



Return to Learn- Post Concussion/ mTBI

(Updated November 2019 to include SC REAP Manual;
July 2023 with Amsterdam guidelines)

Elementary and Middle School Students who are suspected or known to be concussed

1. Students who sustain a concussion during the school day, after-school activities, or while at home
 - a. The school nurse will follow up with parents of students they see in the health room with suspected concussions
 - i. The school nurse should obtain an initial post injury SCAT 6 and the concussion symptom scale for injuries less than 72 hours old if the student has not been evaluated by a physician. If the student has been evaluated by a physician, complete the concussion symptom scale only. Assess symptoms daily thereafter until symptoms are resolved.
 - ii. Consult with Prisma Health Orthopedics Athletic Trainers per parent request as needed for middle school students.
 - iii. Contact parents regarding appropriate medical follow-up and possible referral to a concussion specialist.
 - b. Parent calls regarding students who sustained a concussion should be directed to the school nurse
 - i. The school nurse should obtain an initial post injury SCAT 6 and the concussion symptom scale for injuries less than 72 hours old if the student has not been evaluated by a physician. If the student has been evaluated by a physician, complete the concussion symptom scale only. Assess symptoms daily thereafter until symptoms are resolved.
 - ii. Consult with Prisma Health Orthopedics Athletic Trainers per parent request as needed for middle school students.
 - iii. Contact parents regarding appropriate medical follow-up and possible referral to a concussion specialist.
2. Middle School student athletes will have an assessment performed by the Athletic Trainers from Prisma Health Orthopedics or Richland School District Two school-based Athletic Trainer. The Concussion Management Plan and Return to Play Protocol for Student Athletes will be followed.

High School Students who are suspected or known to be concussed

1. Students who sustain a concussion during the school day, after-school activities, during high school athletics, or while at home
 - a. The athletic trainer/ school nurse will follow up with parents of students they see in the health room/ Athletic Training Room with suspected concussions
 - i. The athletic trainer/ school nurse should obtain an initial post injury SCAT 6 and the concussion symptom scale for injuries less than 72 hours old if the student has not been evaluated by a physician. If the student has been evaluated by a physician, complete the concussion symptom scale only. Assess symptoms daily thereafter until symptoms are resolved.
 - ii. Consultation between the athletic trainer and school nurse, as needed

- iii. Contact parents regarding appropriate medical follow-up and possible referral to a concussion specialist.
- b. Parent calls regarding students who sustained a concussion should be directed to the school nurse
 - i. The athletic trainer/ school nurse should obtain an initial post injury SCAT 6 and the concussion symptom scale for injuries less than 72 hours old if the student has not been evaluated by a physician. If the student has been evaluated by a physician, complete the concussion symptom scale only. Assess symptoms daily thereafter until symptoms are resolved.
 - ii. Consultation between the athletic trainer and school nurse, as needed
 - iii. Contact parents regarding appropriate medical follow-up and possible referral to a concussion specialist.
- c. Student athletes
 - i. **ALL student athletes** are assessed and monitored by the athletic trainer.
 - ii. Athletic trainer will consult with the school nurse as needed
 - iii. See Richland School District Two- Concussion Management and Return to Play Protocol for Student Athletes

Concussions/ mTBI can impact student performance for a long time. Symptoms can include:

Headache	Nausea/ Vomiting	Dizziness
Blurred Vision	Confusion/ Fuzzy thinking	Sensitivity to light/ noise
Balance problems	Irritability	Poor sleeping
Drowsiness	Anxious/ Nervous	Fatigued
Forgetful	Sad	Difficulty Concentrating

School interventions to consider (not in any specific order) while student is symptomatic

1. Consult the SC REAP Manual.
2. Athletic Trainer/ School nurse evaluates student symptoms daily using the concussion symptom scale
3. Teachers notified of mTBI and signs to look for
4. Limited Screen time- work with administration on alternatives to 1:1 computing.
5. Notify IAT and 504 chair
6. Consider Modified school day
7. Students may be on Homebound or Intermittent Homebound. School Nurse should coordinate with parent and health care provider. Nurses should be the POC for students returning from Homebound.
8. If a particular activity makes symptoms worse, then stop the activity and rest until symptoms get better.
9. Elevator pass to avoid walking up stairs (exertion)
10. Temporarily remove student from PE class and recess activities- this would be a good time to come lie down in the health room
11. Rest periods in the health room- darken room as able; apply eye shield
12. Sunglasses, avoidance of glare, avoidance of direct sunlight

13. Consider another assignment instead of music class, band, orchestra, chorus- this would be a good time to come lie down in the health room
14. Shortened assignments- e.g. 10/20 problems, 10 minutes of reading instead of 30 minutes
15. Delayed testing, tested over several days in “chunks”
16. Prolong/ reschedule standardized testing, e.g. SAT, ACT, etc.
17. If the student requires accommodations beyond 10 school days, the school nurse will consult with the IAT chair to consider other interventions, such as having an IAT meeting.
18. If the student experiences post-concussive/ mTBI symptoms beyond four to six weeks, the parents and IAT team should meet to determine next steps for the student's needs.