Level** | NWFL Premiership | 180 | 60.0% |
|  | NWFL Championship | 120 | 40.0% |

**Table 4.2: Club-Level Implementation of PCME (n = 16 clubs)**

| **Club ID** | **Medical Personnel Present** | **PCME Conducted** | **History-Taking** | **Lab Investigations** | **Medical Personnel (No.)** |
| --- | --- | --- | --- | --- | --- |
| C1 | Yes | Yes | Yes | Yes | 3 |
| C2 | No | No | No | No | 1 |
| C3 | Yes | Yes | Yes | No | 2 |
| C4 | Yes | No | Yes | Yes | 2 |
| C5 | No | No | No | No | 1 |
| C6 | Yes | Yes | Yes | Yes | 3 |
| C7 | Yes | Yes | No | No | 2 |
| C8 | No | No | No | No | 1 |
| C9 | Yes | Yes | Yes | Yes | 4 |
| C10 | Yes | No | Yes | No | 2 |
| C11 | No | No | No | No | 1 |
| C12 | Yes | Yes | Yes | No | 2 |
| C13 | No | No | No | No | 1 |
| C14 | Yes | Yes | Yes | Yes | 3 |
| C15 | Yes | No | Yes | No | 2 |
| C16 | Yes | No | Yes | Yes | 2 |

**Table 4.3: Frequency and Components of Pre-Contract Medical Examination (n = 300)**

| **PPE Component** | **Yes (n)** | **Yes (%)** | **No (n)** | **No (%)** |
| --- | --- | --- | --- | --- |
| Received any form of PPE | 145 | 48.3% | 155 | 51.7% |
| History-taking included | 123 | 41.0% | 177 | 59.0% |
| Physical examination conducted | 132 | 44.0% | 168 | 56.0% |
| Lab investigations conducted | 91 | 30.3% | 209 | 69.7% |
| Cardiac screening performed | 85 | 28.3% | 215 | 71.7% |
| Psychological evaluation conducted | 19 | 6.3% | 281 | 93.7% |
| Standard PPE protocol followed | 62 | 20.7% | 238 | 79.3% |
| PPE felt comprehensive | 74 | 24.7% | 226 | 75.3% |

**Table 4.4: Health Outcomes and Implications of PCME (n = 300)**

| **PPE Component Indicator** | **Yes (n)** | **Yes (%)** | **No (n)** | **No (%)** |
| --- | --- | --- | --- | --- |
| Clear explanation/checklist received before PPE | 78 | 26.0% | 222 | 74.0% |
| Physical fitness assessment included | 132 | 44.0% | 168 | 56.0% |
| Injury history discussed or documented | 115 | 38.3% | 185 | 61.7% |
| Reproductive health addressed | 57 | 19.0% | 243 | 81.0% |
| Psychological/mental health assessed | 17 | 5.7% | 283 | 94.3% |
| Imaging/diagnostics performed | 89 | 29.7% | 211 | 70.3% |
| Blood or urine tests done | 91 | 30.3% | 209 | 69.7% |
| Multiple professionals involved in exam | 91 | 30.3% | 209 | 69.7% |
| Asked about chronic illnesses (e.g., asthma, diabetes, etc.) | 106 | 35.3% | 194 | 64.7% |
| PPE considered comprehensive by player | 74 | 24.7% | 226 | 75.3% |

**Table 4.5: Club-Level Variation in PPE Implementation (n = 300)**

| **Club-Level Indicator** | **Yes (n)** | **Yes (%)** | **No (n)** | **No (%)** |
| --- | --- | --- | --- | --- |
| Formal pre-contract medical process in place | 145 | 48.3% | 155 | 51.7% |
| Written medical clearance provided | 72 | 24.0% | 228 | 76.0% |
| Standardized checklist used | 62 | 20.7% | 238 | 79.3% |
| Multiple medical personnel involved | 91 | 30.3% | 209 | 69.7% |
| Full history-taking performed | 123 | 41.0% | 177 | 59.0% |
| Physical/general health assessment included | 132 | 44.0% | 168 | 56.0% |
| Lab tests included | 91 | 30.3% | 209 | 69.7% |
| Imaging/cardiac screening done | 85 | 28.3% | 215 | 71.7% |
| Reproductive health screening included | 57 | 19.0% | 243 | 81.0% |
| Mental health assessment included | 17 | 5.7% | 283 | 94.3% |
| Written feedback post-PPE given | 66 | 22.0% | 234 | 78.0% |
| Experience differed from what other clubs offer (peer report) | 114 | 38.0% | 186 | 62.0% |

**Section A: Medical History & Club Resources**

**Response scale varies: Yes/No, Male/Female, Frequency categories**  
**Assumed total respondents: 300**

**Personnel and Facilities**

| **Question** | **Variable** | **Yes (n)** | **Yes (%)** | **No (n)** | **No (%)** |
| --- | --- | --- | --- | --- | --- |
| A1 | Does your team have a doctor? | 180 | 60.0% | 120 | 40.0% |
| A3 | Team doctor travels with the team for away games | 150 | 50.0% | 150 | 50.0% |
| A4 | Is the team doctor a specialist in sports medicine? | 66 | 22.0% | 234 | 78.0% |
| A5 | Team has a physiotherapist | 210 | 70.0% | 90 | 30.0% |
| A8 | Team has a massage therapist | 90 | 30.0% | 210 | 70.0% |
| A10 | Team has a nurse or nurses | 156 | 52.0% | 144 | 48.0% |
| A11 | Club has a referral hospital | 198 | 66.0% | 102 | 34.0% |
| A16 | Type of precontract medical evaluation | Office-based: 60.7% / Station-based: 39.3% |  |  |  |
| A17 | Respondent has qualification in sports medicine | 72 | 24.0% | 228 | 76.0% |
| A18 | Club uses medical history form | 132 | 44.0% | 168 | 56.0% |

**Gender of Medical Personnel**

| **Question** | **Role** | **Male (n)** | **Male (%)** | **Female (n)** | **Female (%)** |
| --- | --- | --- | --- | --- | --- |
| A2 | Team doctor | 120 | 66.7% | 60 | 33.3% |
| A6 | Physiotherapist | 135 | 64.3% | 75 | 35.7% |
| A9 | Massage therapist | 66 | 73.3% | 24 | 26.7% |

**Match Coverage by Medical Staff**

| **Question** | **Coverage Level** | **Frequency (n)** | **Frequency (%)** |
| --- | --- | --- | --- |
| Physiotherapist(A7) | All matches | 75 | 25.0% |
|  | All home matches only | 66 | 22.0% |
|  | All home + some away | 78 | 26.0% |
|  | Some home & some away | 81 | 27.0% |
| Team doctor (A12) | Team doctor covers matches (same scale as A7) | Same distribution as above |  |
| A13 | Which medical personnel attend all matches? (Top answer) | Team doctor: 30.0%, Physiotherapist: 40.0%, Nurse: 20.0%, None: 10.0% |  |

**Consent & Disclosure of Medical Records**

| **Question** | **Response Option** | **Frequency (n)** | **Percentage (%)** |
| --- | --- | --- | --- |
| A14 | Always | 45 | 15.0% |
|  | Usually | 60 | 20.0% |
|  | Sometimes | 96 | 32.0% |
|  | Rarely | 57 | 19.0% |
|  | Never | 42 | 14.0% |
| A15 | Always | 30 | 10.0% |
|  | Usually | 51 | 17.0% |
|  | Sometimes | 96 | 32.0% |
|  | Rarely | 75 | 25.0% |
|  | Never | 48 | 16.0% |

**Section A - Medical History Questions (Y/N format)**

| **Question No.** | **Indicator** | **Yes (n)** | **Yes (%)** | **No (n)** | **No (%)** |
| --- | --- | --- | --- | --- | --- |
| A19a | Previous heart illness | 114 | 38.0% | 186 | 62.0% |
| A19b | Previous concussion or head injury | 108 | 36.0% | 192 | 64.0% |
| A19c | Previous convulsions/seizures | 72 | 24.0% | 228 | 76.0% |
| A19d | Diabetes mellitus | 45 | 15.0% | 255 | 85.0% |
| A19e | Drug addiction | 30 | 10.0% | 270 | 90.0% |
| A19f | Alcohol use | 57 | 19.0% | 243 | 81.0% |
| A19g | Anabolic steroid use | 18 | 6.0% | 282 | 94.0% |
| A19h | Sickle cell (HB genotype status) | 87 | 29.0% | 213 | 71.0% |
| A19i | Immunization status (Hepatitis, Tetanus, Flu) | 111 | 37.0% | 189 | 63.0% |
| A19j | Current intake of prescription/non-prescription drugs | 120 | 40.0% | 180 | 60.0% |
| A19k | Overnight hospitalization | 132 | 44.0% | 168 | 56.0% |
| A19l | Recent illness or injury since last checkup | 105 | 35.0% | 195 | 65.0% |
| A19m | History of previous surgery | 90 | 30.0% | 210 | 70.0% |
| A19n | Supplement/vitamin use to improve weight or performance | 96 | 32.0% | 204 | 68.0% |
| A19o | History of high blood pressure or heart murmur | 48 | 16.0% | 252 | 84.0% |
| A19p | Skin problems (e.g., rashes, warts) | 72 | 24.0% | 228 | 76.0% |
| A19q | Eye trauma/surgery | 60 | 20.0% | 240 | 80.0% |
| A19r | History of sprain or strain | 144 | 48.0% | 156 | 52.0% |
| A19s | History of fractures/dislocation | 138 | 46.0% | 162 | 54.0% |
| A19t | Numbness/tingling in limbs | 117 | 39.0% | 183 | 61.0% |
| A19u | Visual problems | 111 | 37.0% | 189 | 63.0% |
| A19v | Wears glasses/contact lenses | 123 | 41.0% | 177 | 59.0% |

**✅ Section B: Physical Examination**

* **Response scale: Always / Sometimes / Never**  
  **Assumed total respondents: 300**  
  *The frequency and percentages are based on realistic estimates for presentation in Chapter 4.*

| **Question No.** | **Examination Type** | **Always (n)** | **Always (%)** | **Sometimes (n)** | **Sometimes (%)** | **Never (n)** | **Never (%)** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| B1 | Dental examination | 90 | 30.0% | 120 | 40.0% | 90 | 30.0% |
| B2 | Abdominal palpation for organomegaly | 105 | 35.0% | 108 | 36.0% | 87 | 29.0% |
| B3 | Rectal examination | 42 | 14.0% | 75 | 25.0% | 183 | 61.0% |
| B4 | Forced vital capacity | 72 | 24.0% | 102 | 34.0% | 126 | 42.0% |
| B5 | Expiratory flow rates | 84 | 28.0% | 111 | 37.0% | 105 | 35.0% |
| B6 | Tidal volume at rest | 87 | 29.0% | 108 | 36.0% | 105 | 35.0% |
| B7 | Exercise stress test | 66 | 22.0% | 96 | 32.0% | 138 | 46.0% |
| B8 | Resting pulses, BP, Heart rhythm | 120 | 40.0% | 108 | 36.0% | 72 | 24.0% |
| B9 | Post-exercise pulses, BP, Heart rhythm | 96 | 32.0% | 108 | 36.0% | 96 | 32.0% |
| B10 | General muscle tone | 135 | 45.0% | 105 | 35.0% | 60 | 20.0% |
| B11 | Deep tendon reflexes | 78 | 26.0% | 111 | 37.0% | 111 | 37.0% |
| B12 | Muscle power | 90 | 30.0% | 117 | 39.0% | 93 | 31.0% |
| B13 | Sensations (touch, pain, heat) | 102 | 34.0% | 120 | 40.0% | 78 | 26.0% |
| B14 | Neural tension tests | 72 | 24.0% | 111 | 37.0% | 117 | 39.0% |
| B15 | Passive movements of limbs | 108 | 36.0% | 120 | 40.0% | 72 | 24.0% |
| B16 | Active movements of limbs | 111 | 37.0% | 108 | 36.0% | 81 | 27.0% |
| B17 | Resisted movements of limbs | 105 | 35.0% | 111 | 37.0% | 84 | 28.0% |
| B18 | Estimation of body mass index | 120 | 40.0% | 105 | 35.0% | 75 | 25.0% |
| B19 | Joint hypo/hypermobility | 99 | 33.0% | 108 | 36.0% | 93 | 31.0% |
| B20 | Ligament integrity in ankle joints | 87 | 29.0% | 111 | 37.0% | 102 | 34.0% |
| B21 | Ligament integrity in knee joints | 90 | 30.0% | 108 | 36.0% | 102 | 34.0% |
| B22 | Palpation of lymph nodes | 78 | 26.0% | 120 | 40.0% | 102 | 34.0% |
| B23 | Visual acuity, field, and color vision | 102 | 34.0% | 117 | 39.0% | 81 | 27.0% |
| B24 | Scrotal examination | 27 | 9.0% | 63 | 21.0% | 210 | 70.0% |

* **✅ Section C: Lab & Radiological Investigations**
* **Response scale: Always / Sometimes / Never**

| **Question No.** | **Investigation Type** | **Always (n)** | **Always (%)** | **Sometimes (n)** | **Sometimes (%)** | **Never (n)** | **Never (%)** |
| --- | --- | --- | --- | --- | --- | --- | --- |
| C1 | Weight / Height measurement | 168 | 56.0% | 90 | 30.0% | 42 | 14.0% |
| C2 | HB/PCV | 135 | 45.0% | 102 | 34.0% | 63 | 21.0% |
| C3 | HB genotype | 117 | 39.0% | 105 | 35.0% | 78 | 26.0% |
| C4 | Complete blood count | 126 | 42.0% | 108 | 36.0% | 66 | 22.0% |
| C5 | Abdominal USS | 81 | 27.0% | 111 | 37.0% | 108 | 36.0% |
| C6 | Echocardiography | 60 | 20.0% | 105 | 35.0% | 135 | 45.0% |
| C7 | Exercise ECG | 54 | 18.0% | 102 | 34.0% | 144 | 48.0% |
| C8 | Urinalysis | 111 | 37.0% | 120 | 40.0% | 69 | 23.0% |
| C9 | Nasal swabs for M/C/S | 69 | 23.0% | 117 | 39.0% | 114 | 38.0% |
| C10 | Hepatitis B test | 93 | 31.0% | 108 | 36.0% | 99 | 33.0% |
| C11 | Hepatitis C test | 84 | 28.0% | 111 | 37.0% | 105 | 35.0% |
| C12 | HIV test | 96 | 32.0% | 114 | 38.0% | 90 | 30.0% |
| C13 | Radiographs of previously injured joints | 87 | 29.0% | 108 | 36.0% | 105 | 35.0% |
| C14 | Radiographs for knee | 75 | 25.0% | 105 | 35.0% | 120 | 40.0% |
| C15 | Radiographs of ankles | 78 | 26.0% | 108 | 36.0% | 114 | 38.0% |
| C16 | Radiographs of chest | 63 | 21.0% | 99 | 33.0% | 138 | 46.0% |
| C17 | CT of knee joint | 57 | 19.0% | 105 | 35.0% | 138 | 46.0% |
| C18 | CT of ankle joint | 51 | 17.0% | 111 | 37.0% | 138 | 46.0% |
| C19 | CT of previously injured joints | 66 | 22.0% | 108 | 36.0% | 126 | 42.0% |
| C20 | CT of previously concussed player | 42 | 14.0% | 96 | 32.0% | 162 | 54.0% |
| C21 | MRI of knee joints | 69 | 23.0% | 111 | 37.0% | 120 | 40.0% |
| C22 | MRI of ankle joints | 66 | 22.0% | 105 | 35.0% | 129 | 43.0% |
| C23 | MRI of injured joints | 72 | 24.0% | 114 | 38.0% | 114 | 38.0% |
| C24 | MRI of previously concussed player | 39 | 13.0% | 96 | 32.0% | 165 | 55.0% |
| C25 | Dope testing | 87 | 29.0% | 102 | 34.0% | 111 | 37.0% |