

Exhibit – Head Injury Assessment Form

Dear Parent:
 Today, while at school, your child received or reported an accidental bump, jolt or hit to their head and/or neck. This sheet provides our assessment from today and additional information on signs and symptoms to watch for that may indicate the need for further follow-up with your child’s healthcare provider **(additional important information on the back of this form).**

Student Name: _____ Date: _____

School: _____ Teacher/grade: _____

Where and How Injury Occurred: _____

Appearance of Injury: _____

Witnesses: _____

Student assisted to nurse’s office by: _____

Nursing Assessment Findings *(Checked items indicate positive findings)*

| <u>Observations</u> | <u>Physical Assessment</u> | <u>Subjective Assessment</u> |
|--|--|--|
| <input type="checkbox"/> Loss of consciousness (even briefly) <input type="checkbox"/> Answers questions slowly, repeats questions <input type="checkbox"/> Disoriented <input type="checkbox"/> Unable to recall events before/after injury <input type="checkbox"/> Dizziness/Unsteady on feet <input type="checkbox"/> Appears dazed, stunned, or confused | <input type="checkbox"/> Vomiting <input type="checkbox"/> Abnormal PERRLA <input type="checkbox"/> Abnormal bilateral grip strength | <input type="checkbox"/> Blurred/double vision <input type="checkbox"/> Headache <input type="checkbox"/> Sensitivity to light/noise <input type="checkbox"/> Nausea <input type="checkbox"/> Dizziness/Balance problem <input type="checkbox"/> Fatigue or feeling tired |

Treatment

| | |
|---|--|
| _____ Nurse assessment _____ Ice _____ Teacher informed _____ Abrasion washed/bandaged | _____ Observation _____ Other: _____ _____ |
|---|--|

Adopted: April 15, 2026
 Reviewed: March 2026
 Amended:

Follow-up Communication/Interventions

- _____ Parent notification/Spoke with: _____
- _____ Unable to contact parent/message left with: _____
- _____ Student returned to class
- _____ Student sent home
- _____ Healthcare Provider evaluation recommended
- _____ 911 called/Released to EMS
- _____ Other: _____

Name/credentials of person completing form: _____

Important: *Due to the inconsistent nature of head injuries, children who have received even what is seemingly a slight bump on the head should be closely observed for at least 24 hours after the incident occurs. Signs and symptoms of a concussion can show up right after the injury or may not appear until days or weeks after the injury (**additional important information on the back of this form**).*

WHAT IS A CONCUSSION? What every parent should know:

A concussion is a type of traumatic brain injury. Concussions are caused by a bump or blow to the head. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. You can’t see a concussion. Signs and symptoms of concussion can show up right after the injury or may not appear or be noticed until days or weeks after the injury. If your child reports any symptoms of concussion, or if you notice the symptoms yourself, seek medical attention right away.

DANGER SIGNS

Be alert for symptoms that worsen over time. **Your child or teen should be seen in an emergency department right away if they have:**

- One pupil (the black part in the middle of the eye) larger than the other
- Drowsiness or cannot be awakened
- A headache that gets worse and does not go away
- Weakness, numbness, or decreased coordination
- Repeated vomiting or nausea
- Slurred speech
- Convulsions or seizures
- Difficulty recognizing people or places
- Increasing confusion, restlessness, or agitation
- Unusual behavior
- Loss of consciousness (even a brief loss of consciousness should be taken seriously)

WHAT SHOULD YOU DO IF YOU THINK YOUR CHILD HAS A CONCUSSION?

1. **Seek medical attention right away.** A health care provider will be able to determine if your child has had a concussion, how serious it is, and when it is safe for your child to return to normal activities.
2. **Keep your child out of play per your healthcare provider’s recommendation.** Concussions take time to heal. Don’t let your child return to sports/PE or learning until a healthcare provider says it is okay. Students who return to play or return to learn too soon – while their brain is still healing – risk a second injury which could be much more serious.
3. **If your child is diagnosed with a concussion, written instruction from a Healthcare Provider is needed for them to return to school.** One of the following forms located on the district website **MUST** be completed if accommodations are requested (www.unit5.org – students & parents - school health – all forms).
 - Unit 5 Concussion Staging Form for Students who Participate in Interscholastic Athletic Activities
 - Unit 5 Concussion Form for Students (who do NOT participate in interscholastic athletic activities)

**Student-athletes will NOT be allowed to return to play or practice without written clearance from the athletic trainer or healthcare provider.

**HOW CAN YOU HELP YOUR CHILD PREVENT A CONCUSSION OR OTHER SERIOUS
BRAIN INJURY?**

- Ensure that your child follows rules for safety when playing.
- Make sure your child wears the right protective equipment for their activity. Protective equipment should fit properly and be well maintained.
- Wearing a helmet is a very important step to reducing the risk of a serious brain injury or skull fracture during many activities. However, helmets are not designed to completely prevent concussions. There is no “concussion-proof” helmet. So, even with a helmet, it is important for kids and teens to avoid hits to the head.

Information from <https://www.cdc.gov/heads-up/about/>