

Returning to School After a Concussion



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For Appointments Call:
720.979.0840

Locations:

At Centennial Medical Plaza
14000 E. Arapahoe Road
Building C, Suite 300
Centennial, CO 80112

At Red Rocks Medical Center
400 Indiana Street
Suite 350
Golden, CO 80401

- Your child has just been diagnosed with a “concussion”. He/she should feel better and better each day.
- Here are some helpful suggestions to help you know when your child should go back to school.

HOW SEVERE ARE THE SYMPTOMS?	WHAT TO DO
<p>Severe symptoms Unable to concentrate for even 10 minutes</p> <p>*Call your physician if this lasts more than 2 days</p>	<p>STAY HOME- BED REST</p> <p>No texting, driving, reading, video games, homework. Limit TV.</p>
<p>Symptoms are improving but still can only concentrate for 20 minutes at most.</p> <p>*A child does not usually need to stay home from school for more than 2 to 5 days following a concussion.</p>	<p>STAY HOME – LIGHT ACTIVITY</p> <p>Stay home from school and start light mental activity (watching TV, light reading), as long as symptoms do not worsen. If they do, cut back the activity and build in more rest.</p>
<p>Beginning to tolerate 30 minutes of light mental activity</p> <p>*A child does not need to be free of symptoms to return to school, symptoms need to be improving.</p>	<p>TRANSITION BACK TO SCHOOL</p> <p>Return to school as soon as symptoms are tolerable and manageable, with adjustments as needed</p>

AS YOUR CHILD RETURNS TO SCHOOL

- Communicate with the school (school nurse, teacher, school mental health and/or counselor) when bringing them in to school for the first time after the concussion.
- Parents and the school should decide together the level of academic adjustment needed at school depending upon:
 - ✓ The severity of symptoms present
 - ✓ The type of symptoms present
 - ✓ The times of day when the student feels better or worse
- **NO physical activity** – gym/PE classes, highly physically active classes (dance, weight training, athletic trainings) and active recess until medically cleared.

Follow-up with this clinic, in ___days/weeks,:

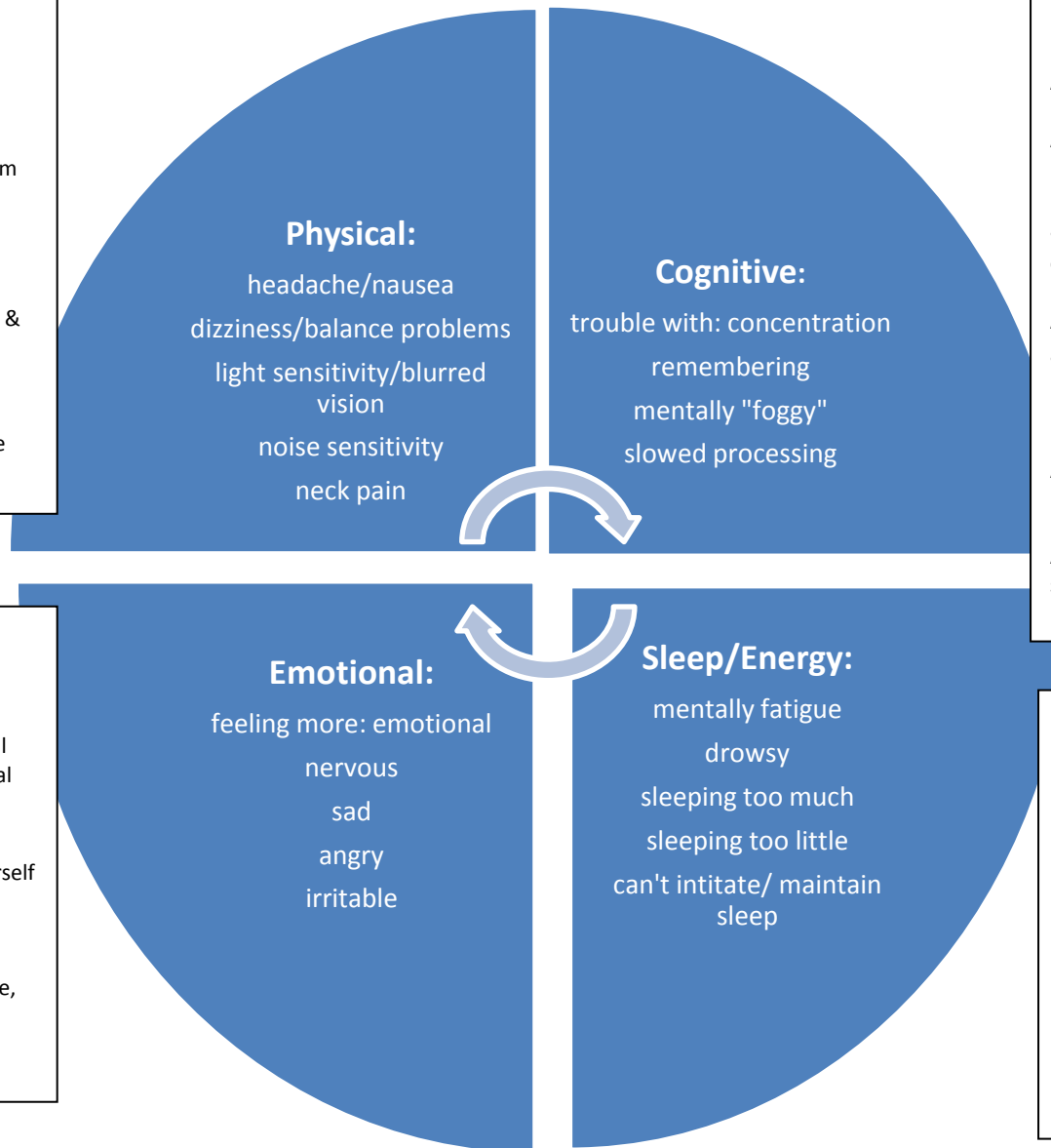
OR

Follow up with the Center for Concussion
14000 E Arapahoe Road, Suite 300
Centennial, Co 80112
720.979.0840

SYMPTOM WHEEL

Suggested Academic Adjustments

PCP's – feel free to circle a few suggested adjustments for the school
 Schools – feel free to apply/remove adjustments as needed



PHYSICAL:
 "Strategic Rest"- scheduled 15 to 20 minute "head on desk" breaks (mid-morning; mid-afternoon and/or as needed)

Sunglasses (inside and outside)

Quiet room/environment, quiet lunch, quiet recess

More frequent breaks in classroom and/or in clinic

Allow quiet passing in halls

Remove from PE, physical recess, & dance classes without penalty

Sit out of music, orchestra and computer classes if symptoms are provoked

EMOTIONAL:
 Allow student to have "signal" to leave room

Help staff understand that mental fatigue can manifest in "emotional meltdowns"

Allow student to remove him/herself to de-escalate

Allow student to visit with supportive adult (counselor, nurse, advisor)

COGNITIVE:
 Workload reduction in the classroom/homework

Remove non-essential work

Reduce repetition of work

Adjust "due" dates; allow for extra time

Allow student to "audit" classwork

Exempt/postpone large test/projects; alternative testing (quiet testing, one-on-one testing, oral testing)

Allow demonstration of learning in alternative fashion

Provide written instructions

Allow for "buddy notes" or teacher notes, study guides, word banks

Allow for technology (tape recorder, smart pen) if tolerated

SLEEP/ENERGY:
 Allow for rest breaks

Allow student to start school later in the day

Allow student to leave school early

Alternate "mental challenge" with "mental rest"