

# TAIPEI AMERICAN SCHOOL SPORTS MEDICINE

# RETURN TO LEARN



## Going Back to School After a Concussion

A student's transition back to normal activity after a concussion should be gradual to allow for a full recovery. Students often need academic accommodations, and takes a team of parents, teachers, school administrators, athletic trainers coaches and health care providers to make the return to the classroom successful.

Parents should work with the school and health care providers to make sure there is a program in place to help students return to the classroom.

## Concussion Symptoms Possibly Seen in Students

- Squinting, yawning, lack of focus or irritability
- Poor attention or concentration
- Problems learning or remembering
- Increased time to complete tasks or assignments
- Slow thinking and reading
- Difficulty organizing or shifting between tasks
- Poor stress management/noticeable stress
- Physical and mental fatigue
- Difficulty handling a stimulating school environment (light, noise, etc.)
- Physical symptoms (headache, nausea or dizziness)

## Tips to Help Students Return to the Classroom

### STUDENT

- Wear blue light blocking or tinted glasses
- Record class audio or borrow notes
- Use off-white/color paper
- Get enough sleep
- Enlarge text on computer

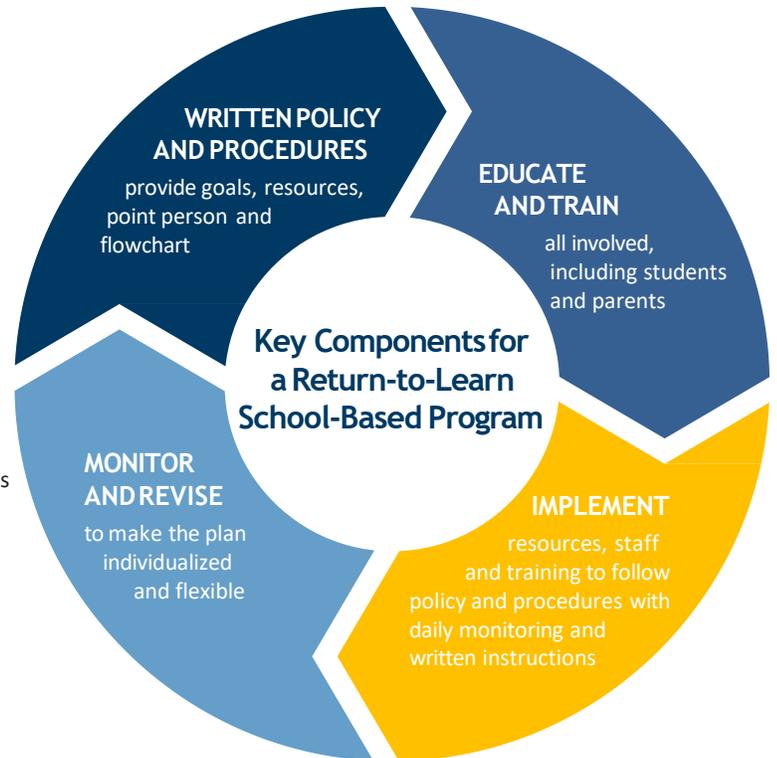
- Take breaks (work 15 minutes and rest 5 minutes)

### SCHOOLS

- Permit reduced class attendance
  - Prioritize classes
  - Alternate core-class days
  - Allow a later school start time

- Allow naps in nurse's office or rest breaks during or between classes
- Provide early transition from classes and preferential seating
- Give extra time for assignments and tests
- Offer tutoring (limited)

For referrals or appointments, please visit <https://www.tas.edu.tw/athletics/inside-athletics/sports-medicine>



# GO TIGERS!



## 1

### Emphasize cognitive and physical rest

After a concussion, symptoms can be moderate to severe and easily exacerbated. The goal is to reduce symptoms to a more manageable level. The student may need to stay home from school for a few days. During this step:

- Manage pain, such as a headache and neck pain, with over-the-counter medications and ice
- Refrain from physical or cognitive activity for a short period
- Increase sleep (48-72 hours)
- Minimize activities that can trigger symptoms (texting, computer work, reading, video games, etc.)
- Meet with school's return-to-learn manager/counselor
- Minimal to no academics or physical activity

## 2

### Modified daily-class schedule

At this stage, symptoms are mostly moderate with evidence of improvement. The goal is to find the level of cognitive and physical activity that does not provoke or worsen symptoms. During this step:

- Review return-to-learn plan with manager or counselor
- No PE/Athletics, but maybe light physical activity (if cleared by health care provider)
- Reduce class time and workload, and prioritize time of classes and subjects
- Classroom accommodations, without tests/quizzes
- Work in short blocks, with breaks and rest periods
- Limit homework and use of electronics to minimal
- Take breaks/rest in school nurse's office as needed

## 3

### Possible return to full day of school

Symptoms are mild, but they must be managed while increasing the amount of academic work, such as starting makeup work. The goal is to balance the workload while reducing symptoms. During this step:

- Review or revise return-to-learn plan
- Ensure proper sleep and mood
- Perform light physical activity if cleared by a health care provider
- Gradually increase the number of assignments by prioritizing them
- Gradually increase homework time and electronic use
- Allow extra time for assignments and exams

## 4

### Reduced accommodations and return to physical activity

At this stage, symptoms are minimal. Students can start ramping up makeup work and physical activity. During this step:

- Plan to make up all work based on the revised return-to-learn plan
- Review and revise the return-to-learn plan
- May engage in light to moderate physical activity
- May start taking tests and quizzes
- Allow extra time for exams, as needed, and modify frequency

## 5

### Full academic load

The student is symptom-free. The student has minimal or no issues with academics. During this step, the student can:

- Exercise and return to play
- Perform physical activity without any restrictions
- Return to school full time without any restrictions
- Follow plan for final makeup work
- Pace the work by not doing too much
- Take only one makeup test per day, earlier in the day
- Achieve good sleep and mood



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