Algorithm 5.1

Management of Persistent Symptoms Following Concussion*

Person diagnosed with concussion and has persistent symptoms beyond 4 weeks is not responding to initial treatment. Remind patient it is normal for symptoms to persist.

Complicating health-related or contextual factors?

- Yes
  - Consider early referral to a interdisciplinary treatment clinic capable of managing post concussive symptoms.

- No
  1. Re-assess symptom severity and functional status, complete psychosocial evaluation (Sidebar 1).
  2. Begin bi-weekly re-assessments for worsening/new symptoms.

Are symptoms and functional status improved?

- Yes
  - Encourage and reinforce. Monitor for comorbid conditions.

- No
  (At 1 month post-injury) Supervised exercise and activity as tolerated should be implemented. Manage pain symptoms to avoid negatively influencing other symptoms.

Any mental health disorders diagnoses established? (e.g., depression, anxiety, etc.)

- Yes
  - Manage comorbidity according to Section 8 in the current guideline for mental health conditions. Consider referral to mental health specialist for evaluation and treatment.

- No

Any persistent symptoms? (physical, cognitive, emotional)

- Yes
  - Refer for further evaluation and treatment to a specialized brain injury environment.
  
  - Encourage and reinforce. Monitor for comorbid conditions.

- No

Consider referral to occupational/vocational therapy and community integration programs.