## Sanford Sports Concussion Program Pocket Card: Health Care Provider

### Concussion Symptom Inventory

*Have the athlete rate each symptom from 0-6*

<table>
<thead>
<tr>
<th>Severity</th>
<th>none</th>
<th>mild</th>
<th>moderate</th>
<th>severe</th>
</tr>
</thead>
<tbody>
<tr>
<td>Headache</td>
<td></td>
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<tr>
<td>Nausea</td>
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<tr>
<td>Balance problems/dizziness</td>
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<tr>
<td>Fatigue</td>
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<tr>
<td>Drowsiness</td>
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<tr>
<td>Feeling like “in a fog”</td>
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<tr>
<td>Difficulty concentrating</td>
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<tr>
<td>Difficulty remembering</td>
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<tr>
<td>Sensitivity to light</td>
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<tr>
<td>Sensitivity to noise</td>
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<tr>
<td>Blurred vision</td>
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<tr>
<td>Feeling slowed down</td>
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</tbody>
</table>

**Other symptoms evident since injury?**

### Modified Maddocks Questions

*Ask the athlete the following:*

- Where are we playing today?
- Which half/period is it now?
- Who scored last in this game/match?
- What team did we play last week/game?
- Did we win the last game/match?
Retrograde Memory

Ask the athlete the following:
• What were you doing just prior to getting hit/injured?
• Do you remember what happened or how you got hit/injured?
• Do you recall how you got from the field/court to the sideline?

Immediate Memory

Ask the athlete to repeat 5 words:
• Elbow – Apple – Carpet – Saddle – Bubble
or
• Candle – Paper – Sugar – Sandwich – Wagon

Concentration

Ask the athlete to repeat these numbers backwards:
• 4-9-3 [394 is correct], 3-8-1-4 [4183], 6-2-9-7-1 [17926]

Balance

Have athlete stand heel-to-toe with eyes closed, and hands on hips, for 20 seconds while trying to maintain stability (Non-dominant foot in back).

Delayed Recall

Ask the athlete to repeat the 5 words:
• Elbow – Apple – Carpet – Saddle – Bubble
or
• Candle – Paper – Sugar – Sandwich – Wagon

RED FLAGS – If any of the following signs and/or symptoms are present, immediately activate Emergency Medical Service EMS (Dial 911), so the athlete can be promptly taken to the nearest Emergency Department.
• Headache that worsens
• Seizure
• Looks very drowsy or can’t be awakened
• Repeated vomiting
• Slurred speech
• Can’t recognize people or places
• Increasing confusion or irritability
• Weakness or numbness in arms or legs
• Unusual behavior change
• Any loss of consciousness greater than 30 seconds

Any athlete with a suspected concussion should not be allowed to return to play on the same day!