Institute For Addressing Strangulation

The Faculty of Forensic & Legal Medicine

Non-fatal strangulation pro forma

Jan 2026 Review date Jan 2028 – check www.ifas.org.uk for latest update

This proforma focuses on the non-fatal strangulation (NFS) elements of an examination and as such should be used as an adjunct to other clinical documentation e.g., SARC proforma/ED/custody proforma etc. where issues such as consent/capacity/alleged assailant details/ general medical assessment etc. should be covered. Whilst it is acknowledged that in some circumstances the strangulation may have been consensual, for the purposes of this document the terms 'patient' and 'alleged assailant' have been used.

Date _____ Time _____

Clinician _____ Regulatory number _____

Patient name _____ Patient DOB _____

Patient number _____

History of strangulation

History from _____

Persons present _____

_____

Method Manual one hand ☐ Manual two hands ☐

Ligature ☐ Head lock ☐

Other *specify below* ☐

_____

_____

From 1 to 10 how hard was alleged assailant's grip?

(Low) 1 2 3 4 5 6 7 8 9 10 (High)

From 1 to 10 how painful was it?

(Low) 1 2 3 4 5 6 7 8 9 10 (High)

Time strangulation occurred

(date/time) _____

Time since strangulation

(hours/days) _____

Number of episodes of strangulation in this event

One ☐ More than one ☐ Unknown ☐

What made the strangulation stop?

Unknown ☐ Not asked ☐

_____

_____

_____

Was there any shaking of your head during strangulation?

Yes ☐ No ☐ Unknown ☐ Not asked ☐

_____

_____

_____

Did alleged assailant say anything during strangulation?

Yes ☐ No ☐ Unknown ☐

_____

_____

_____

Actions of the patient during strangulation

Unknown ☐ Not asked ☐

_____

_____

_____

What was the patient thinking at time of strangulation?

Unknown ☐ Not asked ☐

_____

_____

_____

Has the alleged assailant strangled the patient before?

Yes ☐ No ☐ Unknown ☐ Not asked ☐

_____

_____

_____

Symptoms at the time of/immediately after strangulation

History from _____ Persons present _____

_____

Vision	**Flashing lights** Yes ☐ No ☐ Unknown ☐	**Tunnel vision** Yes ☐ No ☐ Unknown ☐	**Spots** Yes ☐ No ☐ Unknown ☐
	Blurred vision Yes ☐ No ☐ Unknown ☐	**Loss of vision** Yes ☐ No ☐ Unknown ☐	**Seeing 'stars'** Yes ☐ No ☐ Unknown ☐
	Other:		
Hearing	**Buzzing, roaring or popping** Yes ☐ No ☐ Unknown ☐ Not asked ☐ Details:		
Loss of consciousness	Yes ☐ No ☐ Unknown ☐ Not asked ☐ Details:		
Dizzy	Yes ☐ No ☐ Unknown ☐ Not asked ☐ Details:		
Difficulty breathing	Yes ☐ No ☐ Unknown ☐ Not asked ☐ Details:		
Difficulty speaking	Yes ☐ No ☐ Unknown ☐ Not asked ☐ Details:		
Pain	Yes ☐ No ☐ Unknown ☐ Not asked ☐ Details:		
Incontinence of urine	Yes ☐ No ☐ Unknown ☐ Not asked ☐ Details:		
Incontinence of bowels	Yes ☐ No ☐ Unknown ☐ Not asked ☐ Details:		
Loss of strength	Yes ☐ No ☐ Unknown ☐ Not asked ☐ Details:		

Symptoms and signs since the time of strangulation

History from _____ Persons present _____

_____

Neck pain	Yes ☐ No ☐ Unknown ☐ Not asked ☐ Site_____ Severity _____ Details:
Neck swelling	Yes ☐ No ☐ Unknown ☐ Not asked ☐ Details:
Neck injuries	Yes ☐ No ☐ Unknown ☐ Not asked ☐ Details:
Coughing	Yes ☐ No ☐ Unknown ☐ Not asked ☐ Details:
Dysphagia/drooling	Yes ☐ No ☐ Unknown ☐ Not asked ☐ Details:
Odynophagia (Painful swallowing)	Yes ☐ No ☐ Unknown ☐ Not asked ☐ Details:
Dysphonia or voice changes	Yes ☐ No ☐ Unknown ☐ Not asked ☐ Details:
Dyspnoea	Yes ☐ No ☐ Unknown ☐ Not asked ☐ Details:
Vomiting	Yes ☐ No ☐ Unknown ☐ Not asked ☐ Details:
Headache	Yes ☐ No ☐ Unknown ☐ Not asked ☐ Details:
Memory disturbance	Yes ☐ No ☐ Unknown ☐ Not asked ☐ Details:
Have any other symptoms or injuries thought to be related to the strangulation been noted	Yes ☐ No ☐ Unknown ☐ Not asked ☐ Details:

Physical examination findings related to strangulation at the time of the examination

Skin pigmentation/Fitzpatrick scale[1] (circle) I II III IV V VI

Respiratory rate _____ Pulse _____ Blood pressure _____

Site	Finding		Body chart/details
	Yes	No	
1. Neck			Carotid bruit Surgical emphysema
2. Face			
3. Eyes (including ophthalmoscope findings)			
4. Scalp			
5. Mouth			
6. Behind ears			
7. Neurological deficits			Glasgow Coma Scale
8. Other			Voice quality

[1]dermnetnz.org/topics/skin-phototype

Management

See IFAS and FFLM for latest guidance on management of NFS.

- Guidelines for clinical management of non-fatal strangulation in acute and emergency care services
- Non-fatal strangulation: in physical and sexual assault

Checklist

1. Forensic samples	Yes ☐ Not required ☐ Declined ☐
2. Line drawings	Yes ☐ Not required ☐
3. Photography	Done as part of FME ☐ Requested from police/other ☐ N/A ☐ Declined ☐
4. Are there red flags suggesting requirement for medical imaging?	Yes ☐ No ☐
5. Referral to ED	Yes ☐ Not required ☐ Declined ☐ Details:
6. Advice sheet re NFS given to patient	Yes ☐ Declined ☐ Information Leaflets for Victims (ifas.org.uk)
7. Include NFS details (including if applicable ED referral) in summary to police	Yes ☐ Not required ☐ Declined ☐
8. Include NFS details (including if applicable ED/ENT referral) in GP letter	Yes ☐ Declined ☐
9. Include NFS in safeguarding assessments	Yes ☐ Not required ☐ Declined ☐
10. Requires other follow up?	Yes ☐ Not required ☐ Declined ☐ Details:

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First edition published 2024,
Updated: Jan 2026 Review date:Jan 2028
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