

QUESTIONS TO ASK YOUR DOCTOR

(For Parents)



If you suspect that your child may have a concussion, you should see a doctor, nurse practitioner, or licensed healthcare professional with relevant training right away. This is a list of questions you can take with you.

CARING FOR MY CHILD

Are you familiar with the latest guidelines on concussion management?

What kind of medication can I give my child?

Does someone need to be with my child at all times?

What vitamins/supplements can my child take?

WHAT MY CHILD CAN DO

Can my child eat? Will they have an upset stomach?

What kind of activities can my child do at this stage of their recovery?

Can my child read/use the computer/play video games?

When can my child go back to school or work?

When can my child return to physical activity?

Can my child drive?

SYMPTOMS

What symptoms should I be watching for?

How soon will symptoms begin to improve?

How long will these problems last?

How can my child cope with changes in their mental health or behaviour (e.g., feeling anxious, sad, irritable) as a result of their concussion?

THE RISKS

What is the risk of a future concussion?

What is the risk of long-term complications?

FOLLOW-UP WITH THE DOCTOR

When should we come back to see you?

Under what circumstances should I call you?

Should a specialist be consulted?

Are there any resources you recommend?

ADDITIONAL QUESTIONS: