

Concussion: Signs and Symptoms Checklist

STUDENT NAME:

GRADE:

DATE & TIME OF INJURY:

Description of Injury (including where and how the injury occurred):

Resolution

Returned to Class

Sent Home

Referred to Healthcare Professional

Name/Signature of person completing this form:

Title of person completing this form:

Comments:

Directions for school staff:

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

Students who experience one or more of the signs or symptoms of concussion after a bump, blow, or jolt to the head should be referred to a healthcare professional with experience in evaluating for concussion. For those instances when a parent is coming to take the student to a healthcare 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 HEALTHCARE PROFESSIONAL TO REVIEW

Concussion Signs and Symptoms	0 Min	15 Min	30 Min	Other Time (i.e., prior to leaving)
Please specify time (e.g., 12:00 PM):				
Appears dazed, stunned, or confused about events				
Repeats questions or answers questions slowly				
Can't recall events prior to or after the hit, bump, or fall				
Loses consciousness (even briefly)				
Shows behavior or personality changes				
Forgets class schedule or assignments				
Headache or 'pressure' in head				
Nausea or vomiting				
Balance problems or dizziness				
Fatigue or feeling tired				
Blurry or double vision				
Sensitivity to light or noise				
Doesn't 'feel right'				
Difficulty thinking clearly, concentrating, remembering				
Feeling more slowed down than usual				
Feeling sluggish, hazy, foggy, or groggy				
More emotional than usual (irritable, sad, nervous)				
No signs or symptoms observed				

Reference: Centers for Disease Control and Prevention. (2019). Concussion signs and symptoms checklist: <https://www.cdc.gov/headsup/schools/nurses.html>

ADA Compliant: 11/12/2021

Parent Notification of Head Injury During School Hours

Instructions to Parent/Guardian:

This document serves to notify you that your student has had a bump to the head today at school. Please refer to the attached checklist to see what signs and symptoms were observed at school.

All bumps to the head are serious, even minor bumps can result in a concussion. The school cannot diagnose a concussion - only a qualified healthcare provider can diagnose a concussion. **If you have any concerns about unusual behavior of your student following any trauma to the head, you should take your student to a healthcare provider experienced in evaluating for concussion.**

A concussion is caused by a bump, blow, or jolt to the head. Concussions can also occur from a fall or blow to the body that causes the head to move rapidly back and forth. Even what seems to be a mild bump to the head can be serious. Be alert for ANY of the following signs and symptoms and contact a qualified healthcare provider with any concerns.

SIGNS OBSERVED BY OTHERS

- Appears dazed or stunned
- Is confused about events
- Answers questions slowly
- Repeats questions
- Forgets class schedule or assignments
- Can't recall events prior to hit, bump, or fall
- Can't recall events after hit, bump, or fall
- Loses consciousness (even briefly)*
- Shows behavior or personality changes

SIGNS REPORTED BY STUDENT

- Difficulty thinking clearly
- Feeling more slowed down
- Headache or 'pressure' in the head
- Balance problems or dizziness
- Blurry or double vision
- Drowsy
- Irritable
- Sad
- Difficulty concentrating or remembering
- Feeling sluggish, hazy, foggy, or groggy
- Nausea or vomiting
- Fatigue or feeling tired
- Sensitivity to light or noise
- Does not 'feel right'
- More emotional than usual
- Nervous

DANGER SIGNS: Be alert for any symptoms that worsen over time. The student should be seen in an emergency department right away if they have one of more of these danger signs.

** If school staff observe any danger signs, they will call EMS/911*

- One pupil less responsive than the other
- Headache that gets worse and does not go away
- Repeated vomiting or nausea
- Convulsions or seizures
- Increasing confusion, restlessness, or agitation
- Loss of consciousness (even briefly should be taken seriously)
- Drowsiness or cannot be awakened
- Weakness, numbness, or decreased coordination
- Slurred speech
- Difficulty recognizing people or places unusual behavior