

Concussion Guidelines Parent Handout Missoula County Public Schools

Return to Learn Guideline

Instructions:

- Keep brain and physical activity below the level that causes symptoms to get worse.
- *Stop activity and rest if symptoms get worse with increased activity. Re-try activity as tolerated.*
- Share this protocol with the health care provider.
- Go back to health care provider if:
 - Symptoms are bad enough that your child is unable to return to school for partial days within 7 days of concussion,
 - Any symptoms continue past 4 weeks,
 - Symptoms are generally worsening rather than improving or
 - As directed by the health care provider.
- Follow this protocol because it may help decrease the time it takes to recover from a concussion.
- Tell the school what symptoms your child is having so they can better adjust for your child.
- Know that how long it takes to get better after a concussion can be different for every child. Some children will be able to go back to school all day without symptoms the next day and for some children it may take several weeks.

Stage	Home Activity	Academic Activity	Physical Activity
#1 Brain Rest	<ul style="list-style-type: none"> • Rest quietly, nap and sleep as much as needed • Avoid bright light and noise if bothersome • Drink plenty of fluids and eat healthy foods every 3-4 hours • Avoid “screen” time (text, computer, cell phone, TV, video games) 	<ul style="list-style-type: none"> • No school • No homework or take home tests • Avoid reading and studying 	<ul style="list-style-type: none"> • Walking short distances to get around is Okay • No strenuous exercise. sport play or practice • No driving

Progress to the next stage when your child starts to improve, but may still have some symptoms

Stage	Home Activity	Academic Activity	Physical Activity
#2 Restful Home Activity	<ul style="list-style-type: none"> • Set a regular bedtime/wake up schedule • Allow at least 8-10 hours of sleep and short naps if needed (less than one hour) • Drink plenty of fluids and eat healthy foods every 3-4 hours • Limit “screen” time to less than 30 minutes a day; use large font 	<ul style="list-style-type: none"> • No school • May begin easy tasks at home (drawing, cooking) • Soft music or books on tape Okay • Once your child can complete 60-90 minutes of light mental activity without a worsening of symptoms they may go to next step 	<ul style="list-style-type: none"> • Progress physical activity, like untimed walking • No strenuous exercise, sport play or practice • No driving

Progress to the next stage when your child starts to improve and has fewer symptoms

Stage	Home Activity	Academic Activity	Physical Activity
#3 Return to school- PARTIAL DAYS	<ul style="list-style-type: none"> • Allow 8-10 hours of sleep per night • Limit napping to allow for full sleep at night • Drink plenty of fluids and eat healthy foods every 3-4 hours • “Screen time” less than 1 hour a day • Limit social time outside of school 	<ul style="list-style-type: none"> • Gradually return to school by starting with a few hours or a half day • Take breaks in a quiet area every 2 hours or as needed • See “Symptom Wheel” for classroom adjustments. • Stop work if symptoms increase 	<ul style="list-style-type: none"> • No strenuous exercise, contact sport play or practice. • Progress physical activity with light aerobic activity such as walking or stationary bike (step 4 of Return to Play Protocol). • Return to PE* and recess with light aerobic activity only. No contact games, no running at recess, generally only activities with both feet on ground and/or minimal risk of falling and out of reach of airborne objects. *Note: Athletic Trainer, where available, must first authorize PE return and allowed activity level for applicable student athletes. • Instruction by health care provider may provide alternative advisement. • No driving

Progress to next stage when your child can complete the above activities without symptoms

Stage	Home Activity	Academic Activity	Physical Activity
#4 Return to school-FULL DAYS	<ul style="list-style-type: none"> Allow 8-10 hours of sleep per night Avoid napping Drink plenty of fluids and eat healthy foods every 3-4 hours "Screen time" and social activities outside of school as symptoms tolerate 	<ul style="list-style-type: none"> Progress to attending school full day; consider adding core classes first then electives or "specials" See "Symptom Wheel" for classroom adjustments. Taper off adjustments as able. Stop work if symptoms increase PE and recess with progressing aerobic activity but no contact activities, no running at recess and out of reach of airborne objects. 	<ul style="list-style-type: none"> No strenuous exercise, contact sport play or practice. Progress physical activity (step 5 of Return to Play) or as instructed by health care provider. PE and recess with light aerobic activity only. No contact games, no running at recess, generally only activities with both feet on ground and/or minimal risk of falling. Okay to drive unless otherwise directed by healthcare provider

Progress to the next stage when your child has returned to full school day and is able to complete all assignments/tests without symptoms

Stage	Home Activity	Academic Activity	Physical Activity
#5 Full Recovery	<ul style="list-style-type: none"> Return to normal home and social activities 	<ul style="list-style-type: none"> Return to normal school schedule and course load 	<ul style="list-style-type: none"> Advance Return to Play Protocol to Step 6 and progress through for student athletes. Allow full PE/recess without restrictions

ADAPTED FROM CALIFORNIA INTERSCHOLASTIC FEDERATION 2017 AND SAVE THE BRAIN 2015 RETURN TO LEARN PROTOCOLS.

Academic Adjustments Based on Concussion Symptoms

Instructions:

- Share this with your healthcare provider
- Tell the school what symptoms your child currently has and when those symptoms improve or change.
- Allow teachers to alter needed classroom adjustments as symptoms change

