



# CONCUSSION MANAGEMENT



## CONCUSSION IDENTIFIED

Identification/Notification of a student's concussion may come from Parent, Student, Secretary, Health Tech, Nurse, Teacher, Athletic Trainer, Administrator or Other

- = Family Team
- = Medical Team
- = School Physical Team (Athletic & Health)
- = School Academic Team

### STEP 1

### REMOVE/REDUCE

**REMOVE** student/athlete from high risk physical activities. **REDUCE** school demands and home/social stimulation. See page 6 of the REAP Manual for details.

#### ■ REMOVE/REDUCE (school)

**Remove** the student from high risk physical activities; encourage light non-contact cardiovascular activities (e.g. brisk walk, stationary bike, feet on the ground, no jumping, climbing and stay off anything with wheels).

■ Teachers should **Reduce**/cut back academic demands to keep symptoms at bay.

#### ■ REMOVE/REDUCE (family)

- **Remove** the student from high-risk physical activities immediately, including play at home (e.g. playground, bikes, skateboard), recreational and/or club sports; encourage light non-contact cardiovascular exercise (e.g. brisk walk, stationary bike) as long as there is no risk of further head impact.
- **Reduce** or limit home/social stimulation. Do not totally restrict electronics and social activities; make a reasonable home plan. Encourage rest for the first few days followed by a gradual re-introduction of cognitive, social and home activities.

### STEP 2

### EDUCATE

**EDUCATE** all teams that symptoms tell the story of the recovery of the concussion. See page 7 of the REAP Manual for details.



### COMMUNICATE WITH AND EDUCATE PARENTS AND SCHOOL PERSONNEL

#### ■ ■ EDUCATE

Assigned person in the school team communicates about the student's concussion to pertinent school personnel and discusses expectations with student.

■ Assigned person sets a health condition alert in the district documenting system for a concussion.

#### ■ ■ ■ EDUCATE

Assigned person in the school team sends a standardized concussion letter to guardians:

- Affirming student has a concussion or concussion symptoms
- Stating that the school has a plan for supporting students with concussions
- Outlining school's expectations of the student and family

### STEP 3

### ADJUST/ACCOMMODATE

Educators: See pages 9 & 10 of the REAP Manual for details. Symptom Checklist and Teacher Feedback Form in Appendix of REAP Manual. Parents: See page 8 of the REAP Manual.

■ ■ Begin once weekly conversational monitoring with student:  
• Symptom Review • Academic Review • Mental Health Check-in

■ Enter specific school personnel email addresses into CO TACT [password: TACTcolorado2020] notify and communicate about concussion information and distribute information on TIER 1 fluid academic adjustments.

- **TIER 1** fluid adjustments begin. **ACADEMIC ADJUSTMENTS** are heavily front loaded and slowly removed as symptoms improve.
- Each student may experience symptoms differently, therefore, different adjustments may be needed.

#### ■ Parents Return to School

MEDICAL CLEARANCE IS NOT NEEDED FOR RETURN TO SCHOOL

- Medical confirmation is NOT needed to begin supporting a student with a reliable history of a hit to the head and symptoms.
- Generally most students are able to Return to School within 24-48 hours following an injury even with symptoms that are tolerable, intermittent and amenable to rest.

» REPEAT WEEKLY CONVERSATIONAL SYMPTOM, ACADEMIC & MENTAL HEALTH REVIEWS FOR 4-6 WEEKS OR UNTIL READY TO MOVE TOWARD CLEARANCE «

### STEP 4

### PACE

Pace includes the Criteria toward Clearance. (page 11) & the Graduated Return to Play steps (See page 12 of REAP Manual for details)

■ ■ ■ ■ **CRITERIA TOWARD CLEARANCE AND RETURN TO PLAY** ■ When symptom reviews are back to baseline (per school nurse, ATC)

■ When academics/behaviors are back to pre-concussion levels in classroom (per teacher) ■ When symptom/behaviors are back to baseline at home (per parent/guardian)

#### **Return to Play:**

- When student is back to baseline in above areas, the medical professional can approve the start of the Return to Play (RTP) process Steps 4-6.
- When RTP completed, the school team(s) can resolve the health condition alert in documenting system.
- All student-athletes must have written & signed clearance from a licensed medical professional before returning to play.
- ■ Students who are non-athletes should follow best practices and seek clearance by a medical provider and complete a return to play process.
- If student is still experiencing symptoms after 4+ weeks, refer to the school problem solving team for continued academic supports via TIER 2 academic accommodations.  
**ACADEMIC ACCOMMODATIONS ARE TIER 2 SUPPORTS.**