

School Nurse Quick-Reference: Post-Concussion Vision

Triage, escalation, and daily log · keep at the health office desk

Red flags - call EMS / send to ED immediately

Any of these after a known or suspected head injury:

- ☐ Loss of consciousness, seizure, or repeated vomiting
- ☐ One pupil larger than the other, or new double vision that does not resolve
- ☐ Sudden severe headache, slurred speech, weakness, or numbness
- ☐ Increasing confusion, agitation, or unusual behavior
- ☐ Neck pain with any neurologic change

Yellow flags - contact parent, hold in health office, notify medical provider

- ☐ New or worsening headache after arrival at school
- ☐ Persistent dizziness, nausea, or balance loss
- ☐ New sensitivity to light or sound not previously reported
- ☐ Confusion, memory gaps, or slowed responses
- ☐ Symptom spike during reading, screens, or hallways

Vision-specific symptoms to document

These often outlast the initial headache and drive school struggles. Log frequency, trigger, and duration - not just presence.

- Blurred, double, or 'moving' text
- Trouble tracking a line or copying from the board
- Eye strain, aching, or pulling sensation with near work
- Photosensitivity (fluorescents, sun, screens)
- Dizziness or nausea in hallways, gym, cafeteria, or bus
- Rapid fatigue after 15-30 minutes of visual work

First-line comfort measures in the health office

- Dim lights; offer sunglasses or a brimmed hat.
- Quiet, screen-free rest for 15-30 minutes.
- Water and a light snack; check when last meal was.
- Reassess symptoms before return to class; if not improving, contact parent.
- Document trigger, symptom, intervention, and outcome in the daily log.

Daily symptom log

Date / Time	Symptom	Trigger	Action taken	Return to class?

Escalation contacts

Parent / guardian (primary):

Medical provider managing concussion:

OT / TVI on team:

504 / IEP coordinator:

District concussion protocol reference:

When to loop in the OT / TVI

- Reading, tracking, or copying complaints persist past week 1.
- Handwriting, spacing, or fine-motor drop noted by teacher.
- Photosensitivity or visual-vestibular symptoms limit school participation.
- Family or team is asking about return-to-learn accommodations.

This is a school-based reference, not a diagnostic tool. Follow your district's concussion protocol and the student's medical provider's instructions. Any red-flag symptom warrants immediate emergency care.