

Concussion/mild Traumatic Brain Injury (mTBI) -- Checklist

IDENTIFYING AT-RISK PERSONNEL	WINGMAN ACTIONS	COMMAND ACTIONS
<input type="checkbox"/> Common indicators of distress <input type="checkbox"/> Known to have experienced a potentially concussive event: <input type="checkbox"/> Fall <input type="checkbox"/> Motor vehicle accident <input type="checkbox"/> Assault <input type="checkbox"/> Struck by bullets, fragments or exposed to blast <input type="checkbox"/> Symptoms following any of the above events: <input type="checkbox"/> Headaches <input type="checkbox"/> Dizziness <input type="checkbox"/> Excessive fatigue (tiredness) <input type="checkbox"/> Concentration problems <input type="checkbox"/> Forgetting things (memory problems) <input type="checkbox"/> Irritability <input type="checkbox"/> Balance problems <input type="checkbox"/> Vision change <input type="checkbox"/> Sleep disturbance	<input type="checkbox"/> Consider General Wingman Actions <input type="checkbox"/> Always practice prevention: <input type="checkbox"/> Appropriate safety gear for activity <input type="checkbox"/> Helmets <input type="checkbox"/> Seat belts <input type="checkbox"/> Be alert for signs/symptoms of mTBI in self and others following a potentially concussive event	<input type="checkbox"/> Consider General Command Actions <input type="checkbox"/> Emphasize prevention of head injuries by use of appropriate safety gear <input type="checkbox"/> Follow DoDI 6490.11 when in a deployed setting <input type="checkbox"/> Ensure medical evaluation for all service members involved in potentially concussive events specified in DoDI 6490.11 <input type="checkbox"/> Perform Leader screening as specified in DoDI 6490.11 <input type="checkbox"/> Document all service members involved in a potentially concussive events IAW DoDI 6490.11