Algorithm 5.1

Management of Persistent Symptoms Following concussion/mTBI*

Person diagnosed with concussion/mTBI 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
  - Sidebar 1: Psychosocial Evaluation
    1. Support system
    2. Mental health history
    3. Co-occurring conditions (chronic pain, mood disorders, stress disorder, personality disorder, headache)
    4. Substance use disorder
    5. Unemployment or change in job status

Are symptoms and functional status improved? [Include family member/friend to help describe observed symptoms]

- 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.

- No
  - Consider referral to occupational/vocational therapy and community integration programs.

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

For a narrative description and guideline recommendations related to this algorithm, please refer to Section 5.