

Title: MSSD14 Concussion Management Protocol

Effective Date: SY 2024-25

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OBJECTIVE:

To protect the health of the students following concussion injuries using the Colorado Department of Education's, CDE, Concussion Management Guidelines to support student's both Return to Learn (RTL) and Return to Play (RTP).

CDE states, "Best practice suggests that a school create a concussion management system that is adequate and consistent for any student, elementary through high school who has a **suspected concussion regardless of the setting or mechanism.**"

MSSD 14 is following CDE's recommended BrainSTEPS Colorado Return to Learn Concussion Management Team (CMT) model. The CMT monitors the student's academics and concussion symptoms while gathering appropriate data to justify educational decisions and promote faster recovery during the initial 1-2 weeks post concussion. Any high school student athlete must also follow the Colorado High School Activities Association, CHSAA, (<https://chsaanow.com>) Return to Play protocol. The CMT members have learned how a concussion affects learning and employ strategies to help students remain in school throughout the recovery process. If the student doesn't recover within 4-6 weeks a medical referral will be made.

General Information:

- The MSSD Concussion Management Team, (CMT), consists of the School Nurses, School Counselors, School Psychologist and Athletic Trainer Certified (ATC).
- The Athletic Director (AD), Athletic Trainer Certified (ATC), or Coach will communicate **suspected, or verified**, concussions in a student athlete to the CMT Team, in writing, as soon as possible through email and the Healthy Roster portal.
- Student Athlete is defined as students currently participating in a CHSAA/CCAL sanctioned sport offered at MSSD and/or another school to include MSHS and MSMS as well as any school supported athletic activity.

- “Health care/licensed provider/practitioner” means:
Doctor of Medicine, Doctor of Osteopathic Medicine, Licensed Nurse Practitioner, Licensed Physician Assistant, Licensed Doctor of Psychology with training in neuropsychology or concussion evaluation and management.
- The AD and ATC will have a pre-season meeting with all coaches to inform them of the concussion protocol and liability issues. Coaches must complete annual concussion training prior to the start of the season. The AD will instruct the coaches that the decision of the athletic trainer and Physician is the **FINAL DECISION** regarding return to play and the coach **MUST STAND BEHIND** that decision, regardless of the pressure from the parents.

PROCEDURES:

Elementary School Students

All head injuries that present to the Health Office are evaluated by the Health Staff. If concussion is suspected, parent/guardian is called, and medical evaluation recommended. When a concussion is suspected and/or written diagnosis of concussion is received from a Healthcare provider, the Building Level CMT Team will initiate the district concussion protocol. This includes communication with parents, notifying teachers, symptom, and academic monitoring.

Written medical clearance is required by a Healthcare provider to end the protocol. If a teacher or staff member is notified of a concussion, they will report the information to the Health Office Staff so appropriate support can be provided.

Middle School Student Athletes:

All MSSD student Athletes, and parent/guardian are required to adhere to the concussion guidelines outlined in the MSSD Athletic Registration Packet. This includes a signed concussion agreement in athletic handbook.

Any Middle School student athlete who is suspected of, or diagnosed, with a concussion will be managed by the Coach and the CMT Team with School Nurse as the lead.

If the Coach **suspects a concussion was sustained**, the Coach will remove the student athlete from play immediately. The Coach will notify the parents/guardian of the suspected concussion and recommend parent/guardian seek a medical evaluation. (reference SB 11-040: Concerning the requirement that a coach of an organized youth athletic activity follow concussion guidelines, and, in connection therewith, creating the "Jake Snakenberg Youth Concussion Act").

The Student's School Nurse & Counselor will be notified in writing (preferably email) by the student's coach as soon as possible. The School Nurse will follow up with parents to recommend medical evaluation if concussion is suspected. Once a concussion is suspected and/or written medical diagnosis is received, the school nurse will initiate district concussion protocol, to include

removing the student from any and all types of physical activity (PE, recess, etc) and initiating symptom & academic monitoring.

When the student is no longer experiencing symptoms, per their baseline, no longer requiring academic adjustments, and **written medical clearance is received from a healthcare provider**, they will be removed from concussion protocol. At that point the coach will be notified and may initiate the RTP protocol (see Appendix 1) and adjust practice for the student based on fitness with no concussion restrictions.

IN WRITING prior to return to play.

- a. CHSAA rule 1790.2: “If at any time during participation, a student-athlete is removed from participation due to head trauma, the student-athlete must obtain a written release from a licensed practitioner before participating again. A school or school district may impose stricter standards.”
- b. CHSAA rule 1790.2: “If at any time during participation, a licensed practitioner removes an athlete from participation because of illness or injury, the athlete must have a **WRITTEN RELEASE** from a healthcare/licensed practitioner before participating again.

Middle School Student Non-Athlete:

The Middle School Student who is suspected of, or diagnosed with, a concussion, and/or student is not a current season athlete, will be managed by the CMT Team with School Nurse as the lead. This could be an injury sustained during school hours (PE class, recess, classroom, etc) or outside school hours (MVA, ski, bike, etc.)

If the injury is sustained during school hours, the School Nurse will perform initial assessment and recommend medical evaluation if concussion is suspected. If diagnosis of concussion is received in writing by a healthcare provider and/or there is suspected concussion, the School Nurse will activate the CMT Team who will implement concussion protocol until medical clearance is received in writing. **Written medical clearance is required by a Healthcare provider to end the protocol.**

If head injury is sustained outside of school hours, the district relies on the parents/guardians to inform the Health Office of medical condition within 72 hours with written diagnosis by a healthcare provider.

High School Student Athletes:

All MSSD student Athletes, and parent/guardian are required to adhere to the concussion guidelines outlined in the MSSD Athletic Registration Packet. This includes a signed concussion agreement in athletic handbook.

The High School Student Athlete who is suspected of or sustained a concussion will be managed by the Coach, Athletic Trainer, and CMT Team to achieve Return to Learn (RTL) and Return to Play (RTP) status. Symptom monitoring will be completed by athletic trainer using “Healthy Roster” for documentation. This information will be provided in writing to CMT team for weekly academic adjustment review.

Concussion Notifications for a Student Athlete

The ATC/Coach will initiate the following communication:

- a. Call Home
- b. Letter to Parents

- c. Healthy Roster Notification
- d. Written notification to CMT Team members (to include date & mechanism of injury type for ANY sport involvement, on/off season, on/off campus)

All student-athletes who are suspected of a Concussion **must** be medically cleared by a healthcare provider **IN WRITING** prior to return to play.

- a. CHSAA rule 1790.2: “If at any time during participation, a student-athlete is removed from participation due to head trauma, the student-athlete must obtain a written release from a licensed practitioner before participating again. A school or school district may impose stricter standards.” b. CHSAA rule 1790.2: “If at any time during participation, a licensed practitioner removes an athlete from participation because of illness or injury, the athlete must have a **WRITTEN RELEASE** from a licensed practitioner before participating again. The licensed practitioners are MD’s, DO’s, Nurse Practitioners, and PA’s”
- b. Must be in accordance with the CO Senate Bill 40- Jake Snakenberg Youth Concussion Act.
- c. Once a **concussion is suspected and/or written medical diagnosis is received**, the CMT “academic monitor” will initiate RTL protocol, to include removing the student from any and all types of physical activity (PE, recess, etc).
- d. An athlete will proceed progressively through a stepwise return to play, RTP, strategy. The steps proceed on a 24 hour clock, and the athlete must remain asymptomatic through-out the entire process.
- e. **Written medical clearance is required by a Healthcare provider to end the protocol.**
- f. If athlete does not show improvement within 1 week of injury, athletic trainer will recommend further medical evaluation to parents.

Baseline Concussion Testing (SWAY)

The Sway platform provides you with the tools to accurately assess cognitive function with quick and easy tests measuring visual processing speed, neuromotor response, inhibition control, memory, and executive function. Sway’s patented technology allows you to quickly capture key cognitive measures in any setting.

a. Test Administration Guidelines

 The Baseline test is implemented by the Athletic Trainer and will be kept on file in the SWAY system.

b. Test Standardization Guidelines

 The Baseline test will be done in an athletic facility and student-athletes will utilize their mobile device for completion.

■ Post-concussion testing will be done following the absence of concussion symptoms for comparison to baseline.

Post-concussion testing will also be done prior to medical clearance for return to play.

■ Results of the test may be shared with the parent/guardian of the student-athlete.

■ Results may also be shared with Medical Doctor being seen for medical clearance.

SWAY is a type of neurocognitive test that assess an athlete's neurocognitive function pre-concussion and post-concussion. It will not be utilized to medically clear a student-athlete from a concussion and will only be used to provide additional information regarding a possible head injury sustained. This is a tool that will help guide the return to play protocol in a safe and effective manner for each student-athlete. (*See Appendix 2*)

(*See attached Appendix 1 for RTP protocol*)

High School Student Non-Athletes:

The High School Student who is suspected of, or diagnosed with, a concussion, and/or student is not a current season athlete, will be managed by the CMT Team with the School Nurse as lead. This could be an injury sustained during school hours (PE class, recess, classroom, etc)) or outside school hours (MVA, ski, bike, etc).

Concussion Notifications for a Non-Athlete Student

The School Nurse will initiate the following communication:

- a. Concussion letter to parents
- b. School counselors
- c. School psychologist
- d. Front desk administrator
- e. Athletics/Activities Office
- f. The student's teachers – sent by school counselor.

If the injury is sustained during school hours, the school nurse will perform initial assessment and recommend medical evaluation if concussion is suspected. If a suspected concussion and/or medical diagnosis of concussion is received from a healthcare provider, the school Nurse will activate the CMT Team who will implement concussion protocol until medical clearance is received in writing by healthcare provider. If student does not show improvement within 4 weeks of injury, school nurse will recommend further medical evaluation to parents.

If head injury is sustained outside of school hours, the district relies on the parents/guardians to inform the Health Office of medical condition within 72 hours and/or there is a suspected concussion with written diagnosis from a healthcare provider.

Once **written diagnosis is received and/or concussion is suspected**, the school Nurse will activate the CMT Team who will implement concussion protocol until medical clearance is

received in writing by healthcare provider. **Written medical clearance is required by a Healthcare provider to end the protocol.**

More information about concussion management can be found at:

Colorado Department of Education, Concussion Management Guidelines. 2014. Retrieved on October 14, 2022, <http://www.cde.state.co.us/HealthAndWellness/BrainInjury.htm>

CHSAA Concussion Management Guideline.

<https://www.cde.state.co.us/healthandwellness/braininjurycoloradoresources-0>

This concussion management program is in adherence to CO Senate Bill 11-040 known as the Jake Snakenberg Youth Concussion Act which can be found at:

<https://www.cde.state.co.us/sites/default/files/documents/healthandwellness/download/brain%20injury/sb11-040.pdf>

This concussion management program follows the: *Consensus statement on concussion in sport – The 4th International Conference on concussion in sport, held in Zurich, November 2012.*



Appendix 2



Objective Balance and Cognitive Testing on the mobile device you and your athletes already own.

- ✓ Balance Testing
- ✓ Cognitive Testing
- ✓ FDA Cleared Class II Medical Device

REPLACES: ImPACT, SCAT5, and more



USE CASES

Baseline Testing ⌚ 20 minutes

Baseline testing can be performed on any flat surface, in person or remotely. Devices used for testing must be connected to the internet to perform the baseline test.

Sideline Evaluations ⌚ 5 minutes

Sway screenings can be performed in under 5 minutes on the sideline during the game. With immediate results, you can quickly compare the athlete's current scores to their baseline as well as normative data based on the athlete's age and sex.

Return-to-Learn & Return-to-Play

Unlimited tests per athlete allows you to provide the best care for your athletes, testing cognition, balance, and gathering symptoms as often as you'd like.

- ✓ Unlimited Testing
- ✓ Remote Symptom Tracking



Chris Trobaugh
@TroKnows

I absolutely, positively, do not miss the hassle of scheduling & supervising ImPACT Testing. Dropping them and switching to @SwayMedical has been one of the best decisions I've ever made as an AT.



Stephen Moss
@Stephen_Moss_AT

We just did it!! MUCH more efficient, easier to baseline, MUCH better customer support & easier to test post-injury. Middle of a game impossible to ImPACT test. Have a convo with @CaseyPaulkATC so glad we did!!!



Available on iOS and Android