

Return to Learn - Concussion Management Support Resource

After a mild head injury/concussion, it is best practice to have students return to the classroom as soon as possible. If necessary, students may need a brief period of physical and cognitive rest, often 24-48 hours. For most students, it is best to attend school with adjustments rather than stay home.

Our network of pediatric brain injury specialists has created a one-page tool to assist you in making these adjustments. Please complete this form with appropriate team members and make sure each team member has a copy. Monitor the student's progress and gradually increase workload as much as the student can tolerate without worsening symptoms. If symptoms worsen, decrease the workload again. When adjustments are no longer needed, discontinue the plan. If the student needs more support, add adjustments or refer to appropriate personnel such as a counselor.

Any student with symptoms that persist after four weeks should be referred to their medical provider. If you need assistance filling the form, please contact Kristen Alexander at kalexander@uams.edu

Directions: Use a team approach with the student's teachers, coach, AT, counselor, assistant principal, and nurse to complete this form based on needs and symptoms. Have the student track symptoms. Most symptoms resolve by 28 days, during which students may need adjustments in the classroom. Closely monitor the student's progress and reconvene the team as needed. The goal is to engage the student as much as possible while keeping below their symptom threshold. Give this form to all teachers. This form is not intended to diagnose a TBI and is not inclusive of all possible adjustments.

Signature of assigned staff member: _____ **Student Name:** _____ **Date:** _____

Return to School Progression: Mild TBI/Concussion

Attendance plan https://tinyurl.com/tbidity	1. No school until:	2. Partial days (as tolerated by student) until:	Hours:
Physical limitations:	No P.E. until:	Alternate P.E. plan*:	
	No recess until:	Alternate recess plan*:	

*Try to promote social interaction/reduce isolation. Ex: quiet play with peer, board games, coach's helper, walk the track/gym with peer.

Areas of concern	Suggested adjustments for Return to School (circle all needed)	What adjustments were made and when
Fatigue (Tired), specifically mental fatigue and brain fog	<ul style="list-style-type: none"> Allow student to go to quiet area as needed (for exams, etc) Schedule rest breaks, offer water/ snacks to keep student nourished Provide copies of notes as alternative to student note-taking Reduce workload to essential assignments/content (odd/even problems) Simplify tasks or break into segments, checklists Extra tutoring/assistance Reduce workload to essential assignments/content (odd/even problems) Allow alternate ways to demonstrate knowledge (presentation vs. essay) 	
Difficulty with attention and concentration	<ul style="list-style-type: none"> Provide extended time to complete assignments Check in more frequently to make sure student is not off track Work with a peer buddy Use audiobooks/screenreaders/calculators 	
Slow to process or understand/ slowed reading or calculating	<ul style="list-style-type: none"> Simplify tasks, provide copies of notes, written checklist Reduce overall amount of in-class work or (no) homework Repeat or break-up assignment True/false, multiple choice, matching, fill in the blank w/ word bank & test questions 	
Difficulty with memory	<ul style="list-style-type: none"> Develop an emotional support plan for the student (w/escalation plan) Schedule time with school counselor/identified staff member Reassurance from staff 	
Emotional symptoms (i.e. anxiety, irritability)	<ul style="list-style-type: none"> Transition before bell/avoid hallways Elevator pass, alternate route to classes 	
Difficulty with balance/dizziness	<ul style="list-style-type: none"> Offer rest breaks and if no improvement, shorten the school day Allow time and space for short naps (like nurse's office) 	
Headache	<ul style="list-style-type: none"> Wear sunglasses/hat, visor, seating away from bright sunlight, ear plugs Limit exposure to noise and crowds (lunchroom, hallway, etc.) 	
Light/noise sensitivity		