

Teacher Notification Regarding a Student with a Head Impact / Concussion

Your student _____ sustained a concussion / head impact on _____.

As an educator, you play an important role in helping your student in the management and recovery of their head impact / concussion. A head impact / concussion is a mild traumatic brain injury (mTBI) and should be treated seriously. Some students may be advised to stay home immediately following concussion/ head injury. However, except in rare cases most students should not miss more than 2-3 days of school.

Each head impact / concussion is unique; students may experience multiple symptoms and will recover at different rates. For most students, head impact / concussion symptoms persist for days or weeks. In rare cases, students may experience symptoms for months or longer and will require a multi-disciplinary treatment plan in addition to academic accommodations. You can help by monitoring the student and reporting any worsening symptoms to the school nurse and the student's parent/guardian.

This student has reported the following symptoms at the time of evaluation:

<input type="checkbox"/> Appears dazed or stunned	<input type="checkbox"/> Drowsiness
<input type="checkbox"/> Seems confused	<input type="checkbox"/> Sensitivity to light or noise
<input type="checkbox"/> Forgets instructions	<input type="checkbox"/> Feeling more emotional
<input type="checkbox"/> Shows changes in mood, behavior or personality	<input type="checkbox"/> Feeling slowed down
<input type="checkbox"/> Responds slowly to questions	<input type="checkbox"/> Foggy or hazy feeling
<input type="checkbox"/> Headache or pressure in the head	<input type="checkbox"/> Problems concentrating
<input type="checkbox"/> Nausea or vomiting	<input type="checkbox"/> Problems remembering
<input type="checkbox"/> Balance problems or dizziness	<input type="checkbox"/> Double vision
<input type="checkbox"/> Feeling lightheaded, sluggish, fatigued or groggy	<input type="checkbox"/> Just not feeling right
<input type="checkbox"/> Irritability, sadness, nervousness, anxiety	<input type="checkbox"/> Sleep problems

Notes from the School Nurse:

Signature: _____ Date _____

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Return to Academics After Concussion/ Head Impact

When students have symptoms after a concussion / head impact, they may need a gradual return to their pre-injury academic load. This measured progression can speed recovery and support the student's return to a full academic load.

Important things to remember:

- The stages are flexible based on the student's tolerance to school activities.
- Depending on symptoms, a student may start at any step and remain at each step as long as needed.
- If symptoms worsen, the student should return to the previous step.
- Daily check-ins with the student regarding how they are tolerating school is recommended.
- Depending on symptoms, some students can begin limited physical activity early after injury.

Stage	Suggested Accommodations	Criteria for Progression
Rest: Limited mental activity	Limited mental exertion (computer, texting, video games, or homework), no driving.	30 minutes of mental exertion without symptom exacerbation.
Part-time school with accommodations	Accommodations based on symptoms (e.g., shortened day/schedule, built-in breaks, no significant classroom or standardized testing.)	Full day of school with accommodations
Full-time school with accommodations	Accommodations based on symptoms (e.g., shortened day/schedule, built-in breaks, no significant classroom or standardized testing.)	Handles all class periods in succession without symptoms increase.
Full pre-injury academic load	Complete return to pre-injury status	N/A

If you have questions contact your school nurse at _____

A concussion is a type of brain injury that changes the way the brain normally works. A head concussion is most often caused by a direct blow to the head, but it can also result from body actions that snap the head forward or back, shaking the brain around in the skull hard enough to cause a brain injury. It is possible to sustain a head concussion without being directly hit in the head, such as with a whiplash injury. Children and adolescents are among those at greatest risk for concussion/ head injury. Because a head impact / concussion is a brain injury it should be taken seriously. Any variety of these listed symptoms can have a negative impact on a student's learning and school experience:

Cognitive/Communication	Emotional/Behavioral	Physical
<ul style="list-style-type: none"> • Feeling dazed or in a fog – disorientation • Confusion • Difficulty concentrating slowed information processing learning problems • Difficulty with memory and/or difficulty juggling multiple tasks • Communicating in “socially unacceptable” ways • Difficulty with concentration and attention 	<ul style="list-style-type: none"> • Irritability • Quick to anger • Anxiety • Depression • Social withdrawal • Does not get the “gist” of social interactions • May comment on or react to things that seems random to others 	<ul style="list-style-type: none"> • Dizziness • Weakness • Changes in balance • Headaches • Changes in vision • Changes in hearing • Sleep disturbance • Fatigue

Recovery may be delayed when students push through symptoms. Therefore, it is important to avoid stimuli that increase symptoms. Modifying learning activities for a period of time is preferred. Keep in mind that injuries are unique and what increases symptoms in one student may not in another.