



MILD TRAUMATIC BRAIN INJURY (MTBI) SYMPTOM CHECKLIST FOR CHILDREN AND ADOLESCENTS

Most individuals make a rapid and complete recovery following a concussion or mild TBI. This list includes some problems that sometimes arise in the days following a concussion or mild traumatic brain injury. Observe your child in everyday activities and talk with your child's teacher(s) about their performance and behavior at school. Check off items as they occur and bring this list with you to your child's follow-up doctor's visit. These items may indicate functional difficulties related to concussion. You or your doctor can call the UVA Neuropsychology Laboratory at 434-924-2718 if you have any questions or concerns.

CHANGES AT SCHOOL

- Difficulty copying from the board
- Difficulty organizing and turning in schoolwork
- Decreased attention span in class
- Difficulty following school schedule or classroom routine
- Difficulty handling new situations, (i.e. gets angry, doesn't know what to do)
- Decreased ability to handle anger towards peers or adults
- Easily distracted from a task
- Forgetting assignments or other tasks
- Difficulty finishing assignments, even when plenty of time was given.
- Difficulty shifting attention from one person, object, or task to another.

CHANGES IN COMMUNICATING AND INTERACTING

- Gets angry more than usual
- Difficulty putting ideas into words
- Difficulty following instructions
- Increase in fights with siblings and/or friends
- Easily irritated or frustrated
- Decreased patience or shorter temper
- Enjoys things less or lack of motivation
- Difficulty remembering things or names
- Depressed mood or feeling down
- Increased anxiety

PHYSICAL CHANGES

- Increase in number of or intensity of headaches
- Blurry vision or double vision
- Dizziness
- Nausea
- Difficulty keeping balance
- Numbness or tingling in arms or legs
- Fatigue
- Falls down more often
- Sleeping too much or inability to sleep
- Ringing in ears