

Return-To –Learn Following A Concussion

Concussion or Mild Traumatic Brain Injury (MTBI) or *comotio cerebri* is defined as a complex pathophysiologic process affecting the brain's function. It is induced by traumatic biomechanical forces after impact to the head, face neck, and body that leads to a functional, not structural, disturbance which may or may not involve loss of consciousness. 80-90% of concussions resolves spontaneously within 7-10 days, follow a sequential course towards resolution, however, some concussions take a longer time to resolve.

Students are responsible for reporting their injuries to the athletic trainers or school nurse, including signs and symptoms of concussion. Symptoms can be broken down into these four categories and may be present at different stages of the healing process.

Cognitive	Physical	Emotional	Sleep
Difficulty thinking clearly	Headache fuzzy or blurred vision	Irritability	Sleeping more than usual
Feeling slowed down	Nausea vomiting (early on) Dizziness	Sadness	Sleeping less than usual
Difficulty concentrating	Sensitivity to noise and light/ Balance problems	More emotional	Trouble falling asleep
Difficulty remembering new information	Feeling tired and having no energy	Nervousness and anxiety	

After suffering a concussion, there is a brain energy crisis. Due to this crisis, cognitive rest is necessary to enhance the recovery process. A student's academic schedule may take some modifications in the first one to two weeks following a concussion. Please work with the student and the Concussion Management Team when navigating return to learn activities. The Concussion Management Team will also help to navigate more complex cases of prolonged return to learn. If cases are prolonged, Andrea Allison in Disability Services will be involved and classroom accommodations will be made in compliance with ADA as needed.

The Athletic Training staff or School Nurse want to make you aware of this injury and the related symptoms that the student may experience. sustained a concussion on ___/___/____. Student should refrain from all classroom activities the same day as the concussion. Possible modifications to classroom activities to allow cognitive rest, providing adequate time for recovery, while allowing the student to participate in some classroom activities may also be necessary. When the student resumes class, please be aware that their academic performance may suffer during the recovery process. The student should progress to the classroom and studying activities as tolerate. Final authority to return to learn will reside in the Concussion Management Team, who will continuously re-evaluate the student until symptoms resolve.

Any consideration you may provide academically during this time would be greatly appreciated. If you have any questions or concerns, please do not hesitate to contact Dawn Ranns and the Concussion Management Team. Thank you for your time and consideration during this process.

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