



Limestone College



Concussion Return-To-Learn Recommendations

(To be completed by Licensed Physician (MD/DO) or an AT, PA, NP under treating physician's supervision)

Name of the Student: _____ DOB: _____ Date: _____

Following a concussion, most individuals typically need some degree of cognitive and physical rest to facilitate and expedite recovery. Activities such as reading, watching TV or movies, playing video games, working/playing on the computer and/or texting require cognitive effort and can worsen symptoms during the acute period after concussion. Navigating academic requirements and a school setting present a challenge to a recently concussed student. A Return-To-Learn policy facilitates a gradual progression of cognitive demand for students in a learning environment. Healthcare providers should consider whether academic and school modifications may help expedite recovery and lower symptom burden. It is important to the review academic/school situation for each student and identify educational accommodations that may be beneficial.

Educational accommodations that may be helpful are listed below.

Return to school with the following support:

Length of Day

- _____ Shortened day. Recommended _____ Hours per day until re-evaluation or (date) _____.
- _____ ≤ 4 hours per day in class (consider altering days of morning/afternoon classes to maximize class participation).
- _____ Shortened classes (i.e. rest breaks during classes). Maximum class length of _____ minutes.
- _____ Use _____ class as a study hall in a quiet environment.
- _____ Check for the return of symptoms when doing activities that require a lot of attention or concentration.

Extra Time

- _____ Allow extra time to complete coursework/assignments and tests.
- _____ Take rest breaks during the day as needed (particularly if symptoms recur).

Homework

- _____ Lesson homework by _____ % per class, or _____ minutes/class; or to a maximum of _____ minutes nightly, no more than _____ minutes continuous.

Testing

- _____ No significant classroom or standardized testing at this time, as this does not reflect the patient's true abilities.
- _____ Limited classroom testing allowed. No more than _____ Questions and/or _____ total time.
 - _____ Student is able to take quizzes or tests but no bubble sheets.
 - _____ Student able to take test but should be allowed extra time to complete.
- _____ Limit test and quiz taking to no more than one per day.
- _____ May resume regular test taking.

Vision

- _____ Lesson screen time (SMART board, computer, videos, etc.) to a maximum _____ minutes per class AND no more than _____ continuous minutes (with 15-20 minute break in between). This includes reading notes off screens.
- _____ Print class notes and online assignments (14 font or larger recommended) to allow to keep up with online work.
- _____ Allow students to wear sunglasses or hat with bill worn forward to reduce light exposure.

Environment

- _____ Provide alternative setting during active physical education or theater courses. (Outside of that room)
- _____ Patient should not attend athletic practice
- _____ Patient is allowed to be present but not participate in practice, limited to _____ hours.

Additional Recommendations:



Physician Name _____

Physician Signature: _____