

Return-to-Learn Following a Concussion

Concussion Oversight Team:

School Nurse
PPS Coordinator
Athletic Director
Athletic Trainer
Team Physician

Upon being diagnosed as having a concussion:

- The Athletic Trainer notifies the student's parent/guardian and coach of concussion. The Athletic Trainer notifies the student and parent/guardian that the student must report to the Nurse's office upon return to school. Freshman will report to their School Counselor until 8:20, at which time he/she will report to the School Nurse. School Nurse confirms or modifies the recovery stage placement.
- The Athletic Trainer notifies the concussion management team and PE/ROTC teacher via email of the severity of the concussion. The Athletic Trainer makes an initial recommendation of recovery stage.
- The PPS Coordinator will inform School Counselor of the student's concussion. The School Counselor will inform the teachers of the student's Return to Learn procedure.

Return to Learn Protocol, following asymptomatic 24 hours:

If any symptoms return during completion of a step, the student athlete is to discontinue at that time. This step may be attempted again in 24 hours. If symptoms return at any point during the 24 hour break between steps, the student athlete must wait another 24 hours before reattempting the failed step.



JTHS Graduated Return to School Protocol

NAME: _____ ID#: _____

Recovery Stage 1

Complete Physical and Cognitive Rest until Medical Clearance

- No School Attendance
- Strict Technology Limits
- REST

Recovery Stage 2

Return to School with Academic Accommodations

- Continue limits on technology use
- Avoid heavy backpacks
- No Tests, PE, Band or Chorus
- Monitor Symptoms
- REST at home

Recovery Stage 3

Continue Academic Accommodations

- Attend School full time if possible
- Increase work load gradually (testing, homework, etc.)
- Monitor Symptoms
- Incorporate light aerobic activity
- REST at home

Recovery Stage 4

Full Recovery to Academics

- Attend school full time
- Self-Advocate at school (meet due dates, etc.)
- Resume normal activities
- Return to sports following graduated return to play

Symptom free for 24 hours

YES:
Begin Stage 2

NO:
Continue Resting

Symptom free for 24 hours

YES:
Begin Stage 3

NO:
Rest until Symptom Free

Symptom free for 24 hours

YES:
Begin Stage 4

NO:
Return to Stage 2 until Symptom Free

Symptom free for 24 hours

YES:
Return to School

NO:
Return to Stage 3 until Symptom Free

Date Attained:

Date Attained:

Date Attained:

Date Attained:

NOTES:

Reference: HeadSmart Handbook: A Healthy Transition After Concussion (2010) www.Southshorehospital.org