

AISD Concussion/Head Injury Form and Care Plan

Healthcare Provider to complete/sign. Parent/Guardian to sign. Return to Athletic Trainer or School Nurse.

April 2022

Student _____ DOB _____ School _____

Date of Injury _____ Is student an athlete? ☐ Yes ☐ No If yes, list sport(s) _____

Where did injury occur? ☐ School: ☐ PE ☐ Recess/Playground ☐ Other: _____

☐ Athletic Sport, list _____ ☐ Home ☐ Other, list: _____

Symptoms that occurred after the head injury (check all that apply): ☐ No reported symptoms

Physical

- ☐ Headaches
- ☐ Nausea
- ☐ Fatigue
- ☐ Visual problems
- ☐ Balance problems

- ☐ Sensitivity to light
- ☐ Sensitivity to noise
- ☐ Numbness/Tingling
- ☐ Vomiting
- ☐ Dizziness

Thinking

- ☐ Feeling mentally foggy
- ☐ Problems concentrating
- ☐ Problems remembering
- ☐ Feeling more slowed down

Emotional

- ☐ Irritability
- ☐ Sadness
- ☐ Nervousness
- ☐ Excessive or Abnormal

Sleep

- ☐ Drowsiness
- ☐ Sleeping more than usual
- ☐ Sleeping less than usual
- ☐ Trouble falling asleep

Briefly describe what happened: _____

Additional comments/details about injury and/or symptoms: _____

Completed by: _____ ☐ School Nurse ☐ 1st Responder ☐ Coach ☐ Other Staff ☐ Parent Date: _____

Medical Recommendations – Healthcare Provider to Complete/Sign

Return to School

- ☐ Out of school until follow-up visit on _____ (date).
- ☐ May return to school ☐ with ☐ without academic accommodations on _____ (date).

Academic Accommodations (Check all that apply.):

- ☐ Shortened day. Recommended _____ hours per day until _____ (date).
- ☐ Shortened classes (i.e. rest breaks during classes). Maximum class length _____ minutes.
- ☐ Allow extra time to complete coursework/assignments and tests.
- ☐ Lessen homework load to maximum nightly _____ minutes, no more than _____ continuous minutes.
- ☐ Lessen computer time to maximum _____ minutes, no more than _____ continuous minutes.
- ☐ No significant classroom or standardized testing at this time, as this does not reflect the student's true abilities.
- ☐ Check for the return of symptoms (above) when doing activities that require a lot of attention or concentration.
- ☐ Take rest breaks during the day as needed.
- ☐ Review academic accommodations on _____ (date).

Physical Education/Recess

- ☐ Do NOT return to PE class/recess at this time ☐ May return to PE class/recess
- ☐ Can return to PE class/recess after completion of return-to-play progression – Complete/sign list on back page.

Sports

- ☐ Do not return to sports practice or competition at this time. ☐ N/A.
- ☐ May start return to play steps (back page) under the supervision of appropriate health care provider.
- ☐ May be advanced back to competition after phone conversation with attending physician.
- ☐ Must return to medical provider for final clearance to return to competition.
- ☐ Has completed a gradual RTP progression (back page) w/o any recurrence of symptoms and is cleared for full participation, as of _____ (date).

Follow-up/Referrals ☐ Return to this office. Date/Time: _____ ☐ Refer for neuropsychological testing.
☐ Refer to: _____ Neurosurgery _____ Neurology _____ Sports Medicine _____ Psychiatrist (Physical Medicine/Rehabilitation)
_____ Psychiatrist _____ other, list: _____

Healthcare Provider Name (Print): _____ Signature: _____

Address: _____ Phone: _____ Examination Date: _____

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I have received and will comply with the concussion and head injury sign/symptoms information, guidelines for care, and above-noted return to learning/play recommendations. I authorize permission for school personnel to implement this plan of care.

Parent/Guardian Signature: _____ Phone: _____ Date _____

Parent/Guardian & Student Instructions/Guidelines

Returning to Daily Activities

1. Get lots of rest. Be sure to get enough sleep at night- no late nights. Keep the same bedtime weekdays and weekends.
2. Take daytime naps or rest breaks when you feel tired or fatigued.
 - Limit physical activity as well as activities that require a lot of thinking or concentration. These activities can make symptoms worse.
 - Until cleared by a physician, NO Physical activity. This includes PE, sports practices, weight-training, running, exercising, heavy lifting, etc.
3. Thinking and concentration activities (e.g., homework, classwork load, job-related activity).
4. Drink lots of fluids and eat carbohydrates or protein to main appropriate blood sugar levels.
5. As symptoms decrease, you may begin to gradually return to your daily activities. If symptoms worsen or return, lessen your activities, then try again to increase your activities gradually.
6. During recovery, it is normal to feel frustrated and sad when you do not feel right and you can't be as active as usual.
7. Repeated evaluation of your symptoms is recommended to help guide recovery.

Returning to School

1. If student is still having symptoms of concussion he/she may need extra help to perform school-related activities. As your (or your child's) symptoms decrease during recovery, the extra help or supports can be removed gradually.
2. Inform the teacher(s), school nurse, school psychologist or counselor, and administrator(s) about your (or your child's) injury and symptoms. School personnel should be instructed to watch for:
 - Increased problems paying attention or concentrating.
 - Increased problems remembering or learning new information.
 - Longer time needed to complete tasks or assignments
 - Greater irritability, less able to cope with stress.
 - Symptoms worsen (e.g., headache, tiredness) when doing schoolwork.
3. Follow the recommendations on front page until student has fully recovered.

Returning to Sports

1. You should NEVER return to play if you still have ANY symptoms – (Be sure that you do not have any symptoms at rest and while doing any physical activity and/or activities that require a lot of thinking or concentration.) Return to play protocol begins only with authorization of physician. See AISD Return to Play Checklist for details.
2. Be sure that the PE teacher, coach, and/or athletic trainer are aware of your injury and symptoms.
3. It is normal to feel frustrated, sad, and even angry because you cannot return to sports right away. With any injury, a full recovery will reduce the chances of getting hurt again. It is better to miss one or two games than the whole season.
4. Gradual return to sports practices under the supervision of an appropriate health care provider.
 - Return to play should occur in gradual steps beginning with aerobic exercise only to increase your heart rate (e.g., stationary cycle); moving to increasing your heart rate with movement (e.g., running); then adding controlled contact if appropriate; and finally return to sports competition.
 - Pay careful attention to your symptoms and your thinking and concentration skills at each stage of activity. Move to the next level of activity only if you do not experience any symptoms at the each level. If your symptoms return, stop these activities and let your health care professional know and follow his or her recommendations.

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Gradual Return to Play Plan

Phase 1: No physical activity.

High School student athlete is symptom free for 24 hours; or

Middle School student athlete is symptom free for 120;

AND receives written clearance from a physician- documentation is submitted to Athletic Director, Athletic Trainer, or School Nurse.

Phase 2: Return to Play Progression (Requires physician approval to begin)

1. Supervised light aerobic exercise 5-10 minutes. This includes walking, light jogging, light stationary biking. NO weight lifting, resistance training, or any other exercise.
2. Supervised moderate levels of physical activity with body/head movement. This includes 15-20 minutes of running at moderate intensity in the gym or on the field with out a helmet or other equipment.
3. Non-contact training drills in full uniform. May begin supervised weight lifting, resistance training, and other exercise.
4. Full contact in practice or training
5. Full game play.

Neuropsychological testing can provide valuable information to assist physicians with treatment planning, such as return to play decisions.

This form is adapted from the [Acute Concussion Evaluation \(ACE\) care plan](#) on the CDC web site and the NCHSAA concussion Return to Play Form. All medical providers are encouraged to review this site if they have questions regarding the latest information on the evaluation and care of the student post-concussion injury.