

# Notre Dame Academy Sports Concussion Management Plan

## APPENDIX D: Return to School Recommendations

In the early stages of recovery after a concussion, increased cognitive demands, such as academic coursework, as well as physical demands may worsen symptoms and prolong recovery. Accordingly, a comprehensive concussion management plan will provide appropriate provisions for adjustment of academic coursework on a case-by-case basis. The following provides a framework of possible recommendations that may be made by the managing health care professional:

Inform teacher(s) and administrator(s) about your injury and symptoms. School personnel should be instructed to watch for:

- Increased problems with paying attention, concentrating, remembering or learning new information
- Longer time needed to complete tasks or assignments
- Greater irritability, less able to cope with stress
- Symptoms worsen (e.g., headache, tiredness) when doing schoolwork

Injured Student \_\_\_\_\_ Date \_\_\_\_\_

Until fully recovered, the following supports are recommended: *(check all that apply)*

May return immediately to school full time

Not to return to school. May return on (date) \_\_\_\_\_

Return to school with supports as checked below. Review on (date) \_\_\_\_\_

Shortened day. Recommend \_\_\_ hours per day until (date) \_\_\_\_\_

Shortened classes (i.e., rest breaks during classes). Maximum class length: \_\_\_\_\_ minutes

Allow extra time to complete coursework/assignments and tests

Reduce homework load by \_\_\_\_\_%

Maximum length of nightly homework: \_\_\_\_\_ minutes

No significant classroom or standardized testing at this time

No more than one test per day

Take rest breaks during the day as needed

Other: \_\_\_\_\_

### Managing Health Care Professional

Please write legibly.

Name \_\_\_\_\_

Office Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Alt. Phone \_\_\_\_\_

Health Care Professional Signature \_\_\_\_\_

Date \_\_\_\_\_



Return or fax to NDA Main Office. Fax: (920) 429-6168