



Mount Saint Joseph Academy Academic Concussion Protocol

Week 1:

Days 1-2 post injury: Stay Home

- Student will stay home for 24 to 48 hours post injury for cognitive rest - this includes rest from any activities that require attention / concentration or that increase symptoms. Student should avoid screens, school work, reading, and physical exertion.
- Student should be seen by a concussion-trained medical professional within 3 days of the injury.
- Student must follow the Mount Saint Joseph Academy Return to Play Protocol for sports
- Student may not take any tests during the first week back to school.
- Student may not drive to campus.

Days 2-3 post injury: Return to School

- Student should return to school for *listening days*. These days will include little if any academic work, depending on symptoms, but student will listen to class discussions.
- Student will meet with the school nurse and counselor upon arrival.
 - Counselor will coordinate work, schedule, and provide tips for returning to the classroom.
 - Nurse will provide education about concussion and symptom management using a 10pt scale.
- Student will take regularly scheduled cognitive breaks with the nurse or counselor during the day. These will be coordinated with the nurse or counselor and are required regardless of symptoms.
- Student may take additional breaks with nurse if symptoms increase.
- Student will eat lunch in a quiet area.
- If symptoms cannot be managed at school, student may be sent home.
- In classroom, student should sit in the center near the front of the classroom.
- Student may not take any tests during the first week back to school.
- Student may not drive to campus.

Days 3-5 post injury: Return to Learning

- Student may start academics / learning, taking breaks when symptoms increase by 2pts on a 10pt scale.
- Student will continue to take built in breaks as planned with the nurse or counselor.
- Student will continue to eat lunch in a quiet area.
- Student will be given extensions of at least a week, coordinated by counselor and teachers.
- Student will be provided pre printed notes by teacher.
- Student will continue to limit screen time based on symptoms and will avoid all non-educational screen time.
- Student may take quizzes at this point if feeling prepared and symptoms are manageable.
- Student may not take any tests during the first week back to school.
- Student may not drive to campus.

Week 2:

- Student will meet with nurse twice during the week to help with symptom management.
- Student will meet with counselor twice during the week to help with academics and stress management.
- Student will continue to eat lunch in a quiet area.
- Student will continue to use 10pt symptom scale to take in-class breaks as needed
- If symptoms are persistent, student may take a break in the nurse's office.
- Student may start testing and completing makeup work if feeling prepared and symptoms are manageable.
 - Student may take no more than ONE test per day.
- Student may not take standardized tests or final exams.
- Student should be given extensions on new work
 - This includes up to 48 hour extensions on smaller assignments and more for major papers or projects
- Student may participate in some extracurricular activities as approved by concussion management team - this does not include physical activity.
- Student may begin driving to campus if approved by concussion-trained specialist.

Weeks 3 and 4:

- Student will have a followup with concussion-trained specialist for clearance if possible.
 - If student has persistent concussion symptoms beyond 4 weeks, a meeting will be called with parent/guardian and the concussion management team.
- Once cleared, student may return to full academics and complete tests, papers, and projects.
- Student may work with learning team and counselor to organize remaining work from previous weeks.