Logo

Description automatically generated**Concussion Symptom Checklist**

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_\_\_

Instructions: For each item please indicate how much the symptom has bothered you over the ***past 2 days***

OCAMP

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Symptoms** | | **none** | **mild** | | **moderate** | | **severe** | |
| **Physical** | Headache | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Nausea | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Vomiting | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Balance Problem | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Dizziness | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Visual Problems | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Fatigue | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Sensitivity to Light | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Sensitivity to Noise | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Numbness/Tingling | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Pain other than Headache | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| **Thinking** | Feeling Mentally Foggy | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Feeling Slowed Down | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Difficulty Concentrating | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Difficulty Remembering | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| **Sleep** | Drowsiness | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Sleeping Less than Usual | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Sleeping More than Usual | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Trouble Falling Asleep | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| **Emotional** | Irritability | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Sadness | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Nervousness | 0 | 1 | 2 | 3 | 4 | 5 | 6 |
| Feeling More Emotional | 0 | 1 | 2 | 3 | 4 | 5 | 6 |

**Exertion:** Do these symptoms worsen with:

Physical Activity m Yes m No m Not applicable Thinking/Cognitive Activity m Yes m No m Not applicable

**Overall Rating:** How different is the person acting compared to his/her usual self?

Same as Usual 0 1 2 3 4 5 6 Very Different

**Activity Level:** Over the past two days, compared to what I would typically do, my level of activity has been \_\_\_\_\_\_% of what it would be normally.

Oregon Concussion Awareness and Management Program