

Returning to Learn

- ◆ The School Nurse can help you notify all of your child's teachers about the concussion and the signs and symptoms of a concussion. 
- ◆ The Education Service Team (EST) with guidance from the parents, the student, teachers, and the school nurse can work on modifications, as needed, to your child's school day.
- ◆ Accommodations that may be helpful for your child:
 - ◆ Shortened school day
 - ◆ No or reduced homework
 - ◆ No P.E., band, chorus or difficult activities
 - ◆ Extra time for classroom work, quizzes and tests
 - ◆ Wearing sunglasses or a hat in school
 - ◆ Extra time for getting to classes, resting, and self care
 - ◆ Someone else taking notes
 - ◆ Assignments in advance
 - ◆ Allow for extra processing time when asked to respond verbally



Returning to Play

The school shall (Act 68) follow a return to play (RTP) protocol which will allow concussion symptoms to be monitored. Following are questions you can ask:

- ◆ Must the student be participating in a Return to Learn process before the RTP process begins?
- ◆ When can the RTP process start?
- ◆ Do all symptoms have to be gone before he/she can play again?
- ◆ Can he/she watch practice before returning to play?
- ◆ What happens if he/she has trouble with grades because of missing school? Can he/she still RTP?
- ◆ He/she plays a sport next season. Will that coach be told about this concussion?
- ◆ Who decides when he/she can return to play?

For more information go to the BIAVT website: www.biavt.org



In alliance with the Concussion Task Force, a committee of the Statewide TBI Advisory Board.

CONCUSSION?

A brief guide for parents



Toll-Free Help Line

877.856.1772

Website: www.biavt.org
Email: braininfo1@biavt.org

Mission: Creating a better future for individuals with brain injury and their families through prevention, education, advocacy and support.

What is a Concussion?

Concussion Signs and Symptoms

Sample Questions for Medical Providers:

- ◇ A concussion is a brain injury caused by a bump, blow, or jolt to the head that can change the way your brain normally works. It is also called a MTBI (mild traumatic brain injury).
- ◇ *“Concussions can also occur from a fall or a blow to the body that causes the head and brain to move quickly back and forth.”*
- www.cdc.gov
- ◇ Loss of consciousness is NOT necessary for a concussion diagnosis.
- ◇ Most people completely recover within two weeks following physical **and** cognitive (thinking) skills rest (for at least the first few days). However, some people take much longer to recover.
- ◇ A concussion is not able to be seen on standard neuroimaging (eg, CT scans) because it is a functional disturbance rather than a structural injury.

- ◆ Appears confused or dazed
- ◆ Feels foggy
- ◆ Answers questions slowly
- ◆ Feels slowed down
- ◆ Can't remember events
- ◆ Can't concentrate
- ◆ Difficulty thinking
- ◆ Loss of consciousness
- ◆ Headache/pressure in head
- ◆ Nausea or vomiting
- ◆ Change in sleep pattern
- ◆ Sensitive to light or noise
- ◆ Balance problems/stumbles
- ◆ Vision changes
- ◆ Numbness or tingling

Your child may experience only one symptom or several symptoms. In some people, symptoms don't appear for several days.



Seek immediate medical attention if any symptoms get worse; contact your doctor if new symptoms appear.

- ◆ Does my child have a concussion?
- ◆ Should we see a concussion specialist?
- ◆ Can he/she take over the counter medicines for headache or other symptoms?
- ◆ For how long should he/she rest?
- ◆ What are the signs/symptoms that I should be looking for?
- ◆ What can I do if my child says “I'm fine” but I believe he/she still has symptoms?
- ◆ When can he/she return to school? Should he/she start back to school with a shortened day?
- ◆ When can he/she begin the return to play process?
- ◆ Can we sign a “release of information form” so that you can help us communicate with the school and with the School Nurse?
- ◆ What changes to the school day does my child need?

These suggested questions and comments are meant to help you understand what is going on with your child so you can care for and advocate for your child.