

Concussion School Support Plan

Patient name:	Date of Injury:
Provider:	Date of Evaluation:

_____ has been diagnosed with a concussion. The following plan is based on their current condition and is designed to help speed recovery and improve school functioning. We are seeking your assistance and participation in post-concussion care. We ask that all involved teachers and other relevant school staff (e.g., school nurse, counselor) be provided with this information.

What is a concussion?

A concussion (also known as a mild traumatic brain injury or mild TBI) is an injury to the brain that disrupts how the brain normally works. Most young people recover completely from a concussion in a matter of days to weeks, although some students take longer to recover than others. Concussions can lead to a number of physical, cognitive, and behavioral/emotional symptoms, any of which can change how a student functions at school. These difficulties can occur with any level of concussion, regardless of whether or not there was a loss of consciousness.

If any of the following problems are seen, consult a physician immediately:

- Headache that is severe or suddenly worsens
- Confusion, significant sleepiness, or trouble arousing
- Repeated vomiting
- Weakness or numbness in the arms or legs
- Trouble walking or talking
- Seizure or convulsion
- Sudden change in thinking or behavior

During today's appointment, the following symptoms were reported:

Physical

- Fatigue
- Headaches
- Sensitivity to lights
- Sensitivity to sounds
- Dizziness or balance problems

Cognitive

- Trouble remembering
- Trouble paying attention
- Fogginess or hard time thinking
- Slowed processing speed
- Blurry or double vision
- Difficulty sleeping
- Nausea
- Pain in neck and/or shoulders

Behavioral/Emotional

- Increased irritability
- Sadness

Today's examination suggests the following school supports and activity restrictions are indicated:

School Attendance

- No return to school at this time. Return to school on _____.
- Shortened school day. Recommend _____ hours until _____, when the transition back to full time attendance should occur gradually.

General Academic Supports

- Regular check-ins with teachers and/or counselor to ensure individualized support.
- Preferential seating to allow for teacher monitoring and few distractions.
- No standardized or classroom tests.
- Extended time on tests, which should be taken in a distraction-free environment.
- Rest time in nurse's office or other appropriate location when necessary (e.g., for fatigue, headaches).
- Reduction in homework load.
- Flexibility with assignment due dates and scheduling tests.
- Waive non-critical homework assignments and tests missed since the injury.
- Implementation of Section 504 Plan.

Physical Activity at School

SPARCC Concussion Care Team is working with the family and other healthcare/athletic personnel around how best to return them to sports and other physical activities. At this time, we recommend:

- Allowance to leave class early with a responsible peer to avoid being jostled or bumped in the hallway or on the stairs. Elevator access as available.
- No PE class or sports practices/games.
- Return to PE class and sports practices/games as per the Return to Play Protocol (provided to family), but no participation in contact or collision activities.
- Return to PE class and sports practices/games with no restrictions.

Review of their progress and ongoing needs should occur frequently, due to the expected rapid recovery seen after most concussions. If school problems persist beyond 3-6 weeks after the initial concussion, they will be referred for further evaluation. Please feel free to contact us directly if you have any questions or if we can assist further. With the family's permission, we are happy to provide any additional information that might be helpful for school planning.

Health Care Provider's Signature

Date