



POST-CONCUSSIVE SYMPTOMATOLOGY CHECKLIST



FOR PRIMARY HEALTHCARE PROVIDERS

If your patient has been involved in an accident where there has been an injury to the brain (including whiplash injury as well as an injury from a blow to the head), the symptoms below may occur either initially or after a period of time (particularly noticeable when the patient attempts to return to work or school).

Neuromedical

Headaches

- Musculoskeletal (*most common type*)
 - Cervical Injuries
 - Tension
- Craniomandibular/Temporomandibular
- Neuroma/Neuralgia of an occipital nerve
- Vascular or Mixed
- Dysautonomic Cephalgia (*rare*)

Olfactory Problems

- Diminished taste and smell

Vestibular/Balance Problems

- Dizziness
- Vertigo

Auditory Disturbance

- Tinnitus
- Hearing Loss
- Noise sensitivity

Visual Disorder

- Blurred vision
- Diplopia
- Convergence & accommodation insufficiency
- Light sensitivity

Sleep Disturbances

Pain Issues

Behavioral-Emotional

■ Irritability

- Anxiety
- Depression
- Personality change
- Fatigue
- Incoordination
- Disinhibition
- Social isolation
- Avoidance of crowds
- Low frustration tolerance

■ Loss of emotional control

- (*temper*)
- Alcohol intolerance
- Lethargy
- Fluctuation in mood and behavior
- Decreased libido
- Eating disorders
- Emotional lability (*overreacts, cries easily*)

■ Egocentrism

- Impulsivity
- Denial
- Paranoia
- Obsessional disorder
- Lack of motivation
- Social immaturity
- Dependency
- Excessive talking
- Agitation

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Communication Impairments

(partial listing)

- Difficulty maintaining topic
- Poor listening
- Vague/unclear language
- Changes in reading
- Changes in writing abilities
- Word retrieval problems
- Difficulty following conversations for extended periods of time
- Hyperverbal speech

Cognitive Impairments

(partial listing)

- Memory difficulties
- Impaired concentration and attention
- Slowing of reaction time
- Slowing of mental processing speed
- Loss of judgment
- Decreased ability to think abstractly
- Difficulty learning new information
- Organization difficulties
- Indecisiveness
- Impaired executive functions *(i.e. initiation, planning, sequencing, following through, etc.)*
- Cognitive fatigue

Rare Symptomatology

- Subdural and epidural hematomas
- Seizures
- Transient global amnesia
- Tremor
- Dystonia

If any of these symptoms are present and persist for a period of time, your patient may have post-concussive disorder or post-concussive syndrome which will impact on his/her daily functioning and return to work or school.

It may be in your client's best interest to refer him/her to a Physical Medicine and Rehabilitation Physician or a rehabilitation professional experienced in traumatic brain injury – for example, a Board-certified Neuropsychologist or Certified Speech-Language Pathologist.

FOR MORE INFORMATION: Please call the **BRAIN INJURY ASSOCIATION OF ARIZONA**

(602) 323-9165 Info Line / 1-888-500-9165 Toll-Free Info Line

<http://www.biaaz.org>

*For additional copies of this publication or to obtain the information in an alternative format, contact the Arizona Governor's Council on Spinal & Head Injuries at **voice:** (602)863-0484 or **TTY:** through Arizona Relay Service.*