

Grade I	Confusion, change in mental status, concussion symptoms for less than 15 min. No loss of consciousness	Examine every 5 min. If well by 15 min., return to play. If 2nd grade I same day, out for 1 week
Grade II	Confusion, change in mental status, concussion symptoms for greater than 15 min. No loss of consciousness	Remove from play. Monitor--if symptoms worsen, send to ER. Return 1 week if ok by dr. If grade II occurs after grade I same day, return 2 weeks
Grade III	ANY loss of consciousness, persistent symptoms: double vision, amnesia surrounding the event, weakness, <i>severe</i> headache, vomiting	SEND TO ER. If patient refuses, remove from play, return when symptom free for 2 weeks and ok by dr. If 2nd grade III, no play for 1 month

Warn patient of late (days to weeks) symptoms: persistent dull headache, dizzy, poor memory/concentration, fatigue, irritability, intolerance bright lights/loud noise, anxiety, sleep disturbance. **If symptoms worsen, go to doctor/ER. Always follow-up with medical doctor within 1 week, sooner if grade II or III.** *Adapted from the American Academy of Neurology guidelines, 1997*

SIDELINE CONCUSSION EXAM

Orientation: Date place person what happened

Symptoms: Headache/dizziness/nausea or vomiting/ **feels “out of it”/ LOC?**

***Concentration:** Repeat series numbers backwards. Go to next string length if correct on 1st try. **Grade I’s will miss strings of 5-6; normal should not.** 382, 518, 2793, 2168, 51869, 94175, 697351, 428937. Alternative: Months of the year in reverse order.

***Immediate recall:** Name 5 words/objects and then patient to repeat all 5 back

***Delayed recall:** Can recall above words after 5 minutes

Quick exam: Vacant stare? **Slow to follow instructions, respond questions?**

Emotions out of proportion to events? Patient to touch finger to his nose and your finger as fast as possible; heel-toe (“drunk test”) walk.

Provocative tests: 40 yard sprint, 5 push-ups, 5 sit-ups, or similar exertion produce symptoms?

LOC = loss of consciousness

*most reliable tests for mild (Grade I) concussion

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