

Sanford Sports Concussion Program Pocket Card: Health Care Provider

Concussion Symptom Inventory

Have the athlete rate each symptom from 0-6

| | none | mild | | moderate | | severity | |
|--------------------------------------|------|------|---|----------|---|----------|---|
| Severity | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Headache | | | | | | | |
| Nausea | | | | | | | |
| Balance problems/ dizziness | | | | | | | |
| Fatigue | | | | | | | |
| Drowsiness | | | | | | | |
| Feeling like "in a fog" | | | | | | | |
| Difficulty concentrating | | | | | | | |
| Difficulty remembering | | | | | | | |
| Sensitivity to light | | | | | | | |
| Sensitivity to noise | | | | | | | |
| Blurred vision | | | | | | | |
| Feeling slowed down | | | | | | | |
| 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!