**Post-Concussion Plan: Gradual Return to Academic and Athletic Participation**

**Brookline High School, Brookline, MA**

**Student:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** YOG**: \_\_\_\_\_\_\_\_\_** Date of Injury: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Activity: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Post-injury signs and symptoms:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

REST IS NECESSARY for the brain to heal. Expect recovery to take days/weeks. Symptoms will vary with the individual and may flare with increases of physical and cognitive activity. Most students have only several days of difficulty if they get the physical and cognitive rest they need and do not re-injure themselves. Others may take longer if they have had multiple concussions, do not adequately rest, or have other underlying health issues. Therapeutic goal is to limit cognitive and physical activity to a point that does not cause symptoms.

Signs and symptoms to monitor: A) *Physical*: headache, nausea, vomiting, balance problems, visual problems, fatigue, sensitivity to light or noise, B) *Cognitive:* slow thinking and speech, difficulty concentrating and remembering, forgetful of recent information, repeats questions, C) *Emotional:* irritability, sadness, anxiety, D) *Sleep:* drowsy, sleeping more or less than usual, difficulty falling asleep. Emergencies: \* Severe headaches that worsen \* Can’t be awakened \* Can’t recognize people or places \* Neck pain \* Seizures \* Repeated vomiting \* Increasing confusion or irritability \* Slurred speech \* Weakness or numbness in arms/legs.

Brookline High School Nurses: April Armstrong, [april\_armstrong@brookline.k12.ma.us](mailto:april_armstrong@brookline.k12.ma.us), Mary Caswell, [mary\_caswell@brookline.k12.ma.us](mailto:mary_caswell@brookline.k12.ma.us), 617-713-5147

Director of Athletics: Pete Rittenburg, [pete\_rittenburg@brookline.k12.ma.us](mailto:pete_rittenburg@brookline.k12.ma.us), 617-713-5288; Athletic Trainer: Alex Jzyk, [ajzyk@partners.org](mailto:ajzyk@partners.org) 401-487-1320

Guidance Counselor:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Stage** | **Priorities** | **Typical**  **Duration** | **School Actions** | **Student Actions** | **Parent/Guardian Actions** |
| **Red**  Injury | Complete physical and cognitive rest | 1-4 days | \*Notify administrator, clinical staff, teachers, athletic trainer, guidance counselor, support staff, family, athletic director and coach, as applicable. (clinical or athletic staff will generate notification based on origin of injury) | \*Out of school, rest and sleep  \*Stay well-nourished and hydrated  \*Limit screens, reading, music, socializing  \*Once symptom-free at rest, attempt 15-min intervals of reading or writing  \*Treat with rest, NOT pain medication | \* Take to primary care for initial evaluation, or take to ER for any signs of emergency.  \*Have physician fill out referral letter \*Enforce limits, monitor “student actions”  \*Monitor nutrition and hydration  \*Email school nurse with anticipated return to school date  \* Submit note from primary care  Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (note) |
| ***Must have no symptoms at rest or with 15 min of reading or writing before moving to Orange Stage*** | | | | | |
| **Orange**  Recovery  Date: \_\_\_\_\_\_\_ | School-home communication  Recovering cellular health.  Significant deficits in processing and concentration.  . | 2-10 days    Guidance to notify teachers of recovery stage (clinical staff informs guidance of stage) | *Teachers SHOULD:*  --Prioritize and excuse assignments based on essential goals and objectives of the course. Communicate this to parents and student. *Most students will not be able to make up all missing work.*  --REMEMBER: student may not be able to self-advocate  \*Send to nurse if symptomatic  -- Expect listening only | \*In school part time, observing not participating  \*Communicate with teacher about progress and problems.  \*Be patient with slow recovery, but get as much as possible out of class time.  \*Rest when symptoms develop  \*Complete work in 15-min intervals, or stop when symptomatic to allow for recovery  \* Check in with athletic trainer/clinical staff to report symptoms  **\*No after school activities** | \*Understand Gradual Return Plan  \*Confirm students understanding of each teachers’ expectations of academic work.  \*Communicate with teachers regarding progress and problems.  \* Monitor symptoms  \*Remind student to rest if symptoms develop.  \*Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (contact)  ***\*Revisit primary care and/or concussion specialist if orange stage > 2 weeks*** |
| ***Must have no symptoms with part-time school days to move to Yellow Stage*** | | | | | |
| **Stage** | **Key Ideas** | **Possible Duration** | **School Actions** | **Student Actions** | **Parent/Guardian Actions** |
| **Yellow**  Recovery  Date: \_\_\_\_\_\_\_\_ | Gradual increase of time and energy as student resumes normal workload. | 1-7 days  Guidance to notify teachers of recovery stage (clinical staff informs guidance of stage) | *Teachers SHOULD:*  --Set dates for when and what should be completed.  --Expect student to self-advocate  --Help students to avoid scheduling more than 1 test/day  *Guidance* *may*:  -- Schedule Academic Team meeting if student has not physically recovered through Yellow Stage within 3 weeks.  Date: \_\_\_\_\_\_\_\_\_ (meeting) | \*Self-advocate  \*Maintain clear communication with teachers on priorities and due dates  \*Rest as needed  \* Once asymptomatic with full cognitive activity, check in with athletic trainer/clinical staff to report.  \*If applicable, complete post-injury neuro-cognitive Impact test if applicable.  Date: \_\_\_\_\_\_\_\_\_\_\_\_\_ (impact test) | \*Clear communication with teachers on priorities and due dates.  \*Once asymptomatic with full cognitive activity, take to primary care for medical clearance for full return to academics and gradual return to play.  \*Submit note for return to activity  Date: \_\_\_\_\_\_\_\_\_\_\_\_\_ (physician’s clearance)  \* Revisit primary care and/or concussion specialist if yellow stage > 2 weeks |
| ***Must have no symptoms with full cognitive activity and have returned to cognitive baseline function before moving to Green Stage; if complex or prolonged recovery the Health Clinic staff may request physician clearance.*** | | | | | |
| **Green**  Full Academic Recovery  Date: \_\_\_\_\_\_\_\_ | \*Complete resumption of normal academic activities.  \*Initiation of assessment for Gradual Return to Athletics | 2-3 days  Guidance to notify teachers of recovery stage (clinical staff informs guidance of stage) | *Teachers SHOULD:* expect regular academic capabilities.  \*Guidance sends note to teachers re: clearance for full return to academics:  Date: \_\_\_\_\_\_\_\_\_\_\_ (return to full academics) | \*Negotiate participation in non-athletic activities pending academic performance  \*Initiate Gradual Return to Athletic Activity Plan once symptom-free  Date: \_\_\_\_\_\_\_\_\_\_\_ (start progression of physical exertion)    \*Low-impact participation in Health and Fitness | \*Monitor symptoms  \*Negotiate participation in non-athletic activities pending academic performance  \*Support Gradual Return to Play Plan  \*Confirm with teachers that student has completed work and is back to normal pace in class. |
| ***Must have no symptoms with full academic participation and modified physical activity before moving to Blue Stage.*** | | | | | |
| **Blue**  Progressive Return to Athletic Activity  Date: \_\_\_\_\_\_\_\_ | \*Complete resumption of academic activities \*Progressive participation in athletic activities | 4+ days  Guidance to notify teachers of recovery stage (clinical staff informs guidance of stage) | *Teachers:* expect regular academic capabilities.  \*Clearance from Team Physician provided for return to athletics and Health and Fitness  Date: \_\_\_\_\_\_\_\_\_\_\_\_\_ (full activity with no symptoms) | \*Full gym work-out or see athletic trainer for sports workout.  \*Final assessment  \*Full return to athletics and Health and Fitness | \*Monitor symptoms  \*Encourage patience with physical activity progression |

**\*Be patient with the healing process. Moving too quickly through stages of recovery can slow healing and increase longer term symptoms.**

**\*\*If a student experiences an increase of symptoms at any stage, he or she should return to the previous stage until goal is maintained for 24 hrs.**

Referral to a concussion specialist may be necessary if the student 1) has had two concussions in the previous 12 months, or three or more concussions in his/her lifetime, 2) has a prior neurological illness or condition, 3) is still having substantial symptoms ***at two-weeks post injury that interfere with functional abilities*.** A third concussion in the same season may end participation for the season. Repeat loss of consciousness may result in temporary medical disqualification from sports.