

Sample Tool to Identify a Suspected Concussion

This sample tool is to be completed by school staff and shared with parents/guardians after a concussion-related incident has been observed and/or reported.

Step 1: Check for red flags. (Check all that apply.)

If red flags are identified call 911 immediately.

- Increased confusion or deteriorating conscious state (becoming less responsive, drowsy)
- Increasingly restless, agitated, or combative
- Loss of consciousness or responsiveness
- Loss of vision or double vision
- Neck pain or tenderness
- Repeated vomiting
- Seizure or convulsion
- Severe or increasing headache
- Weakness or numbness/tingling/burning in arms or legs
- Visible deformity of the skull

Step 2: Check for visible clues (signs) and symptoms, and conduct a quick memory assessment.

2a. Visible clues (signs) (Check all that apply.)

- Dazed, blank, or vacant look
- Disorientation or confusion, staring or limited responsiveness, or an inability to respond appropriately to questions
- Facial injury
- Falling unprotected to the playing surface
- Lying motionless on the playing surface (no loss of consciousness)
- Slow to get up after a direct or indirect hit to the head
- Unsteady on feet/balance problems or falling over/ poor coordination/ wobbly

2b. Concussion symptoms (Check all that apply.)

Physical Symptoms

- Balance problems
- Blurred vision
- Dizziness
- "Don't feel right"
- Drowsiness
- Fatigue or low energy
- Headache
- Nausea or vomiting
- "Pressure in head"
- Sensitivity to light

Sensitivity to noise

Changes in Emotion

More emotional

More irritable

Sadness

Nervous or anxious

Changes in Thinking

Difficulty concentrating and/or remembering

Feeling slowed down

Feeling like “in a fog”

2c. Orientation/awareness questions Questions may need to be modified to meet the needs of the situation/activity/sport, the age and ability of the student, and/or the first/most understood language of the student. Record student responses.

Is it before or after lunch?

Where are we today?

What activity/sport/game are we playing now?

What field are we playing on today?

What is the name of your Teacher/Coach?

What room are we in right now?

What school do you go to?

Step 3. Teacher/supervisor/coach observes a suspected concussion-related incident.

Even though no red flags (Step 1), visible clues, or symptoms observed or reported, and the student correctly answered all orientation/awareness questions (Step 2), a concussion is suspected.