

CONCUSSION MANAGEMENT

RETURN TO LEARN

Physician Owner(s): Dr. Kody Moffatt



Symptoms of concussion will often create learning difficulties for students. Communication among the student, parents, Concussion Management Team (CMT), and healthcare provider is crucial for ease of transition back into school. Students should return to academics with support and guidance from the healthcare provider in collaboration with the CMT who has the responsibility to implement, monitor, and adjust the student's individualized return to academics' plan. Although most symptoms clear within 3-4 weeks, in some cases, symptoms may not clear for months. For students with prolonged symptoms, formal procedures for learning supports will be initiated.

STEPS	PROGRESSION	DESCRIPTION
1	HOME – Cognitive & Physical Rest	<ul style="list-style-type: none">Stay at homeNo drivingLimited mental exertion – computer, texting, video games, homework
2	HOME – Light Mental Activity	<ul style="list-style-type: none">Stay at homeNo drivingUp to 30 minutes mental exertionNo prolonged concentration

Progress to Step 3 when student handles up to 30 minutes of sustained mental exertion without worsening of symptoms

STEPS	PROGRESSION	DESCRIPTION
3	SCHOOL – Part time Maximum Accommodations Shortened day/schedule Built-in breaks	<ul style="list-style-type: none">Provide quiet place for scheduled mental restLunch in quiet environmentNo significant classroom or standardized testingModify rather than postpone academicsProvide extra time, help, and modified assignments

Progress to Step 4 when student handles 30-40 minutes of sustained mental exertion without worsening of symptoms

STEPS	PROGRESSION	DESCRIPTION
4	SCHOOL – Part time Moderate Accommodations Shortened day/schedule	<ul style="list-style-type: none">No standardized testingModified classroom testingModerate decrease of extra time, help, and modification of assignments

Progress to step 5 when student handles 60 minutes of sustained mental exertion without worsening of symptoms

Disclaimer: Pathways are intended as a guide for practitioners and do not indicate an exclusive course of treatment nor serve as a standard of medical care. These pathways should be adapted by medical providers, when indicated, based on their professional judgement, and taking into account individual patient and family circumstances.

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STEPS	PROGRESSION	DESCRIPTION
5	SCHOOL - Full time Minimal Accommodations	<ul style="list-style-type: none">• No standardized testing; routine tests are okay• Continued decrease of extra time, help, and modification of assignments• May require more support in academically challenging subjects

Progress to step 6 when student handles all class periods in succession without worsening of symptoms AND receives medical clearance for full return to academics

STEPS	PROGRESSION	DESCRIPTION
	SCHOOL - Full time Full Academics, No Accommodations	<ul style="list-style-type: none">• Attends all classes• Full homework and testing

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