

# Dufur School Concussion Protocol

## Introduction

Concussions are mild traumatic brain injuries. If concussions aren't recognized immediately and managed properly, they can lead to long-term issues such as headaches, difficulty with thinking and memory, and depression.

When a student gets a concussion, it's critical that the entire school community knows how to respond. That means making sure all school staff, students, and their parents work as a team to know how to recognize concussion signs and symptoms and understand the steps they need to take afterwards.

## Athletes

All athletes will be required to complete the most current district approved concussion management tool (e.g. ImPACT Concussion Management Software) during their ninth (9<sup>th</sup>) and eleventh (11<sup>th</sup>) grade school years. All new students and any athlete who previously sustained a concussion will perform a new baseline test prior to the start of practice.

## Coaches

Coaches will undergo the yearly mandated OSAA training. Coaches will also be required to meet with the athletic director and athletic trainer prior to their respective sports season to go over concussion protocol. Coaches are the first line of defense, and they must be trained to recognize concussions through appropriate questions.

## Concussion Management Plan

The concussion management plan shall be followed for any athlete who exhibits signs, symptoms, or behaviors consistent with a concussion following an observed or suspected blow to the head, body, or who has been diagnosed with a concussion.

## Concussion Management Team (CMT)

Team	Point Person	Full Team
Family Team	Parent	Student, Guardians; may include Friends, Grandparents, Primary Caretakers, Siblings, etc
Athletic Team	Coach	Coaches, Athletic Director
Academic Team	Principal/Counselor	Teachers, Counselors, School Social Workers, Administrators, etc
Medical Team	Athletic Trainer Treating Physician	Emergency Department, Primary Care Providers, Nurses, Concussion Specialists, Neurologists, Clinical Neuropsychologists

## Overview of Process

Step 1: Recognize and Evaluate

Step 2: Removal from Participation

Step 3: Neurocognitive Testing (ImpACT) and Follow Up

Step 4: Rest with Modified School Activities As Needed

Step 5: Monitor Symptoms and Repeat ImpACT Testing

Step 6: Progressive Return to Athletic and School Participation

### **Step 1: Recognize and Evaluate**

- Recognition of concussion signs and symptoms by the athlete, coach, parent or athletic trainer
  - If a coach suspects a concussion, appropriate questions must be used when speaking to the athlete.
  - A list of signs and symptoms as well as a list of appropriate questions will be provided to each coach during pre-season meeting.
- Removed from participation if concussion is suspected
- Immediate evaluation of the athlete by a trained medical profession, either physician or athletic trainer, should occur as soon as possible
- CT or MRI scans of the head are not necessary unless the person is experiencing increasing symptoms that raise the concern of an intracranial bleed. Necessity of such tests will be determined by the appropriate medical provider such as emergency room personnel.

### **Step 2: Removal from Participation**

- Any athlete with a suspected concussion is not allowed to return to play until cleared by an OSAA approved medical professional (MD, DO, Physician Assistant, or Nurse Practitioner)
- Second Impact Syndrome occurs when an athlete who has not fully recovered from a concussion receives another blow to the head. This can cause delayed recovery and possibly death.

### **Step 3: Neurocognitive Testing and Follow Up**

- Athlete must be under the care of an OSAA approved medical professional.
- If the athlete is symptom free, an ImpACT post-test will be administered.
  - If scores are comparable to baseline and the athlete is cleared by a medical professional, athlete may progress back into activity.
- If symptomatic, the athlete will remain under the care of approved medical provider.

### **Step 4: Rest with Modified School Activities As Needed**

- School attendance may be modified according to the individual's symptoms and cognitive impairment
- Administration must be informed of concussion the same day or injury or prior to the next school day.
  - School counselor will follow through with student-athlete the next school day and make changes to workload as needed and remove from classes such as: Band and PE.

### **Step 5: Monitor Symptoms and Repeat ImpACT Testing**

- The individual's symptoms should be closely monitored by the athletic trainer, medical provider, parents, and CMT

- ImPACT testing will be performed according to protocol determined by the CMT and medical provider

### **Step 6: Progressive Return to School and Athletic Participation**

- As symptoms allow, the student-athlete returns to full school participation under guidance of CMT
- Once individual is 1) fully returned to school 2) symptom free 3) back to ImPACT baseline level and 4) cleared by an approved healthcare provider, a gradual return to play may begin
- While each concussion and athlete is different, intensity should be increased gradually over the span of multiple days with monitoring for the return of symptoms.
- Return to Play
  - Step 1: Jogging or light activity for 20 minutes
  - Step 2: Increased activity such as sprinting for 20-30 minutes
  - Step 3: Sport specific drills for 30 minutes
  - Step 4: Non-contact practice
  - Step 5: Full contact practice
  - Step 6: Return to activity
- If at any point symptoms return, activity shall be immediately stopped. Athlete will return to rest and must be symptom free for at least 24 hours before starting progression again.

*Oregon state law (Max's Law; OAR 581-022-0421) dictates that an athlete must obtain clearance prior to returning to activity by an MD, DO, Physician Assistant, or Nurse Practitioner.*

## **Return to Academics**

### **Concussion Management Teams**

All concussions are different and should be treated as such, but certain goals must be met when a student returns to learning after sustaining a concussion. In order to provide the best care for each student, each concussion management team (CMT) has a leader(s) to help direct the flow of information and communication.

### **Return to Academics Protocol**

When a student, athlete or non-athlete, is diagnosed with a concussion, the concussion management teams may need to accommodate the student in the classroom to help facilitate recovery while still allowing for learning. In the event of a concussion, students will need to follow the return to academics protocol until symptom free and/or cleared by their care provider. In the event that a student is cleared, the protocol may be suspended. The overall goal is to help the student progress back into full academic course load as quickly as symptoms will allow without exacerbating or creating new symptoms.

### **Return to Academics: Student-Athlete**

#### **Day 1:**

##### **ATC Available:** Concussion Suspected

- Athlete removed from play
- Parent, Coach, Principal, and Athletic Director notified
- Forms completed
  - SCAT3 (minimum of symptom checklist)
  - OSAA RTP form started
- Forms sent to Principal

##### **ATC Unavailable:** Concussion Suspected

- Coach removes athlete from play
- Athletic trainer, Principal and Parent notified
- Symptom checklist completed and sent to athletic trainer and principal

#### **Day 2:**

Principal meets with student-athlete.

- Symptom checklist completed
- Academic accommodations form completed
- Athlete removed from band and/or PE
- OSAA form, symptom checklist, and academic accommodations given to parent/student to take to chosen care provider
- Academic team notified

#### **Day 3:**

If change in symptoms reported, symptoms checklist completed. Continue or modify academic accommodations as needed. Any changes communicated to academic team.

#### **Week 2:**

Symptom checklist completed again. Academic modifications re-evaluated. Any changes communicated to academic team. (If symptom-free or cleared, disregard.)

#### **Week 3:**

Symptoms checklist completed again. Academic modification re-evaluated. Any changes communicated to academic team. (If symptom-free or cleared, disregard.)

After 3 weeks, symptoms checklist and academic modifications can be re-evaluated as best decided by concussion management team.

### **Return to Academics Non-Athlete**

#### **Day 1:**

Suspected concussion occurs and is reported, or student sees a care provider who diagnosis a concussion.

#### **Day 2:**

Principal meets with student.

- Symptom checklist completed
- SAC completed
- Academic accommodations form completed
- Athlete removed from band and/or PE
- Symptom checklist, and academic accommodations given to parent/student to take to chosen care provider
- Academic team notified

#### **Day 3:**

If change in symptoms reported, symptoms checklist completed. Continue or modify academic accommodations as needed. Any changes communicated to academic team.

#### **Week 2:**

Symptom checklist completed again. Academic modifications re-evaluated. Any changes communicated to academic team. (If symptom-free or cleared, disregard.)

#### **Week 3:**

Symptoms checklist completed again. Academic modification re-evaluated. Any changes communicated to academic team. (If symptom-free or cleared, disregard.)

After 3 weeks, a symptoms checklist and academic modifications can be re-evaluated on a schedule decided by concussion management team.

### **Long Term Accommodations (IMP)**

In the event that a student has or will likely have academic accommodations for at least 1 full quarter, an IMP will be completed and kept on file.