



Return to Learn- Post Concussion/ TBI

(Created February 2016)

Elementary and Middle School Students who are suspected or known to be concussed

1. Students who sustain a concussion during the school day, after-school activities, or while at home
 - a. The school nurse will follow up with parents of students they see in the health room with suspected concussions
 - i. The school nurse should evaluate the student upon return to school using SCAT 3 and concussion checklist; then daily thereafter until symptoms are resolved.
 - ii. Consult with Palmetto Health Orthopedics Athletic Trainers as needed for the middle school students.
 - iii. Contact parents regarding appropriate medical follow-up and possible referral to a concussion specialist.
 - b. Parent calls regarding students who sustained a concussion should be directed to the school nurse
 - i. The school nurse should evaluate the student upon return to school using SCAT 3 and concussion checklist; then daily thereafter until symptoms are resolved.
 - ii. Consult with Palmetto Health Orthopedics Athletic Trainers per parent request as needed for the middle school students.
 - iii. Contact parents regarding appropriate medical follow-up and possible referral to a concussion specialist.
2. Middle School student athletes will have an assessment performed by the Athletic Trainers from Palmetto Health Orthopedics or Richland School District Two school-based Athletic Trainer. The Concussion Management Plan and Return to Play Protocol for Student Athletes will be followed.

High School Students who are suspected or known to be concussed

1. Students who sustain a concussion during the school day, after-school activities, during high school athletics, or while at home
 - a. The athletic trainer/ school nurse will follow up with parents of students they see in the health room/ Athletic Training Room with suspected concussions
 - i. The athletic trainer/ school nurse should evaluate the student upon return to school using SCAT 3 and concussion symptom checklist
 - ii. Consultation between the athletic trainer and school nurse, as needed
 - iii. Contact parents regarding appropriate medical follow-up and possible referral to a concussion specialist.
 - b. Parent calls regarding students who sustained a concussion should be directed to the school nurse
 - i. The athletic trainer/ school nurse should evaluate the student upon return to school using SCAT 3 and concussion symptom checklist
 - ii. Consultation between the athletic trainer and school nurse, as needed

- iii. Contact parents regarding appropriate medical follow-up and possible referral to a concussion specialist.
- c. Student athletes
 - i. **ALL student athletes** are assessed and monitored by the athletic trainer.
 - ii. Athletic trainer will consult with the school nurse
 - iii. See Richland School District Two- Concussion Management and Return to Play Protocol for Student Athletes

Concussions/ TBI can impact student performance for a long time. Symptoms can include:

Headache	Nausea/ Vomiting	Dizziness
Blurred Vision	Confusion/ Fuzzy thinking	Sensitivity to light/ noise
Balance problems	Irritability	Poor sleeping
Drowsiness	Anxious/ Nervous	Fatigued
Forgetful	Sad	Difficulty Concentrating

School interventions to consider (not in any specific order) while student is symptomatic

1. Athletic Trainer/ School nurse evaluates student symptoms daily using checklist
2. Teachers notified of TBI and signs to look for
3. Limited Screen time
4. Notify IAT and 504 chair
5. Shortened school day
6. Students may be on Homebound or Intermittent Homebound. School Nurse should coordinate with parent and health care provider. Nurses should be the POC for students returning from Homebound.
7. Elevator pass to avoid walking up stairs (exertion)
8. Temporarily remove student from PE class and recess activities- this would be a good time to come lie down in the health room
9. Rest periods in the health room- darken room as able; apply eye shield
10. Sunglasses, avoidance of glare, avoidance of direct sunlight
11. Consider another assignment instead of music class, band, orchestra, chorus- this would be a good time to come lie down in the health room
12. Shortened assignments- e.g. 10/20 problems, 10 minutes of reading instead of 30 minutes
13. Delayed testing, tested over several days in “chunks”
14. Prolong/ reschedule standardized testing, e.g. SAT, ACT, etc.
15. If the student requires accommodations beyond 10 school days, the school nurse will consult with the IAT chair to consider other interventions, such as having an IAT meeting or determining eligibility for a 504 accommodation plan.
16. If the student experiences post-concussive/ TBI symptoms beyond four to six weeks, the parents and IAT team should meet to determine next steps for student’s needs.