

A concussion is a mild form of traumatic brain injury that changes the way a person’s brain normally works. A concussion is caused by a bump, blow, and/or a jolt to the head that causes the brain to rock back and forth inside the skull. Concussions can occur with or without loss of consciousness. Signs and symptoms of a concussion can show up right after an injury or may not appear or be noticed until hours or days after the injury. g. These symptoms usually resolve in 1-2 weeks in the majority of cases, but they can linger for months. Consequently, there is a need for guidelines to support all students in their return to the educational environment after sustaining a concussion.

Physical (How a person feels)	Cognitive (How a person thinks)	Emotional (How a person feels emotionally)	Sleep-Related (How a person experiences energy level/sleep pattern)
Headache/pressure	Feels in a "fog"	Inappropriate emotions	Fatigue
Blurred vision	Feels "slowed down"	Personality change	Excess sleep
Dizziness	Difficulty remembering	Nervousness/anxiety	Trouble falling asleep
Poor balance	Difficulty concentrating/ easily distracted	Feeling more "emotional"	Drowsiness
ringing in the ears	Slowed speech	Irritability	Sleeping less than normal
Seeing "stars"	Easily confused	Sadness	
Vacant stare		Lack of motivation	
Nausea or Vomiting			
Numbness/Tingling			
Sensitivity to Light or Noise			
Disorientation			
Neck Pain			

East Middle School involves a multidisciplinary team approach with concussion issues. The school level team includes the School Guidance Counselor, the School Nurse, First Responder/Coach, PE teachers, Administrators, Individual Teachers, Parents, Health Care Providers, and the Student – all focusing on student support and needs.

If there is a suspected head injury at school:

1. The coach/teacher should contact an administrator
2. Instruct the student to respond verbally to any questions and avoid nodding or shaking his or her head.
3. If the student is unconscious, do not attempt to move him or her.
4. The administrator will contact the school nurse, health center providers, and guidance counselor to assess the needs of the student. If indicated, the guidance counselor will call 911.
5. Health care providers and/or administration will contact the parent/guardian.

6. If deemed to be non-emergency, the student may be transported by the parent/guardian to an appropriate medical facility.

Medical attention provided to injured student:

1. Once the student's condition is diagnosed by a health care provider, any documentation by the provider received by any member of the school staff will be given to the School Nurse for copy and distribution to the student's teachers, coaches, school counselor, and administrators.
2. The School Nurse will complete the *Concussion Plan of Care: Academic and Physical* form which should include medical recommendations for academic and physical accommodations, will be used to make necessary adjustments to the student's schedule and workload to provide the student with the optimal environment for recovery. Any updated medical documentation provided by the health care provider will continue to be distributed by the School Nurse as above with each subsequent visit by the student to their provider. This process will remain in place for the first 3 weeks after the date of the concussion or until complete clearance is given by the health care provider.
3. The School Nurse will keep a log of the student's progress. At one week, the school nurse will follow up with the student and will continue weekly meetings until the student is cleared by the student's health care provider for return to complete physical and academic activities.
4. Upon completion of the *Concussion Plan of Care* form, the guidance counselor will meet with the student's teachers, first responders, and administrators through East Middle's MTSS/Student Assistance Team to share.

504 Accommodations:

1. If a student requires ongoing accommodations for longer than 3 weeks from the date of the concussion, the Guidance Counselor will arrange a meeting with the parent/guardian, the teachers and administration to review eligibility under 504.
2. If a 504 plan is written, the plan will remain in effect until the student is cleared by the student's health care provider for return to complete physical and academic activities.

Parent Responsibility

1. Parents will obtain medical care as indicated and maintain timely communication with school personnel regarding the student's progress. This is to include the medical documentation provided by the health care provider including but not limited to medical release form.
2. Parents will complete and submit a medication authorization form for medications that may be indicated in the school environment.

School Staff Responsibility

1. All staff will maintain a current understanding of the safety educational implications related to the diagnosis of concussion. All staff will view concussion video and attend any required professional development related to head injuries.
2. Teachers will employ health care provider recommendations provided following medical evaluation.
3. Teachers will monitor student's progress with academics following the Concussion Plan of Care and identify need for additional supports as indicated.
4. School Counselor, School Nurse, and other team members will convene to discuss student progress and updates from the health care provider.