



Keller Independent School District Concussion Management Protocol

WHAT IS A CONCUSSION PROTOCOL?

A concussion protocol is an organization's set of policies, tools, and assessments for caring for a concussion. It outlines how the concussion care team prepares for and responds to this injury. You may think a "concussion protocol" implies a strict, written policy that instructs healthcare providers to treat every patient and every concussion the same. However, trained healthcare providers know that a concussion requires an individualized care approach.

A concussion protocol is used to ensure everyone involved knows what to do when a concussion happens.

This Concussion Management Protocol meets the requirements of House Bill 2038 (Natasha's Law).

- 1) If an athlete is suspected of having a closed head injury. The athlete will immediately be removed from participation once concussion signs or symptoms have been reported or observed. The athlete will continue to be monitored for any changes in symptoms. Any increase in quantity or severity of symptoms MAY warrant immediate referral to Emergency Room.
- 2) If immediate referral is not needed, reassessment will take place within 48 hours post injury to determine if symptoms still exist. The athlete will be evaluated by Keller ISD medical staff to determine the need to see a physician and enter the Keller ISD Concussion Protocol. During this 48-hour period the athlete may not participate in any physical activity. This is considered the "Soft Protocol"
- 3) If athlete presents the following within 48 hours post-injury:
 - Asymptomatic
 - Normal physical exam and normal symptoms sheet by Keller ISD medical staff
 - Non-contact sports appropriate practice with no symptoms occurring or a Day 3 Test.Then athlete may return to full participation.
- 4) If the athlete continues to experience closed head injury symptoms beyond 48 hours post-injury, then he/she enters the Concussion Protocol. Which is as follows:
 - Diagnosis of a concussion by a physician (documentation required). This needs to be an MD or a DO or their representative, ie a PA or NP. Chiropractors cannot diagnose or clear concussions for return to play. If a doctor reports that the athlete does not have a concussion, they will need to provide a differential diagnosis to explain the concussion symptoms the athlete was experiencing, otherwise, the concussion protocol still needs to be followed.

- Physical exam/symptoms sheet by Keller ISD medical staff. This needs to be filled out daily by the athlete.
 - Athlete may perform sub-threshold cardiovascular activities while symptomatic so long as it doesn't increase symptoms, if prescribed by a medical professional.
 - Once the athlete has been symptom free for 48 hours. They will take the Impact Test. This is a computerized test that measures the athlete's reaction time, recall, recognition and other factors.
 - Impact Test interpreted as normal by CIC physician and athlete has a normal physical exam
 - Completion of return to play progressions with no reoccurring symptoms. See Return to Play protocol below.
 - Completed and signed UIL release form returned.
- 5) The athlete's teachers will receive an informational letter concerning the student athlete from an athletic trainer, school administrator or nurse, a copy of the informational letter will be sent to the coach that is involved with the student athlete.

If the physician deems it necessary to prescribe academic accommodations, those accommodations will be communicated immediately.

CIC Physician Definition:

Clinicians who have earned the title of Credentialed ImPACT Consultant (CIC) have undergone specialized ImPACT training and education to offer state-of-the-art concussion care management to their patients. ImPACT offers training courses that help CICs administer the test properly, interpret clinical data, detect errors on clinical reports, incorporate data from vestibular and ocular screenings, identify sandbaggers, select post-injury treatment options and academic accommodations, and much more.

RETURN TO PLAY PROTOCOL

This protocol is specifically listed by day because each step is a day. No more than 1 step can be completed per day.

The athlete will not proceed to the next day until each day is completed and they have remained symptom free. If an athlete has a return of symptoms, the athlete will repeat that day after being symptom free for 24 hours, until they can complete it without return of symptoms.

Day 1 Walk for 20 minutes. The goal is to increase the athlete's heart rate and have their head move around some. If the prescribing physician has included walking or biking in their plan of care then Day 1 can be skipped.

Day 2 Jog for 20 minutes. The goal is to increase the athlete's heart rate a little more and have their head move around a little more. This is not a cardiovascular test, if the athlete needs to walk at intervals that is acceptable.

Day 3 Interval Day. The goal is to increase the athlete's heart rate significantly and really get their head moving around. This stage is more sports specific but may include a jog across the field then doing Mountain Climbers. Jog across the field then do some Burpees. Jog across the field and do some line hops side to side, etc. This activity should last 10-15 minutes.

Day 4 Non-Contact practice. For Volleyball, Cross Country, Tennis, Swimming & Diving, Golf, Track & Field, Softball, Baseball, Power lifting, and Dance, this constitutes a full practice. For Football, Basketball, Soccer, Wrestling and Cheer, this constitutes a modified practice. For football, this is practice with no pads. For basketball and soccer, they can do drills but no live or scrimmage type activities. For wrestling, they can drill but not spar. For cheer, they cannot stunt, fly or tumble. For non-contact sports, this completes their progressions.

Day 5 Full contact practice.

KELLER ISD CONCUSSION OVERSIGHT TEAM

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