

## **Risk Factors Checklists – Patient/Family Version**

### **Introduction:**

This checklist was developed to help people taking an opioid medication who also have a lifetime history of a traumatic brain injury (TBI) be sure that they are not at risk of accidentally overdosing on their medication. Research has shown that people with a history of a TBI or multiple TBI's are 11 times more likely to die of a narcotic overdose.

TBI is a blow to the head that results in either a change in consciousness or a loss of consciousness. Sometimes the TBI happens because of falls, car accidents, getting hit in the head, or sporting injuries. Concussions are mild traumatic brain injuries, and fortunately, most recover fairly quickly. Repeated concussions can add-up quickly however, especially if they occur close together in time. More severe TBI results in loss of consciousness and can lead to more longstanding changes in thinking, mood, and behavior.

Before starting an opioid medication however, people should first be screened for risk for possible opioid misuse on an overall screening instrument that is not about possible TBI risks, which is provided on the next page. After completing this assessment, please review the questions below to determine if you or your family member might have additional risks that could be related to their history of TBI.

### **Possible TBI Risk Factor Questions:**

1. Have you or your family member had multiple concussions or a TBI with loss of consciousness?
2. Do you or your family member have trouble with memory, problem-solving, or judgement?
3. Do you or your family member sometimes do things impulsively without thinking about the consequences, becomes easily irritated, or have rapid or extreme changes in mood?
4. Do you or your family member have trouble with depression, anxiety or other mental health concerns?
5. Are you or your family member on medications for depression, anxiety or other mental health concerns?
6. Have you or your family member had difficulties with using alcohol, drugs or non-prescribed medications prior to the TBI?
7. Did you or your family member use prescription pain medications before the TBI occurred?
8. Have you or your family member overdosed on drugs or medications in the past that required administration of a medication to become conscious again?

**The more questions you answered “yes”, the greater risk you or your family member might have for accidental overdose on opioid medications. Please see your family physician or the physician who prescribes your medication, and tell them about your answers to these questions.**

**Also, consider calling the Substance Abuse and Mental Health Services Administration Hotline at 1-800-662-HELP (4357) for a free, confidential, 24/7, 365-day-a-year for information and possible treatment referral.**