

## **HELPS Brain Injury Screening Tool (Modified)**

1.	Have you ever	had a hit to your head, been strangled or choked?	□ Yes	□No
2.	If ves how did	it happen? Check all that apply.		
۷.	a.			
	b.	Riding a bike		
	C.			
	_	From an assault or fight		
		From a car accident		
	f.			
3.	When did it ha	ppen? Check all that apply.		
		Within the past month		
		Within the past year		
	c.			
	d.	3-5 years ago		
	e.			
4.	How many tim	es has your head or neck been hurt?		
	a.			
	b.	4-6		
	c.	More than 6		
	d.	Not sure		
5.	Were you eve	r seen in the emergency room, hospital, or by a doctor for a hit	to your h	ead or
	because of str	angulation or choking?	□ Yes	□No
6.	Were you give	en follow-up recommendations?	□ Yes	□No
7.	Did you follov	v the recommendations?	□ Yes	□No
8.	•	plack out or lose consciousness because of a hit to the head or d	ue to cho	_
	strangulation <sup>2</sup>	?	□ Yes	□No
9.	If yes, how lor	ng were you blacked out or unconscious:		
	a.	Minutes		
	b.			
	c.	Days		
	d.	Not sure		

	_	did you feel dazed or confused:				
		Minutes				
	b.	Hours				
	c. d.	Days Months				
		Not sure				
12. How man	-	es have you felt this way:				
		1-3				
	_	4-6				
		More than 6 Not sure				
	u.	Not suic				
13. Did you	ever,	or do you currently have any problems	in your	daily life	because	of a hit to
your hea	d or	due to strangulation or choking?				Yes □No
•		or do you currently have any of the foll		oblems	following	g your injury?
wasitin	i the p	past, are you having them now, or both	ıŗ			
			Yes	No	Now	In the past
. Physical						
. Physical		Headaches				
. Physical		Headaches Dizziness				
. Physical						
. Physical		Dizziness				
. Physical		Dizziness Nausea				
. Physical		Dizziness Nausea Vision problems				
. Physical		Dizziness Nausea Vision problems Balance problems				
. Physical		Dizziness Nausea Vision problems Balance problems Fatigue				
•		Dizziness Nausea Vision problems Balance problems Fatigue Poor sleep				
•		Dizziness Nausea Vision problems Balance problems Fatigue Poor sleep				
•		Dizziness Nausea Vision problems Balance problems Fatigue Poor sleep Changes in the ability to taste or smell				
•		Dizziness Nausea Vision problems Balance problems Fatigue Poor sleep Changes in the ability to taste or smell Problems remembering things				
•		Dizziness Nausea Vision problems Balance problems Fatigue Poor sleep Changes in the ability to taste or smell Problems remembering things Problems focusing or concentrating				
•		Dizziness Nausea Vision problems Balance problems Fatigue Poor sleep Changes in the ability to taste or smell Problems remembering things Problems focusing or concentrating Problems getting things started				
. Cognitive		Dizziness Nausea Vision problems Balance problems Fatigue Poor sleep Changes in the ability to taste or smell Problems remembering things Problems focusing or concentrating Problems getting things started				
o. Cognitive		Dizziness  Nausea  Vision problems  Balance problems  Fatigue  Poor sleep  Changes in the ability to taste or smell  Problems remembering things  Problems focusing or concentrating  Problems getting things started  Problems staying organized				
o. Cognitive		Dizziness Nausea Vision problems Balance problems Fatigue Poor sleep Changes in the ability to taste or smell Problems remembering things Problems focusing or concentrating Problems getting things started Problems staying organized Feeling confused				

Time to administer: 10-20 minutes. Should be completed in a one-on-one interview format using pen &

paper.

10. Did you ever experience a period of being dazed and confused because of a hit to the head or

□ Yes □No

due to choking or strangulation?

## **Scoring the HELPS Screening Tool:**

A HELPS screening is considered positive for a **possible** TBI when the following 3 items are identified:

- 1.) An event that could have caused a brain injury (yes to question 1 or 5), and
- 2.) A period of loss of consciousness or altered consciousness after the injury or another indication that the injury was severe (yes to questions 5, 8, or 10), **and**
- 3.) The presence of two or more chronic problems that were not present before the injury.