

NEW CANAAN PUBLIC SCHOOLS
SCHOOL HEALTH SERVICES

Procedures for Concussion Management

Objectives

1. To educate members of the school district and community regarding potential effects and complications of concussion, especially Second Impact Syndrome;
2. To promote early recognition of concussion in students and referral for medical assessment should a head injury occur in school;
3. To facilitate collaboration between school staff, students' physicians, and families; and
4. To ensure safe and consistent management of students who have sustained a concussion.

Concussion Management: Medical¹

1. Staff will immediately: (1) exclude from physical education and recess activities any student who sustains trauma to the head (mild, moderate or severe) and (2) refer the student to the school nurse for assessment. If the trauma occurs after regular school hours, the staff will notify the school nurse about the injury as soon thereafter as possible.
2. School staff members will notify the school nurse as soon as they become aware of a student who has sustained a head injury or concussion outside of school.
3. The school nurse will: obtain injury details; assess the student; provide the student with the Acute Concussion Care Plan Form to take to his/her physician; refer for medical evaluation, as indicated; and exclude from further contact activities in physical education, interscholastic sports and recess any student who has sustained a head injury (mild, moderate or severe) until such time as the student is medically cleared to return to such activities.
4. The school nurse will return students to contact activities only with the written medical authorization of the student's physician (a medical doctor) verifying that it is safe for the student to return to full participation in physical education, interscholastic sports and recess activities.
5. The school nurse will consult with the student's counselor and administrator before processing a physician's authorization for return to all physical education, recess and intramural or interscholastic activities to ensure consistency between academic and athletic handling of the student's follow up care.
6. If the school nurse questions whether it is safe for a student to return to participation in contact activities according to the medical authorization, the school nurse will consult with the health services supervisor and school medical advisor, as appropriate, and action will be taken accordingly.
7. Staff will never, under any circumstance, override the decision of the school nurse to exclude a student from contact activities during school.

¹ See Attachment A for Concussion Management: Medical --
School Health Services – Rev. 10/13/10 **Procedures for Concussion Management**

Concussion Management: Educational (Kindergarten through 12th grade)

1. The school nurse will follow up with the family and student's physician to obtain assessment results and recommendations for participation in educational and physical activities in school, including classes, related academic work, physical education, recess, extracurricular activities or interscholastic sports.
2. Injured students will be encouraged to return to school for academic participation as soon as possible even if he/she is experiencing ongoing symptoms of concussion. A physician note is required for an absence of more than three days.
3. Physician notes requesting academic accommodations of any type related to the diagnosis of concussion will be reviewed and taken under advisement by the school team, including the school nurse, guidance counselor and/or psychologist, administrator and others as appropriate. The team will collaborate with the student, family and student's physician to develop an individualized health care plan (IHCP) for the student, if indicated.
4. An IHCP for a student who has sustained a concussion will address appropriate health services supports and accommodations.
5. An IHCP for a student who has sustained a concussion may address educational accommodations within regular education for up to three weeks as determined appropriate by the team.
6. Any student who requires accommodations beyond three weeks due to a history of concussion must provide the assessment of a qualified neurologist or neurosurgeon, including the medical rationale for any educational accommodation requested.
7. If a student requires accommodations beyond one week, the school nurse should advise parents of the requirement in #6 above so that they can secure an appointment for their student within the required time frame.
8. Upon receipt of a report and recommendations from a neurologist or neurosurgeon, the school team will convene a meeting to review the report and plan for accommodations as indicated.
9. The Health Services Supervisor, School Medical Advisor and School Administration will be consulted by the school team as appropriate throughout the above process.
10. Once a student has been medically cleared to return to sports or other physical activities that carry risk of injury to the head (in or outside of school), the individualized health care plan related to concussion will be terminated. If a student has been identified as having a disability under Section 504, the Section 504 team will meet to determine if concussion-related accommodations are appropriate.

**NEW CANAAN HIGH SCHOOL
INTERSCHOLASTIC SPORTS**

Procedures for Concussion Management in Student Athletes

Objectives

1. To educate members of the school district and community regarding potential complications of concussion, especially Second Impact Syndrome;
2. To promote early recognition of concussion in student athletes;
3. To facilitate collaboration between the certified athletic trainer, school nurses, students' physicians, and families; and
4. To ensure safe and consistent management of students who have sustained a concussion.

Concussion Management: Medical

1. Coaches will immediately exclude from play any athlete who sustains an injury during practice or competition that involves trauma to the head (**mild, moderate or severe**) or might result in concussion, and will notify the ATC and also refer the student to the ATC. If the ATC is not readily available, the coach will contact the parent as soon as possible and refer to the student's physician for evaluation.
2. The certified athletic trainer (ATC) will:
 - a. exclude from further practice and play any student athlete who has sustained a head injury - **mild, moderate or severe** - until such time as the athlete is medically cleared to return to play by the student's physician;
 - b. obtain injury details;
 - c. assess the student accordingly;
 - d. provide the student with the parent home instructions letter, concussion information sheet and *Acute Concussion Care Plan* form to take to his/her physician; and
 - e. reassess the student, when indicated, according to the judgment of the ATC.
3. The ATC will notify the school nurse(s) of any student athlete referred to a physician due to head injury or to rule out a concussion.
4. The ATC will assist students to follow physician recommendations for gradual return to physical activity and play according to student's *Acute Concussion Care Plan*.
5. The ATC will return student athletes to practice and play only with:
 - a. written medical authorization from the athlete's physician (medical doctor) verifying that it is safe for the athlete to return to play in the athlete's specific sport; and
 - b. consultation with the school nurse to ensure consistency between academic and athletic handling of the student's follow up care.
6. If the ATC questions whether it is safe for an athlete to return to play despite medical clearance, the ATC will exclude the student from play until she/he can consult with the school nurse, school nurse supervisor and school medical advisor, as appropriate. Action will be taken according to the judgment of the ATC in collaboration with the nurse or school medical advisor.
7. Coaches will never, under any circumstance, override the decision of an ATC, school nurse or physician to exclude a student from play.

Concussion Management: Educational – see Procedures for Concussion Management