



DR. KIM NIDDERY ND  
NATUROPATHIC DOCTOR

## CONCUSSION SYMPTOM EVALUATION

How do I feel today? – ‘You should score yourself on the following symptoms on how you feel now’

	None	MILD	MODERATE	SEVERE			
Headache	0	1	2	3	4	5	6
‘Pressure in the Head’	0	1	2	3	4	5	6
Neck Pain	0	1	2	3	4	5	6
Nausea or Vomiting	0	1	2	3	4	5	6
Dizziness	0	1	2	3	4	5	6
Blurred Vision	0	1	2	3	4	5	6
Balance Problems	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
Feeling Slowed Down	0	1	2	3	4	5	6
Feeling like ‘in a fog’	0	1	2	3	4	5	6
‘Don’t Feel Right’	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
Fatigue or Low Energy	0	1	2	3	4	5	6
Confusion	0	1	2	3	4	5	6
Drowsiness	0	1	2	3	4	5	6
Trouble Falling Asleep	0	1	2	3	4	5	6
More Emotional	0	1	2	3	4	5	6
Irritability	0	1	2	3	4	5	6
Sadness	0	1	2	3	4	5	6
Nervous or Anxious	0	1	2	3	4	5	6

Total Number of Symptoms (max possible 22)	
Symptoms Severity Score (max 132)	

Do the symptoms get worse with physical activity ?	Y	N
Do the symptoms get worse with mental activity ?	Y	N

Self Rate	Self-rated and clinical monitored
Clinical Interview	Self-rated with parental input