

# Concussion Symptom Checklist

**Patient's full name:**

**Patient's date of birth:**

**Patient's contact information:**

**Date and time of injury:**

**Date and time of assessment:**

**Where and how did the injury occur?**

**Description of their injury:**

**Instructions:** Below is a checklist of concussion symptoms divided into four categories. Please observe the patient for 30 to 40 minutes. Tick the relevant signs and symptoms between the intervals indicated below.

After that, please tick the relevant danger signs.

If they have at least one sign or symptom, especially a danger sign, it's best to conduct a full examination to determine if they have a concussion.

Observed Signs	0 Minutes	15 Minutes	30 Minutes	_____ Minutes (Just prior to leaving)
Appears dazed or stunned	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Is confused about events	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Repeats questions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Answers questions slowly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Can't recall events prior to the hit, bump, or fall	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Can't recall events after the hit, bump, or fall	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Loses consciousness (even briefly)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Shows behavior or personality changes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Forgets class schedule or assignments	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Physical Symptoms</b>				
Headache or "pressure" in the head	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Nausea or vomiting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Balance problems or dizziness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Fatigue or feeling tired	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Blurry or double-vision	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sensitivity to light	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sensitivity to noise	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Numbness or tingling	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Does not "feel right"	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Cognitive Symptoms</b>				
Difficulty thinking clearly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Difficulty concentrating	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Difficulty remembering	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Feeling more slowed down than usual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Feeling sluggish, hazy, foggy, or groggy	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<b>Emotional Symptoms</b>				
Irritable	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Sad	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
More emotional than usual	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Nervous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

**Danger signs:**

Be alert for symptoms that worsen over time. The student should be seen in an emergency department right away if she or he has one or more of these danger signs:

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)