

Davis School District Junior High Concussion Management Plan

The following instructions are to be given to each athlete and their parent/guardian if a concussion is suspected or after sustaining a concussion.

Head Injury Precautions

During the first 24 hours:

1. Diet – drink only clear liquids for the first 8-12 hours and eat reduced amounts of foods thereafter for the remainder of the first 24 hours.
2. Pain Medication – do not take any pain medication except Tylenol. Dosing instructions provided with pain medications should be followed.
3. Activity – activity should be limited for the first 24 hours, this would involve no school, video games, extracurricular or physical activities or work when applicable.
4. Observation – several times during the first 24 hours:
 - a. Check to see that the pupils are equal. Both pupils may be large or small, but the right should be the same size as the left.
 - b. Check the athlete to be sure that he/she is easily aroused; that is, responds to shaking or being spoken to, and when awakened, reacts normally.
 - c. Check for and be aware of any significant changes. (See #5 below)
5. Significant changes

Conditions may change significantly within the next 24 hours. Immediately obtain emergency care for any of the following signs or symptoms:

- a. Persistent or projectile vomiting
 - b. Unequal pupil size (see 4a above)
 - c. Difficulty in being aroused
 - d. Clear or bloody drainage from the ear or nose
 - e. Continuing or worsening headache
 - f. Seizure
 - g. Slurred speech
 - h. Can't recognize people or places – increasing confusion
 - i. Weakness or numbness in the arms or legs
 - j. Unusual behavior change – increasing irritability
 - k. Loss of consciousness
6. Improvement

The best indication that an athlete who has suffered a significant head injury is progressing satisfactorily, is that he/she is alert and behaving normally.

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Return to School Recommendations

In the early stages of recovery after a concussion, increased cognitive demands, such as academic coursework, as well as physical demands may worsen symptoms and prolong recovery. Accordingly, a comprehensive concussion management plan will provide appropriate provisions for adjustment of academic coursework on a case by case basis.

The following provides a framework of possible recommendations that may be made by the managing health care professional:

Inform teacher(s) and administrator(s) about your injury and symptoms. School personnel should be instructed to watch for:

- Increased problems with paying attention, concentrating, remembering, or learning new information
- Longer time needed to complete tasks or assignments
- Greater irritability, less able to cope with stress
- Symptoms worsen (e.g., headache, tiredness) when doing schoolwork

Injured Student _____ Date _____

Until fully recovered, the following supports are recommended: *(check all that apply)*

May return immediately to school full time,

Not to return to school. May return on (date) _____

Return to school with supports as checked below. Review on (date) _____

Shortened day. Recommend ___ hours per day until (date) _____

Shortened classes (i.e., rest breaks during classes). Maximum class length: _____ minutes.

Allow extra time to complete coursework/assignments and tests.

Reduce homework load by _____ %
Maximum length of nightly homework: _____ minutes

No significant classroom or standardized testing at this time.

No more than one test per day.

Take rest breaks during the day as needed.

Other: List: _____

Managing Health Care Professional

Please write legibly

Name _____ Office Phone _____

E-mail _____ Alt. Phone _____

Health Care Professional Signature _____ Date _____