

Protocol for Return to School after Concussion

General Considerations: Although there is a significant variability in symptom presentation and duration, all individuals who sustain a head injury will need time for their brains to recover. It is not unusual to experience headaches and difficulties with attention, concentration and memory.

Name:

Date of Injury:

Today's Date:

Description: Ex. Student collided with the head of another student during a basketball game and received a concussion. He was seen by the MD yesterday and is currently in stage 2

Stage	Goals/Key Ideas	Expected Duration	Teacher's Actions	Student's Actions
I	Complete rest.	2-6 Days	-Contacted by school nurse -Explanation of injury and current plan of care.	-Out of school -Strict limit for use of computer, cell phone, texting , video games -No Physical/Sport Activity
II	Significant deficits in processing and concentration. Cognitive activity as tolerated.	2-14 days	Develop lists of three categories for all assignments: 1. Excused: Not to be made up 2. Accountable: Responsible for content, not process. May be notes or work shared by a classmate, or may be covered in a review sheet. 3. Responsible: must be completed by student and will be graded. 4.No significant classroom or standardized testing until symptom free 5.Work with guidance counselor and nurse to continue to communicate with student/parents regarding progress	-In school as tolerated -When present, observing not participating. Get copies of notes, handouts, etc. -Communicate with teachers about progress/challenges -Be patient with slow recovery, just do your best -No Physical/Sport Activity
III	Gradual increase of time and energy, slowly resuming full workload.	Variable duration. Hopefully 3-7 days, possibly more.	-Prioritize assignments with student, both make-up work and new work -Continue to use lists with three categories for assignments until all work is completed, and assist with setting a timeline for completion of assignments. -Extended time for assignments as needed. -Untimed tests if needed -Work with guidance counselor and nurse to continue to communicate with student/parents regarding progress	-In class/school full time -Communicate with teachers on your progress with assignments. -Communicate with parents and teachers on the pace of resuming a full workload and completing make-up work -No Physical/Sport Activity
IV	Complete resumption of normal activities.		-Monitor completion of assignments -Communicate with parents and staff as to when student is caught up with assignments and working at the same pace as classmates -Communicate with Guidance Office as grades are updated	-Resume all normal activities -Progress with athletic trainer – supervision resumption of participation in athletics

Follow-up: Please monitor in class for increased problems concentrating or remembering new information, if longer time is required to complete tasks, if student reports an increase in signs and symptoms (headache, fatigue) when working, greater irritability and/or poorer academic performance. Notify nurse if you notice these or any other changes in mental status.