## Symptom Monitoring Tools[[1]](#footnote-1):

### 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*](http://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.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **0** | **1** | **2** | **3 4 5** | **6** |
| **None** | **Very Mild** | **Mild** | **Low Moderate High Moderate Severe** | **Most Severe** |



|  |  |
| --- | --- |
| **SYMPTOMS** | **RATING** |
| Headache |  |
|  “Pressure in head” |  |
| Neck pain |  |
| Nausea or Vomiting |  |
| Dizziness |  |
| Blurred vision |  |
| 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 |  |

1. Courtesy of Brain Injury Association of Massachusetts [↑](#footnote-ref-1)