

Head Impact Signs and Symptoms Checklist

Student's Name _____ Student's Grade _____ Date/Time of Injury _____

Where and How Injury Occurred: (Be sure to include cause and force of the hit or blow to the head) _____

Description of Injury: (Include information about any loss of consciousness and for how long, memory loss, or seizures following the injury, or previous concussions, if any. See the section on Danger Signs on the back of this form)

Directions:

Use this checklist to monitor students who come to your office following a head impact event. Students should be monitored for a minimum of 30 minutes. Check for signs or symptoms when the student first arrives in the health room, 15 minutes later, and at the end of 30 minutes.

Students who experience one or more of the signs or symptoms of a concussion after a bump, blow, or jolt to the head should be referred to a health care professional with experience in evaluating for a concussion. For those instances when a parent is transporting the student to a health care professional, observe the student for any new or worsening symptoms right before the student leaves.

Send a copy of this checklist with the student for the health care professional to review.



	0 MINUTES	15 MINUTES	30 MINUTES	<input type="checkbox"/> MINUTES Just prior to leaving
OBSERVED SIGNS				
Appears dazed or stunned				
Is confused about events				
Repeats questions				
Answers questions slowly				
Cannot recall events prior to the hit, bump or fall				
Cannot recall events after the hit, bump or fall				
Loses consciousness (even briefly)				
Shows behavior or personality changes				
Forgets class schedule or assignments				
PHYSICAL SYMPTOMS				
Headache or "pressure" in head				
Nausea or vomiting				
Balance problems or dizziness				
Fatigue or feeling tired				
Blurry or double vision				
Sensitivity to light				
Sensitivity to noise				
Numbness or tingling				
Does not "feel right"				
COGNITIVE SYMPTOMS				
Difficulty thinking clearly				
Difficulty concentrating				
Difficulty remembering				
Feeling more slowed down				
Feeling sluggish, hazy, foggy, or groggy				
EMOTIONAL SYMPTOMS				
Irritable				
Sad				
More emotional				
Nervous				

Head Impact Checklist

Danger Signs:

Be alert for symptoms that worsen over time. The student should be seen in an emergency department right away if s/he has:

- 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)

Additional Information About this Checklist:

This checklist is also useful if a student appears to have sustained a head injury outside of school or on a previous school day. In such cases, be sure to ask the student about possible sleep symptoms. Drowsiness, sleeping more or less than usual, or difficulty falling asleep may indicate a concussion.

To maintain confidentiality and ensure privacy, this checklist is intended only for use by appropriate school professionals, health care professionals, and the student's parent(s) or guardian(s).

Resolution of Injury:

- Student returned to class
- Student sent home
- Student referred to health care professional with experience in evaluating concussions

Signature and title of person completing this form:

Notes: