

Post-Head Injury Gradual Return to Academic and Athletic Participation Plan

Concord-Carlisle High School, Concord MA

Student: _____ **YOG:** _____ **Date of Injury:** _____ **Activity:** _____

***Be patient with the healing process. REST IS NECESSARY** for the brain to heal. **Trying to move too quickly through stages of recovery can slow healing and increase duration of symptoms.** The goal is to return to school with planned rest breaks when symptoms occur and gradual increase in time on learning.

Stage	Priorities	Possible Duration	School Actions	Student Actions	Parent/Guardian Actions
Red Injury	Complete physical and cognitive rest to be symptom free at rest	1-4 days School nurse or Guidance counselor to notify teachers	<i>Nurse or athletic trainer WILL:</i> --Notify teachers, athletic trainer, guidance counselor, support staff, family, athletic director and coach, as applicable	--NO school, rest and sleep --Treat with rest, NOT pain medication --Limit screens, reading, music, socializing, loud music, bright lights --Stay well-nourished and hydrated --Once symptom-free at rest, attempt 15-min intervals of reading or writing	--Take child to primary care for initial evaluation, or to ER for signs of emergency --Have physician write note for school --Enforce limits, monitor "student actions" --Email Guidance counselor and school nurse regarding injury --Submit physician note to school nurse
Must have no symptoms at rest and with 15 min of reading or writing before moving to Orange Stage					
Orange Recovery	School-home communication Balance rest with gradual reintroduction to school Emphasis on in-school learning and rest out of school,	2-10 days Parent or Guidance counselor may notify teachers of recovery progress and request academic information	<i>Teachers SHOULD:</i> --Categorize assignments. --Postpone or excuse assignments based on learning priority --Communicate plan to parent and student. <i>Most students will not be able to make up all missing work.</i> --Send to nurse if symptomatic --REMEMBER: student may not be able to self-advocate <i>Teachers SHOULD NOT:</i> -- Assign tests or homework at this time -- Expect multi-tasking in class— listening only	--Half day attendance, focus on core subjects --Communicate with Counselor --Rest in health office when symptoms develop --Be patient with slow recovery --Maximize class time by frequent planned breaks --Complete homework assignments in 15-min intervals, or stop when symptomatic to allow for recovery --Communicate with teacher about progress and problems. -- <u>No after school activities</u> -- <u>Prevent second injury</u>	--Understand Gradual Return Plan --Confirm student understanding of each teachers' expectations of academic work. --Communicate with teachers regarding progress and problems. --Monitor symptoms --Remind student to rest if symptoms develop and assist with pacing cognitive work --Prevent exposure to symptom triggers including screen time, noise and light. --Contact guidance counselor if orange stage lasts longer than 4 days --Revisit primary care and/or concussion specialist if orange stage > 2 weeks
Must have no symptoms with part-time school days to move to Yellow Stage					
Stage	Key Ideas	Possible Duration	School Actions	Student Actions	Parent/Guardian Actions
Yellow Recovery	<u>Gradual</u> increase of time and energy at school as student resumes normal workload.	1-7 days Parent or Guidance counselor to notify teachers of recovery stage	<i>Teachers SHOULD:</i> --Construct a plan to complete missed academic work and keep stress level low --Help students avoid scheduling more than 1 test/day <i>Guidance WILL:</i> -- Schedule Academic Team meeting if student has not recovered within 4 weeks of injury.	--Full day attendance. Self advocate --Maintain clear communication with teachers on priorities and due dates --Rest if intermittent symptoms --Once asymptomatic with full cognitive activity, check in with athletic trainer or school nurse --no physical activity until released by health care professional.	--Clear communication with teachers on priorities and due dates. --Revisit primary care and/or concussion specialist if yellow stage > 2 weeks

Must have no symptoms with full cognitive activity and have returned to cognitive baseline function before moving to Green Stage					
Green Full Academic Recovery	*Complete resumption of normal academic activities. *Initiate assessment for Gradual Return to Activity	2-3 days Parent or Guidance counselor to notify teachers of recovery stage	<i>Teachers SHOULD:</i> expect regular academic capabilities. <i>School Medical Staff WILL:</i> --Perform neurological assessment to initiate gradual return to athletic activity. -- Counselor sends note to teachers re: clearance for full return to academics.	--Once asymptomatic with full cognitive activity schedule ImPact.with Athletic Trainer or school nurse and begin gradual return to physical activity (See “Graduated Return to Physical Activity”). --Negotiate participation in activities pending academic performance.	--Monitor symptoms --Negotiate activities pending academic progress --Confirm with teachers that student has completed work and is back to normal pace in class. --Support Gradual Return to Play Plan --Contact school nurse and counselor of participation of full return to academics
Must have no symptoms with full academic participation and modified physical activity before moving to Blue Stage					
Blue Progressive Return to Athletic/ extra curricular Activity	*Complete resumption of academic activities *Progressive participation in athletic activities	4+ days Parent or Counselor to notify teachers of recovery stage	<i>Teachers:</i> expect regular academic capabilities. --Assessment by athletic trainer or school nurse for return to athletics and Health and Fitness.	--See athletic trainer or school nurse for full workout plan --Final assessment and provider clearance --Full return to athletics and Health and Fitness	--Obtain physician clearance for full return to all activity and deliver to school nurse

Model Graduated Return to Physical Activity

(If symptoms occur during any of the activities, student must rest for 24 hours and then return to the previous stage)

Rehabilitation Stage	Functional Exercise	Objectives
Stage 1: No activity	Complete physical and cognitive rest	Recovery
Stage 2: Light aerobic exercise	Walking, swimming or stationary cycling at <70% max. predicted heart rate (<140 bpm)	Increase heart rate
Stage 3: Sport-specific exercise	Basic drills. No impact activities. Ex: shooting basketball, kicking soccer ball, running	Add movement
Stage 4: Non-contact training	More complex drills: Passing, cutting	Exercise, coordination, cognition
Stage 5: Full contact practice	Normal training activities, followed by clearance by physician, licensed athletic trainer, nurse practitioner or neuropsychologist	Confidence, observation
Stage 6: Full return after clearance	Normal game play after documented clearance for FULL activity	Full athletic participation

Referral to a concussion specialist may be necessary if the student 1) has had two concussions in the previous 12 months, or three or more concussions in his/her lifetime, 2) has a prior neurological illness or condition increasing susceptibility to prolonged or complicated recovery, 3) is having substantial symptoms at two-weeks post injury that interfere with functional abilities.

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