

Cathedral High School Concussion Procedures

What should I do if I suspect my student has a concussion?

Contact Mike Hunker as soon as possible. Mike is the point person for concussion management at Cathedral and is responsible for communicating with counselors, teachers, and coaches. Your student must also be seen by a doctor trained in concussion management. Doctors at sports medicine clinics are best suited to manage concussions since they are trained to recognize and treat these injuries in students. These doctors will use evidence-based criteria to make treatment decisions.

What recommendations will the Doctor make?

Limiting mental exertion and physical activity are the hallmarks of concussion management. The Doctor will provide accommodations for school and sports based on their office exam and the student's symptoms. The purpose of these recommendations is to provide the optimal environment for healing and expedite the recovery process.

The following forms must be completed by the Doctor at the office visit, and these forms must be forwarded to Mike Hunker as soon as possible. Mike will distribute the Doctor's recommendations to the student's counselor, teachers, front office staff, school nurse and coach (if the student is an athlete).

What kinds of academic accommodations are often recommended by Doctors?

Every concussion is different and the doctor's recommendations should be based on the student's unique symptoms and findings of the neurological exam. Some common academic accommodations include;

- Modified school attendance
- Reduced workload
- Limited computer time
- Extra time for homework/projects, or delaying work until cleared or able to work with no symptoms
- Extended time for quizzes and tests
- Breaks from class if symptoms worsen

How long will these accommodations be in place?

The Doctor's note should be dated, and the recommendations will stay in effect until the expiration date on the note, if noted, or two weeks past the date of the follow-up exam. If no date is noted, the accommodations will stay in effect for two weeks from the date of the initial visit. A new Doctor's note will be needed to resume receiving accommodations.

What should my student do about missed assignments and makeup work?

Depending on the timing and severity of concussion, students will have differing accommodations to support them as they heal from their concussion. The most important piece of the recovery process is clear communication between the student and their teachers. To help support this communication, students must meet with their counselor upon returning to school . The student's counselor will help the student advocate with their teachers and will help provide other supports as needs arise.

Students who have a Resource period will be moved to Academic Resource. This move is to help students have a quiet environment to work where they will have access to two teachers if they need help with assignments.

When can the student resume physical activity?

Doctors trained in concussion management will utilize the following criteria before providing written clearance for a student to return to sports and physical education class:

- The student is symptom-free for full school days.
- The doctor's neurological exam administered in the office is normal.
- The student must be symptom-free with a gradual, multi-day activity progression. Each step of the progression will be supervised by a Cathedral High School Certified Athletic Trainer. Each step of the progression will be separated by 24 hours.

The student can return to play and physical education class only after successfully completing each of the above criteria.

Who should I contact if I have any questions?

Please contact Mike Hunker or the student's counselor (see next page) if you have any additional questions.

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