

POLICY AND PROCEDURES FOR CONCUSSION MANAGEMENT

OBJECTIVES

1. To educate members of school district and community regarding signs and symptoms of concussion as well as potential side effects of head injuries.
2. To promote prompt recognition and treatment of head injuries with referral for medical evaluation based on details of event/physical findings.
3. To facilitate collaboration between students, parents, faculty, and medical community. To develop individualized plan of care to address academic, physical, and emotional needs of student(s).
4. To maintain safety and continuity of care for all individuals diagnosed with head injury.

MEDICAL MANAGEMENT

1. Staff/Supervising adult will ***immediately*** remove student from activity if suspected head trauma has transpired—mild, moderate, or severe. During school hours, the student will be accompanied to the health office and assessed by school nurse. If the event has occurred after school hours, parents and the school nurse will be notified. Medical evaluation will be advised based on event details and physical findings as reported.
2. During school hours, the school nurse will administer first aide as needed, obtain injury details, and perform neurological exam based on guidelines from ACE (Acute Assessment Evaluation) form. Parents will be notified of all head injuries, and based on nursing assessment, child will be sent home/physician/ER for further diagnostic evaluation. Student will return to class only if all findings are negative on initial visit and return follow up visit.
3. All students must check in with school nurse prior to returning to class and must provide documentation (such as ACE care plan) from the physician to support findings and any physical or academic accommodations/restrictions. The care plan will be shared with staff members and updated accordingly. Students who have been diagnosed with a concussion **will not** be allowed to return to physical activities without documented clearance verifying from the MD that the student is safe to return to academics, gym, sports, or recess.
4. When care plan has been activated, students are encouraged to visit the health office for rest periods and assessment, or to report any changes in neurological status.

PARENT INFORMATION PAGE

WHAT COULD HAPPEN IF MY STUDENT-ATHLETE KEEPS PLAYING WITH A CONCUSSION OR RETURNS TO PHYSICAL ACTIVITY TOO SOON?

Student athletes who are suspected or witnessed suffering head trauma should be removed from play or practice immediately. Continuing to play with signs/symptoms of a concussion may place the student at a greater risk of further injury. Documentation supports that there is risk of significant damage from an additional concussion if complete recovery from a prior concussion has not fully resolved. Brain swelling (“second impact syndrome”) can have devastating consequences. Most teenage or adolescent students hesitate or under report symptoms or injuries for fear they will be sidelined. As a result, it is imperative to educate faculty, coaching staff, parents, and especially student athletes to be aware of head injury symptoms; primarily the importance of medical evaluation, adherence to physician recommendations and restrictions, and appropriate follow up to ensure a good outcome.

IF YOU THINK YOUR CHILD HAS SUFFERED A CONCUSSION

Again, any student even suspected of any type of head injury will be removed from practice/play. No student may return to activity after an apparent head injury, regardless of how mild the injury may appear or how quickly symptoms may disappear. Students should be monitored frequently for next several hours for any change in baseline status. Symptoms of a concussion may develop several days after actual event has occurred. Inability to recall specific details of event, persistent or worsening headache, vomiting, sleep pattern changes including lethargy, emotional fluctuations, visual/auditory disturbances, dizziness/balance inconsistencies, and decreased responsiveness are just some of the signs and symptoms that may be witnessed in your child and should be reported to your physician.

ADDITIONAL RESOURCES INFORMATION

www.cdc.gov/ConcussionInYouthSports

www.biact.org (Brain Injury Institute)

We have read the Concussion Policy, Procedure and Information Sheet above.

Student Athlete, Name Printed

Student Athlete Signature

Date

Parent/Guardian, Name Printed

Parent/Guardian Signature

Date