

RECOVERY: YELLOW STAGE

School attendance: Full-time attendance if possible. No sports.

For student at school

- Tell your teachers if you are having difficulty with your class work ("self advocate").
- See the school nurse for pain management and if you need to rest.
- Complete as much homework as possible in 15-minute blocks of time, rather than all at once.
- Update your teachers and parents about what is possible and what is not.
- Limit yourself to one test a day by notifying teachers when you already have a test scheduled.
- Immediately communicate with your teachers and nurse if your symptoms reappear.
- Decide with your team about band and chorus (due to noise levels).
- Review and adjust your Recovery Action Plan with your parents, siblings and friends.

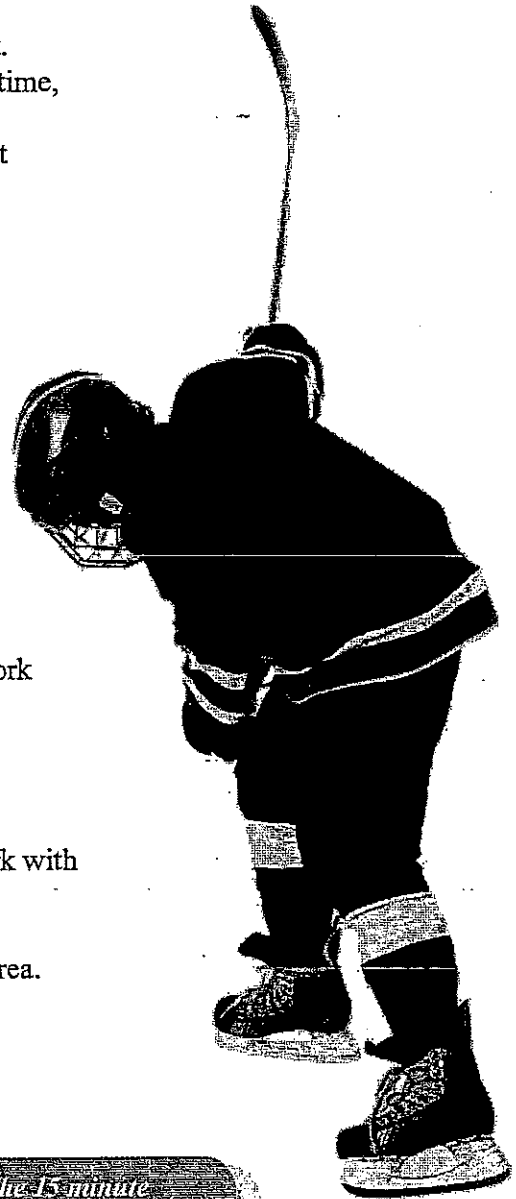
For parents/guardians

- Monitor and document symptoms (both physical and emotional).
- Support and reinforce structures and routines for recovery.
- Advise your child, as needed, on time management for school work completion.
- Continue to advocate for your child at school.

For school personnel

- Support the student in making up the most important school work with deadlines agreed-upon in writing.
- Assign a reduced homework load.
- Consider *un-timing* the tests — and administer them in a quiet area.
- Consider a reader and/or a transcriber for tests.
- Decrease the work load if symptoms reappear.
- Limit the student to one quiz or test per day.

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Physician: "Parents, if your child is text-messaging constantly use the 15-minute rule: give your child their cell phone and allow them to text for 15 minutes twice a day, then take the phone away."



RECOVERY: GREEN STAGE

School attendance: Full time.

For student at school

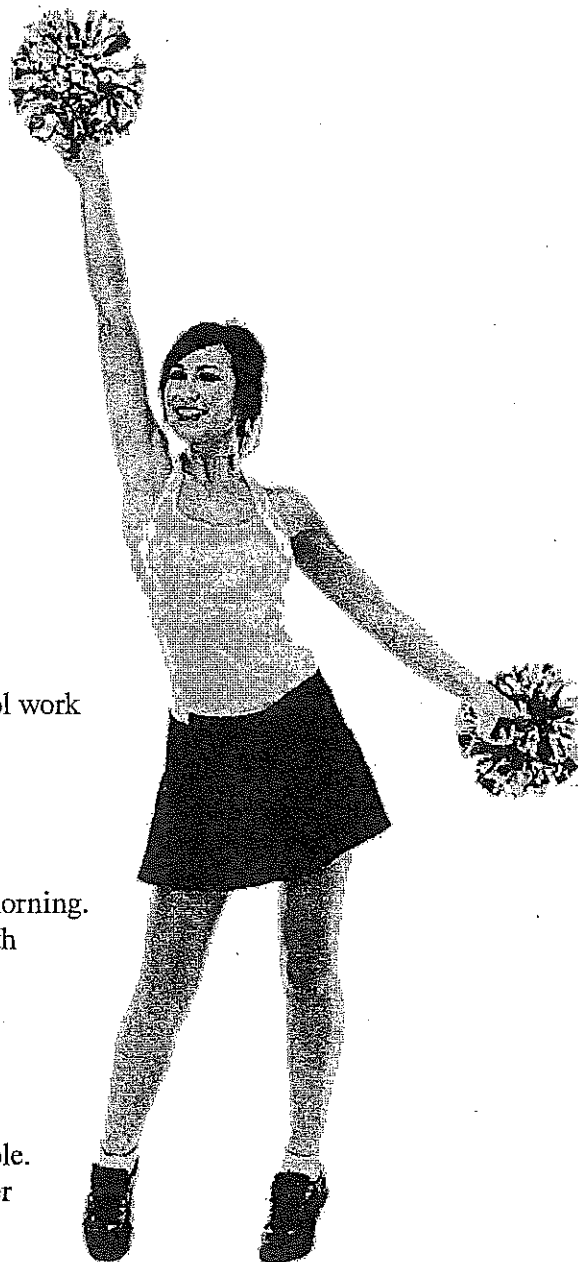
- Resume your normal activities.
- Provide your school nurse or Team Captain with your ImPACT scores.
- Return to sports *only* if cleared by a physician *and* when you are managing your school work well.
- Slowly ramp-up your level of physical activity.
- Do not transition quickly from sitting on the sidelines to immediately playing a game (“graduated return to play protocol”).
- Self-monitor your physical well-being and report any symptoms — and **never** “play through” symptoms!
- Continue to be your own strong advocate.

For parents/guardians

- Continue to observe, monitor and support your child.
- Support return to sports once medically cleared *and* school work is being handled.
- Advocate for tutoring and extended make-up time.

For school personnel

- Recognize that returning students often do better in the morning.
- Recognize that a student’s ability to perform complex math equations may be different from the ability to write a composition, depending on the location of the concussion in the brain.
- Request tutoring to help the student to make up what was missed.
- Find out if ImPACT neurocognitive test scores are available.
- Reinstate the student’s sports program *if* cleared by his/her physician and *if* he/she is keeping up with school work.



Student (cheerleader): *“It is hard to describe. It was like I was in another zone. I knew what I should be doing. I just couldn’t make my brain do it.”*

Summary: Stages of Recovery

RECOVERY: RED STAGE Usually 2-4 days, but could last weeks

- REST
- Students typically do not attend school
- Strict limits on screen time/use of electronics/reading
- Parent/guardian: Inform school of injury and request a Team Captain
- Review and sign your Recovery Action Plan
- No sports/rough housing
- REST

RECOVERY: ORANGE STAGE

- Attend school half to full days
- REST at home
- Continue limits on screen time/use of electronics/reading
- Avoid school bus and heavy backpacks
- Work with school Team Captain regarding school accommodations
- No tests in school
- No sports, band, chorus, PE
- Review and adjust your Recovery Action Plan
- REST

RECOVERY: YELLOW STAGE

- Attend school full-time if possible
- Work with your teachers regarding homework deadlines (“self advocate”)
- See school nurse for pain management or if rest is needed
- Limit one quiz/test per day — consider un-timed testing
- Work in 15 minute blocks, complete as much homework as possible
- No sports
- Decide with your team about band, chorus, PE
- Review and adjust your Recovery Action Plan

RECOVERY: GREEN STAGE

- Attend school full-time
- Self advocate at school (staggered due dates for assignments, tutor if needed)
- Resume your normal activities
- Resume sports once school work is back on track *and* symptom free *and* cleared by a physician



ImPACT®

Immediate Post-Concussion Assessment and Cognitive Testing or ImPACT is a sensitive test that measures recovery of cognitive functions such as memory, attention and speed of thinking that are often affected by a concussion. Use of ImPACT testing during recovery and again when symptom-free, gives parents and physicians a more accurate way to determine a student's readiness to return to school and sports. Please call South Shore Hospital's Sports Concussion Clinic at 781-624-8162 for more information about ImPACT.

South Shore Hospital's Sports Concussion Clinic

South Shore Hospital's Sports Concussion Clinic is headed by Janet Kent, MD. Dr. Kent, a credentialed ImPACT consultant, is board certified in physical medicine and rehabilitation and has ten years of experience working with brain injuries. Dr. Kent evaluates the concussed student, explains the proper management of the injury to students and parents, prescribes medication to improve symptoms, and medically clears students for return to play when they are fully recovered. A concussion rehabilitation program may be prescribed. If needed, Dr. Kent will work with the student's school to modify academic demands until the student is fully recovered. Please call the clinic coordinator at 781-624-8162 for an appointment.

South Shore Hospital's Reading Partnership

South Shore Hospital's Reading Partnership helps to minimize the risk of reading difficulties in young children by encouraging parents-to-be to nurture their newborns and toddlers through reading. The Reading Partnership supports an online, research-based, early literacy screening tool developed by the National Center for Learning Disabilities for use by pediatricians, parents and teachers of preschool aged children. Please contact Jean Ciborowski-Fahey, Ph.D., education director, at 781-624-4331 for information.

South Shore Hospital's Youth Health Connection

South Shore Hospital's Youth Health Connection is dedicated to the positive mental health and physical well-being of youth. The program advances positive youth health outcomes through knowledge, risk prevention, collaboration, respect, connectedness and coalition building. The Youth Health Connection speakers' bureau provides schools and communities with access to experts in physical and emotional youth development. Please contact Barbara J. Green, PhD, medical director, at 781-749-9227 ext. 3; Kim Noble, RN, MBA, program coordinator, at 781-794-7415; or Karin Farrell, BS, administrative secretary at 781-794-7849 for more information. You also may visit www.southshorehospital.org/yhc.

- **BrowseAloud**

BrowseAloud is a software program that reads aloud all website content. As you move the cursor over words, they are spoken aloud. Free download. www.browsealoud.com

- **“Heads Up” on Concussion**

The Centers for Disease Control (CDC) has created free tools for youth and high school sports coaches, parents, athletes and health care professionals that provide important information on preventing, recognizing and responding to a concussion. www.cdc.gov/concussion

- **ImPACT Concussion Management**

ImPACT provides computerized neurocognitive assessment tools and services that are used by coaches, athletic trainers, doctors and other health professionals to assist them in determining an athlete's fitness to return to lay after a concussion. www.impacttest.com

- **Keep Every Youth Safe**

Keep Every Youth Safe (KEYS) is an hour-long seminar created by the Brain Injury Association of Massachusetts that educates and empowers new drivers to make smart driving decisions to avoid injury when on the road. This award-winning program explores the link between dangerous driving behaviors and the risk of sustaining a traumatic brain injury (TBI), the most common cause of death and disability among adolescents and young adults. www.biama.org/whatdoes/keys

- **Kurzweil Educational Systems**

If long-term assistance is needed, this program may be of benefit, as it helps read text and allows for highlighting and note-taking, with printouts for use as study guides. Documentation of a learning disability may be required. Families can send for a 30-day free trial CD. www.kurzweiledu.com

- **Peer tutoring and support**

Kindle is now available as a free download for MAC/PC, iPhone, iPad, Android and Blackberry. www.amazon.com, Kindle section. iBooks is also available for use on MAC, iPhone and iPad. www.apple.com/itunes

- **Play Smart**

Play Smart: Understanding Sports Concussion is an exciting and informative video series produced by the Brain Injury Association of Massachusetts for parents, coaches and student athletes. The video series includes two twelve-minute videos, one specifically designed for coaches and parents and another for student athletes. Play Smart includes the essential knowledge on sports concussions, personal testimonies of student and professional athletes, and expert advice. Play Smart educates audiences on the signs and symptoms of concussion, emphasizes the importance of proper management and best methods for follow-up, and highlights this important public health issue. www.biama.org/whatdoes/playsmart

- **Project Gutenberg**

Project Gutenberg is the place where you can download over 30,000 free ebooks to read on your PC, iPhone, iPad, Kindle, Sony Reader, etc. A great resource for free books. Option: Use BrowseAloud to “read” the books. www.gutenberg.org/wiki/Main_Page

- **Texthelp Systems**

Similar to kurzweil, but less expensive for personal purchase. For a list of upcoming free webinars visit www.texthelp.com/page.asp?pg_id=10180#windows



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Psychologist: "Keep in mind, this too shall pass, meaning the emotional repercussions, as your child's brain recovers from the impact."

The Recovery Action Plan (RAP) is a helpful tool that can be a valuable checkpoint for you and your team during your recovery. Please photocopy the original so you may update your plan throughout the healing process.



Recovery Action Plan (RAP)

Between

_____ name of student

And

_____ names of family, friends, school nurse, teacher(s), coach(es)

Recovering from a head injury involves a support team including family members, friends, school nurse, teachers, coaches and physician.

The goal of the head-injured student is to heal completely.

The goal of the team is to empower the student — to get the healing job done.

DATE _____ I (student signature) _____

AGREE TO:

- Follow my doctor's recommendations and ask clarifying questions when necessary.
- Always know which color recovery stage I am in. Presently I am in _____ color stage
- Communicate with my family, friends, health and education team.
- (Other) _____

WE (team member signatures) AGREE TO SUPPORT THESE ACTIONS:

Notes

You are encouraged to use this page to note symptoms, activities, questions and other comments throughout the recovery process.



Parent of a hockey player: *"The ImpACT testing that was available through the Scituate Public School system was extremely beneficial to my son. His concussion injury was treated seriously by the school staff and his family. He sustained a significant injury that we were not able to see and therefore did not respect until the testing was performed at SPS. He was allowed to heal fully and finish the school year successfully."*

HeadSmart™

A healthy transition after concussion

HeadSmart is a South Shore Hospital community benefits program.

South Shore Hospital is the leading regional provider of acute, outpatient, home health, and hospice care to the approximately 600,000 residents in southeastern Massachusetts. South Shore Hospital's home health care division includes South Shore Visiting Nurse Association, Hospice of the South Shore, and Home & Health Resources.

As a not-for-profit, tax-exempt, charitable organization, South Shore Hospital serves all in medical need, regardless of ability to pay. The primary way that South Shore Hospital benefits the community is through clinical programs that meet our region's most prevalent medical needs, such as maternal/newborn care, heart and stroke care, cancer care, trauma care, orthopedic care and home health care. We also offer community benefits programs that advance our charitable mission by focusing on initiatives that support the principles of Massachusetts health care reform, improve the management of chronic diseases, reduce disparities in the provision of care, promote wellness in vulnerable populations, and sustain vital health services. Please visit www.southshorehospital.org for more information.



**South Shore
Hospital**

**YouthHealth
CONNECTION**

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