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. Consider early referral to a interdisciplinary Yes Complicating health-related or contextual factors? treatment clinic capable of managing post concussive symptoms. No Sidebar 1: Psychosocial Evaluation Support system Re-assess symptom severity and functional status, Mental health history 2. complete psychosocial evaluation (Sidebar 1). 3. Co-occurring conditions (chronic pain, Begin bi-weekly re-assessments for worsening/ mood disorders, stress disorder, personalnew symptoms. ity disorder, headache) Initiate/continue symptomatic treatment. Provide Substance use disorder patient and family education. Unemployment or change in job status Are symptoms and functional status improved? Encourage and reinforce. [Include family member/friend to help describe Yes Monitor for comorbid conditions. observed symptoms] 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 estab-Manage comorbidity according to Section 8 in the Yes lished? (e.g., depression, anxiety, etc.) current guideline for mental health conditions. Consider referral to mental health specialist for evaluation and treatment. No Any persistent symptoms? (physical, cognitive, Refer for further evaluation and treatment to a Yes emotional) specialized brain injury environment. Encourage and reinforce. No Monitor for comorbid conditions. Consider referral to occupational/vocational therapy

Follow-up and re-assess in 3 to 4 months.

and community integration programs.

^{*} Adapted from the VA/DoD Management of Concussion/Mild Traumatic Brain Injury Clinical Practice Guideline (VA/DoD, 2009).