



## Head Trauma Self Assessment\*

Please use a point value to indicate severity of 0-5, zero being of no concern and 5 being of greatest concern.  
 This tool will allow you to assess your current symptoms as well as track your progress!

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Symptoms	Today	2 Weeks	4 Weeks	6 Weeks	8 Weeks	12 Weeks
Ability to follow Verbal Directions						
Ability to follow Written Directions						
Anger Fits						
Blurred Vision						
Confusion						
Dizziness						
Drowsiness						
Easily Distracted						
Fatigue						
Feeling "In A Fog"						
Feeling "Slowed Down"						
Headache						
Irritability						
Loss of Consciousness						
Loss of Orientation						
Memory Problems						
Migraines						
Nauseous						
Nervousness						
Overstimulated (need to be alone)						
Personality Changes						
Poor Balance/Coordination						
Ringing in the Ears						
Sadness						
Seeing Stars						
Sensitivity to Light						
Sensitivity to Noise						
Sentitivity to being around People						
Sleep Disturbances						
Sleeping More than Usual						
Unusually Emotional						
Vacant Stares/Glassy Eyes						
Vomiting						
<b>TOTAL</b>						

\* This self assessment is not intended to diagnose, treat, cure or prevent any disease or diagnosis. This self assessment can be used as a tool to convey how you are feeling to a health care practitioner. Panacea Biomed assumes no liability for the decisions that you or your health care practitioner make in relation to the use of this self assessment.