

Student Concussion Management

What is a concussion?

A concussion may be caused by a blow, bump or jolt to the head, or by any fall or hit that jars the brain. This invisible injury disrupts the way the brain normally works by affecting mental stamina, as the brain must work longer and harder even to complete simple tasks. Concussions also affect reaction time, short-term memory, working memory and cognitive processing speed.

Concussions are serious brain injuries that have a significant influence on the brain's ability to function at its normal capacity. The key to recovery from a concussion is both physical and mental rest, followed by gradual progression back to activity, both in athletics and in the classroom. Most concussions resolve within a few days or weeks, so the management of a concussed child/student may be no different than that of one who missed a few days due to minor illness. However, some concussions linger and have the potential to cause long-term academic and social difficulties for the child/student. If unmanaged, these problems have the potential to significantly impact the student's academic career as a whole. Proper management of a concussed child/student by parents and educators can allow the child/student to continue making academic progress through accommodations designed to help prevent permanent damage to the child/student's academic record or future. (Nationwide Children's)

Responsibilities

Teacher/Coach/Athletic Trainer

1. Must notify parent/guardian that their child has sustained a possible concussion
2. Must notify School Nurse and School Counselor of any student who comes to your attention who has sustained a possible concussion by the next school day.
3. Other responsibilities as written by AACPS.

Parent/Guardian

For a student with a concussion diagnosis the following steps should be followed.

1. Proper diagnosis and treatment by a licensed medical provider.
2. Communication from parent/guardian to School Nurse and or School Counselor within 24 to 48 hours of diagnosis.
3. Any academic accommodations needed must be written on an ACE form or Student Concussion Management Form (both forms may be downloaded from www.annapolishighschool.org). School staff are not qualified to assess and determine a child's readiness to participate in school. All paperwork must be completed solely by the student's health care provider.
4. NO academic accommodations will be made without one of these forms submitted to School Nurse and signed by a licensed physician.
5. Since the student may need to limit activities while he or she is recovering from a concussion, it is essential that the health care provider determine when the student's cognitive and /or physical activity may increase. Updates on child/student's condition should be received weekly from parent/guardian or doctor to the School Nurse until student is released to full academic and extracurricular activities. If there is no follow-up all accommodations will stop.
6. A Medical Release form must be signed by the parent/guardian so the School Nurse can speak to the doctor to better serve your child's needs and accommodations.

Student

1. To clearly and honestly communicate their symptoms, academic difficulties and feelings.
2. To follow the treatment protocol

School Nurse/Counselor

1. To be liaison between teachers, student, parents, and medical staff.
2. To disseminate academic accommodations to the student's teachers.
3. To help student as needed.