

Return to Learn
Protocol

FLOWCHART AND
FRAMEWORK



RETURN TO PLAY
PROTOCOL
ATHLETICS



CAMPUS NURSE
FORMS
HEALTH SERVICES



RETURN TO LEARN
PROTOCOL
CAMPUS TEAM

AN EDUCATOR'S GUIDE TO CONCUSSION MANAGEMENT

RETURN TO LEARN PROTOCOL

BROWNSVILLE INDEPENDENT SCHOOL DISTRICT

RETURN TO SCHOOL FRAMEWORK AFTER CONCUSSION

	PROGRESSION	DESCRIPTION
<p>PHASE 1</p> <p>SYMPTOM FREE FOR 24 HOURS?</p> <p>YES- BEGIN PHASE 2 NO-CONTINUE PHASE 1</p>	NO SCHOOL	<ul style="list-style-type: none"> * THE STUDENT SHOULD REST THE BRAIN AND BODY AS MUCH AS POSSIBLE. * NO MENTAL EXERTION-NO COMPUTER, TEXTING, VIDEO GAMES OR HOMEWORK. * NO PHYSICAL ACTIVITY
<p>PHASE 2</p> <p>SYMPTOM FREE FOR 24 HOURS?</p> <p>YES- BEGIN PHASE 3 NO- RETURN TO PHASE 1</p>	<p>SCHOOL ATTENDANCE WITH INDIVIDUAL INTERVENTION PLAN</p> <p>PRIORITIZED ASSIGNMENTS</p>	<ul style="list-style-type: none"> * RE-INTRODUCTION TO SCHOOL. * AVOID TASKS THAT PRODUCE, WORSEN OR INCREASE SYMPTOMS. * NO SIGNIFICANT CLASSROOM OR STANDARDIZED TESTING. * PRIORITIZE ASSIGNMENTS RATHER THAN POSTPONE ACADEMICS, PROVIDE EXTRA TIME, EXTRA HELP. * NO PHYSICAL ACTIVITY
<p>PHASE 3</p> <p>SYMPTOM FREE FOR 24 HOURS?</p> <p>YES- BEGIN PHASE 4 NO- RETURN TO PHASE 2</p>	<p>CONTINUE WITH INDIVIDUAL INTERVENTION PLAN</p> <p>INCREASE PRIORITIZED ASSIGNMENTS GRADUALLY</p>	<ul style="list-style-type: none"> * GRADUALLY INCREASE DEMANDS ON THE BRAIN BY INCREASING THE AMOUNT OF WORK, LENGTH OF TIME SPENT ON THE WORK, AND THE TYPE OR DIFFICULTY OF WORK. * CONTINUE TO PRIORITIZE ASSIGNMENTS, TEST AND PROJECTS (LIMIT STUDENT TO ONE TEST PER DAY). * MODERATE DECREASE OF EXTRA TIME AND HELP * NO PHYSICAL ACTIVITY
<p>PHASE 4</p> <p>SYMPTOM FREE FOR 24 HOURS?</p> <p>YES- BEGIN PHASE 5 NO- RETURN TO PHASE 3</p>	<p>SCHOOL ATTENDANCE <u>WITHOUT</u> INDIVIDUAL INTERVENTION PLAN</p> <p>NO ACCOMMODATIONS</p>	<ul style="list-style-type: none"> * ACCOMMODATIONS ARE REMOVED WHEN STUDENT CAN FUNCTION FULLY WITHOUT THEM. * CONSTRUCT A PLAN TO FINISH COMPLETING MISSED ACADEMIC WORK AND KEEP STRESS LEVELS LOW. * NO PHYSICAL ACTIVITY UNTIL RELEASED BY A HEALTHCARE PROFESSIONAL (SUCH AS PHYSICIAN OR ATHLETIC TRAINER).
<p>PHASE 5</p> <p>SYMPTOM FREE FOR 24 HOURS?</p> <p>YES- FULL ACADEMICS NO- RETURN TO PHASE 4</p>	FULL ACADEMICS AND EXTRACURRICULAR INVOLVEMENT	<ul style="list-style-type: none"> * NO SYMPTOMS ARE PRESENT * NO ACCOMMODATIONS ARE NEEDED * STUDENT SHOULD COMPLETE THE GRADUAL RETURN-TO-PLAY PROGRESSION AS INDICATED BY THE HEALTHCARE PROFESSIONAL.
<p>SYMPTOM-FREE MEANS NO LINGERING HEADACHES, SENSITIVITY TO LIGHT/NOISE, FOGGINESS, DROWSINESS, ETC</p>	<p>REMINDER: PROGRESSION IS INDIVIDUAL, ALL CONCUSSIONS ARE DIFFERENT. STUDENT MAY START AT ANY STEP AS SYMPTOMS DICTATE AND REMAIN AT THE STEP AS LONG AS NEEDED. RETURN TO PREVIOUS STEP IF SYMPTOMS WORSEN.</p> <p>NOTE: IF SYMPTOMS CONTINUE AND PROLONGED IN-SCHOOL SUPPORT IS REQUIRED, REQUEST A \$504 EVALUATION.</p>	

RETURN TO PLAY PROTOCOL ATHLETICS

Forms can be accessed on the Athletics website.

REFER QUESTIONS TO ATHLETIC TRAINER OR ATHLETICS DEPARTMENT AT (956) 548-8261.

CAMPUS NURSE FORMS HEALTH SERVICES

Forms can be accessed on Health Services website.

REFER QUESTIONS TO CAMPUS NURSE OR HEALTH SERVICES DEPARTMENT AT (956) 548-8191.

RETURN TO LEARN PROTOCOL CAMPUS TEAM

Forms can be accessed on C & I and Section 504 website.

REFER QUESTIONS TO CAMPUS PRINCIPAL/DESIGNEE

APPENDIX

REFERENCES

Centers for Disease Control and Prevention- Concussion and Mild TBI. <http://www.cdc.gov/Concussion/>

Centers for Disease Control and Prevention- *Returning to School After a Concussion: A Fact Sheet for School Professionals*. http://www.cdc.gov/concussion/pdf/TBI_Returning_to_School-a.pdf

HeadSmart Handbook: A Healthy Transition After Concussion (2010). www.Southshorehospital.org.

Nationwide Children's Hospital- *An Educator's Guide to Concussions in the Classroom*
<http://www.nationwidechildrens.org/concussions-in-the-classroom>