

Academic Recovery Plan Following a Concussion

North Cobb High School



What is a Concussion?

- A brain injury caused by a bump, blow, or jolt to the head or body.
 - Can change the way the brain normally works.
 - Can happen even if you haven't been knocked out.
 - Can be serious even if you've just been "dinged" or "had your bell rung."



<http://www.cdc.gov/headsup/index.html>

Students diagnosed with a Concussion

- When a student is diagnosed with a concussion, the early goal for treatment is Cognitive Rest.
- Most concussion symptoms will resolve within 7 to 10 days.
- Some students with severe symptoms may require time off from school, but this period is usually limited to three days or less.
- Early intervention and cognitive rest soon after the concussion is best for returning patients to the school environment in a timely manner without provoking symptoms.

Cognitive Rest

- Any task requiring the brain to think, concentrate, remember and reason stresses the concussed brain beyond its capability, prolongs recovery and may even worsen symptoms.
- Such tasks include:
 - Watching television
 - Playing on computers and video games (even on small smart phone screens)
 - Texting or social media
 - Studying or doing homework
 - Reading or writing
 - Bright lights
 - Loud music
- As the symptoms improve, the student may be able to complete some schoolwork at home in a quiet environment.
- When the child is ready to go back to school, they should follow a gradual return with an academic recovery plan developed by the school.

Gradual Return to School

- Suggest return to school for half days to start
 - Periods 3 &4 the first day
 - Periods 1 &2 the second day
- No tests or quizzes
- No physical activity in P.E. classes
- Use preprinted class notes
- Limit or modify time on computer
- Short homework assignments—work 20 minutes at a time with rest breaks in between

Gradual Return to School

- Full day of classes
- Gradual return to class work, including make-up work, tests, quizzes
- May take one test or quiz a day with extra time as needed to complete
- Student should tell the teacher or school nurse if any symptoms or problems return while at school

Signs and Symptoms

- Headache
- Nausea
- Dizziness
- Fuzzy vision
- Sensitivity to light or noise
- Feeling sluggish or foggy
- Concentration problems

504 Plan

- Should not be considered as a first step, unless the patient has a medically complicated case.
- May be appropriate for a student whose concussion symptoms last several months or longer.
- Requires legal documentation and physician notes.

Resource Links

- www.choa.org/concussion
- www.cdc.gov/headsup/index.html

