



Durham-Freeport-Pownal Physicians Form- Return to School Care Plan School/Academic Expectations During Post-concussion Recovery

Stage	Goals/Key Ideas	Typical Duration**	Teacher/Guidance Actions	Student Actions
I	Complete Rest	2-6 Days	<ul style="list-style-type: none"> ❖ Contacted by school nurse ❖ Explanation of injury and current plan of care 	<ul style="list-style-type: none"> ❖ Out of School. No schoolwork ❖ Strict limits re: use of electronics ❖ No Physical/Sports Activity
II	<p>Significant deficits in processing speed & cognitive functions.</p> <p>Cognitive activity as tolerated</p>	2-14 Days	<p>Develop list of three categories of assignment:</p> <ol style="list-style-type: none"> 1. Excused: Not to be made up. 2. Accommodate: Responsible for content, may have accommodations or altered form. 3. Responsible: Student will complete and be graded when able. <p>Goal is to help student keep up with learning as much as possible but not necessarily to be completing assignments that are non-essential to demonstrate knowledge.</p> <p>The longer the recovery process the more that should be eliminated or altered.</p>	<ul style="list-style-type: none"> ❖ In school as tolerated* ❖ Homeschool as tolerated* ❖ Get copies of notes/handouts. ❖ Communicate with teachers about progress and plans. ❖ Be patient with slow recovery. Do not push so much that symptoms occur or increase. Rest eyes & just listen or see the nurse to rest if feeling worse. Go home if symptoms still worsen ❖ No Physical/Sports Activity; including Gym/PE. No Playing Wind Instruments, music class as tolerated*.
III	Gradual increase of time & energy, slowly resuming workload.	Highly variable. Hopefully no more than 7 days.	<ul style="list-style-type: none"> ❖ Prioritize assignments with student, take into account make-up & new work. Assist with timelines. ❖ Continue to use above categories. ❖ Provide extra help as needed regarding missed material & mastery of concepts. 	<ul style="list-style-type: none"> ❖ Full classroom attendance as tolerated* ❖ Progress back to homework completion then tests as tolerated*-If memory is okay. ❖ Coordinate with teachers about catching up, keeping up. ❖ No Physical /Sports Activity, including PE.
IV	Resumption of normal activities		<ul style="list-style-type: none"> ❖ Monitor completion of assignments. ❖ Communication between teachers, parents, & guidance re: assignment completion, student's ability to work at pace of peers & grades. 	<ul style="list-style-type: none"> ❖ Resume normal academic activities. ❖ Communicate with teachers/guidance re: progress toward being caught up. ❖ Start gradual return to play with guidance from healthcare professional.

- ❖ "as tolerated" means as long as the activity does not recreate symptoms.
- ❖ **Duration varies greatly from one student to another. The stage is at is determined by the health care professional managing the student's concussion.