

Concussion Procedures for Athletes

What should I do if I suspect my student has a concussion?

Contact school nurse and/or school certified athletic trainer as soon as possible. The school nurse and certified athletic trainer are the point people for concussion management at Clinton Central High School. Both are responsible for communicating with school personnel. The school nurse will communicate directly with counselors and teachers. The athletic trainer will communicate directly with coaches. Your student must also be seen by a doctor trained in concussion management which includes the use of neurocognitive testing. Doctors at sports medicine clinics may be best suited to manage concussions in athletes since they utilize neurocognitive testing and will use evidence-based criteria to make treatment decisions.

What recommendations will the doctor make?

Modifying and limiting mental exertion and physical activity are the hallmarks of concussion management. The doctor will provide both school accommodations and sports restrictions based on their office exam and the student's symptoms. The purpose of these recommendations is to provide the optimal environment for healing and speed up the recovery process. School accommodations form and sports exertional form must be completed by the doctor at the office visit. These forms must be forwarded to the school nurse and/or athletic trainer as soon as possible. The school nurse and athletic trainer will distribute the doctor's recommendations to the appropriate teachers, counselors, and coaches.

What kinds of academic accommodations are often recommended by doctors?

Every concussion is different and the doctor's recommendations should be based on the student's unique symptoms and findings on examination. Some common academic accommodations include:

- Modified school attendance
- Reduced workload
- Limited computer time
- Extra time for homework, projects, quizzes/test or delaying work
- Breaks from class if symptoms worsen

How long will these accommodations be in place?

The doctor's note should be dated and the recommendations will remain in effect until the expiration date on the note. If no expiration date is noted, the accommodations will stay in

effect until the student is re-evaluated by the doctor. New accommodation forms will need to be completed at each doctor visit.

What should my student do about missed assignments and makeup work?

Students should arrange a time to meet with the school nurse shortly after their initial doctor's visit. The school nurse will facilitate the recovery process by communicating with the student's teachers and counselor to help coordinate makeup work.

When can the student resume physical activity?

Doctors trained in concussion management will utilize the following criteria before providing written clearance for a student to return to sports competition and physical education class :

- The student is symptom free for full school days
- The doctor's physical examination administered in the office is normal
- Neurocognitive results are at normal perceived levels for the specific student athlete
- The student must be symptom free with a gradual multi-day activity progression program. Each step of the activity progression will be supervised by a Lebanon High School certified athletic trainer or team physician.

The student can return to play and physical education class only after successfully completing each of the above criteria.

Who should I contact if I have any questions?

Please contact the Clinton Central High School nurse or certified athletic trainer if you have any additional questions.