



IMPACT (Brief Overview DEMOGRAPHIC Questions)

To be used for Height and Weight questions:

Choose:

Imperial for feet and pounds **OR**

Metric for meters and kilograms

School / Organization: Given

Date of Birth:

First Name:

Last Name:

Height:

Weight:

Personal Info: Address, email, etc.

Country: CANADA

Language: ENGLISH - usually

Second Language: If you speak another language at home with family or relatives.

Years of Education

1st year Pee wee (U13) = 5 years of Education

2nd year Pee wee (U13) = 6 years of Education

1st year Bantam (U15) = 7 years of Education

2nd year Bantam (U15) = 8 years of Education

1st year Midget (U18) = 9 years of Education

2nd year Midget (U18) = 10 years of Education

3rd year Midget (U18) = 11 years of Education

Current Sport: **ICE HOCKEY**

Current Position: **Forward or Defence or Goalie (Do not need to put left wing, etc)**

Current Level:

Pee wee (U13) and Bantam (U15) – Junior High

Midget (U18) – High School

So, if you played Novice hockey for 3 years and 2 years of Atom then

1st year Pee wee (U13) = 2 year junior high

2nd year Pee wee (U13) = 3 year junior high

1st year Bantam (U15) = 4 year junior high

2nd year Bantam (U15) = 5 years junior high

1st year Midget (U18) = 1 year high school

2nd year Midget (U18) = 2 year high school

3rd year Midget (U18) = 3 year high school



Concussions

KEY TERMS:

- 1) Diagnosed – Doctor has told you that you have had a concussion
- 2) Loss of Consciousness – You blacked out due to a concussion

If you answer “0” for the first continue on. At dates go to “Next”

If you answered something other than “0” then the next questions need to be answered. Next questions will ask when (give an approximate Month and year

Treatments

KEY TERMS:

- 1) Physician – Doctor
- 2) Migraine – Severe headache that causes you to enough pain to make it hard to function

Conditions

KEY TERMS:

- 1) Diagnosed – Doctor or school counsellor has advised you **and** parents
- 2) ADD/ADHD – Attention Deficit Disorder / Attention Deficit Hyperactivity Disorder
- 3) Dyslexia – mixing up or scrambling of letters and/or number making it difficult to read
- 4) Autism - disorders are characterized, in varying degrees, by difficulties in social interaction, verbal and nonverbal communication and repetitive behaviors
- 5) Strenuous – full game of hockey or working out

Last Date of Concussion:

Leave blank if none.

Give your best guess of date including Month, day and year.

Hours of sleep: (example)

9 PM – 7 AM is 10 hours

11 PM – 7 AM is 8 hours

Current Medication: List of medications taken that were prescribed (told you to take) by doctor and filled at pharmacy.

PART 2 (Current symptoms and conditions)

Headache

Vomiting – Throw up

Nausea – Upset stomach

Balance Problems

Dizziness

Trouble falling asleep

Fatigue – Tired

Sleeping too much – have a good night sleep but need to have a nap and do sleep for awhile



Sleeping too little

Sensitivity to light – normal lighting in a room gives you a headache

Drowsiness – wanting to go to sleep during the day but have not done much activities

Sensitivity to noise – normal everyday sounds give you a headache

Irritability -get upset over small detail or to things that would not normally upset you

Feeling nervous – (besides doing this) anxious/can't sit still

Sadness

Feeling emotional – little things that usually don't make much of a difference make you sad or mad or you go in between happy and sad many times in an hour.

Numbness or tingling – limbs (legs, arms, finger, toes are numb)

Mentally "foggy" - confusion, forgetfulness, and lack of focus and mental clarity

Feeling too slow – just can't get enough energy to do things

Difficulty concentrating (besides answering all these questions) – mind wanders

Memory problems – difficulty remembering things from today or the last couple of day.

Visual problems – difficulty seeing (blurry vision)

END OF DEMOGRAPHICS

TEST BEGINS

TRY YOUR BEST – IF YOU HAVE TROUBLE UNDERSTANDING PLEASE ASK. EXAMPLES ARE GIVEN FOR YOU TO TRY BEFORE GOING ON TO THE NEXT SECTIONS