

Symptom Monitoring Tools¹:

Post-concussion Symptom Monitoring Tool

The following two Post-concussion monitoring tools are offered to help school personnel monitor a student's symptoms and academic progress in order to identify needs.

The Post-concussion Symptom Monitoring Tool is designed to rate the severity of 22 common post-concussion symptoms. This tool is recommended to be used twice weekly in the first two weeks upon school reentry and weekly after that. The school nurse should consider assessing the student using this tool at different times of the day to better understand the student's fatigue levels throughout the day. Often symptoms are worse later in the day. A completed version of this tool can be faxed to the student's physician or health care provider to facilitate communication.

A downloadable version of this tool can be found at:

www.mass.gov/sportsconcussion

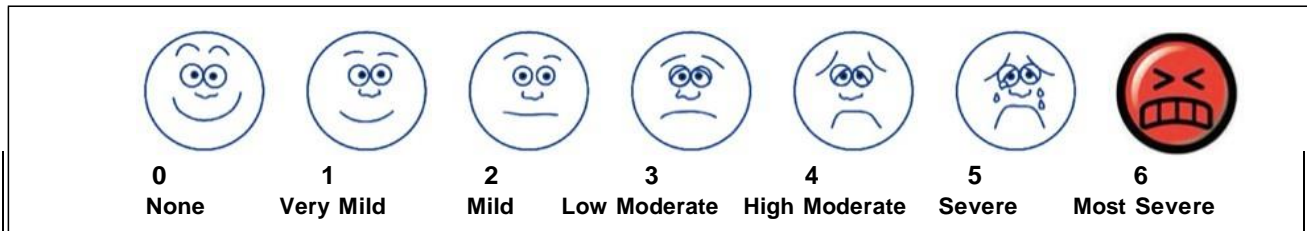
Name: _____

Grade: _____

Today's Date: _____

Current Time: _____

Directions: Using the 0-6 rate scale provided, please rate the symptoms below that you have had today or over the past few days.



SYMPTOMS	RATING
Headache	
"Pressure in head"	
Neck pain	
Nausea or Vomiting	
Dizziness	
Blurred vision	

¹ Courtesy of Brain Injury Association of Massachusetts

Balance problems	
Sensitivity to light	
Sensitivity to noise	
Feeling Slowed Down	
Feeling Like "in a fog"	
"Don't feel right"	
Difficulty concentrating	
Difficulty remembering	
Fatigue or Low Energy	
Confusion	
Drowsiness	
Trouble Falling Asleep	
More Emotional	
Irritability	
Sadness	
Nervous or Anxious	