

# Returning to a School after a Concussion:



## What is a Concussion?

A concussion is complex injury, as a result of a mechanical force to the body that affects the workings of the brain through...

- \*The presence of rapid-onset post-concussive symptoms
- \*A Deterioration of Balance and Coordination
- \*A Deterioration of Cognitive Function

...that reveals normal imaging studies, but will usually progressively alleviate.

## How does a concussion affect the student in the classroom?

Student-athletes who have sustained a concussion may need extra help to perform school-related activities. As the student's symptoms decrease during recovery, the extra help or support can be removed gradually.

Students returning to school after sustaining a concussion usually require classroom assistance in the following areas:

- \*Extra time allowed to complete homework, in-class assignments, and/or tests
- \*Reduction in homework load
- \*Frequent opportunity for rest breaks from class or work throughout the day
- \*Limited to No activity in Physical Education class

## Are there any warning signs to watch for?

School Personnel (e.g. administrator, teacher, counselor, school nurse, etc...) should be instructed to watch for the following as signs of difficulty:

- \*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 worsening (e.g. headache, tiredness, dizziness, etc...) when doing school work

If you notice any of the following problems, or any unusual behavior, please direct the student via escort to the school nurses office and/or contact your certified athletic trainer.

For More Information:

Centers for Disease Control: <http://www.cdc.gov/concussion/sports/>

National Athletic Trainers' Association: <http://www.nata.org/health-issues/concussion>