



ImPACT™

The Best Approach To Concussion Management

Concussion Signs and Symptoms Evaluation

Signs observed by staff

- appears to be dazed or stunned
- is confused about assignment
- forgets plays
- is unsure of game, score, or opponent
- moves clumsily
- answers questions slowly
- loses consciousness *(even temporarily)*
- shows behavior or personality change
- forgets events prior to hit *(retrograde)*
- forgets events after hit *(anterograde)*

Symptoms reported by athlete

- headache
- nausea
- balance problems or dizziness
- double or fuzzy vision
- sensitivity to light or noise
- feeling sluggish
- feeling "foggy"
- change in sleep pattern
- concentration or memory problems

Symptoms may worsen with exertion.

Athlete should not return to play until symptom-free.

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On-field Cognitive Testing

Orientation

Ask the athlete the following questions.

What stadium is this?

What month is it?

What city is this?

What day is it?

Who is the opposing team?

Anterograde amnesia

Ask the athlete to repeat the following words.

Girl, dog, green

Retrograde amnesia

Ask the athlete the following questions.

What happened in the prior quarter/period?

What do you remember just prior to the hit?

What was the score of the game prior to the hit?

Do you remember the hit?

Concentration

Ask the athlete to do the following.

Repeat the days of the week backward (starting with today).

Repeat these numbers backward:

63 (*36 is correct*)

419 (*914 is correct*)

Word list memory

Ask the athlete to repeat the three words from earlier.

(Girl, dog, green)

Any failure should be considered abnormal.

Consult a physician following a suspected concussion.