



Guideline for Students for Return to Classroom following Concussion

STUDENT: _____

GRADE: _____

Definition: Concussion is defined as a mild traumatic brain injury (mTBI) caused by a blow or bump to the head or body that causes the brain to shake. As students recover from this type of injury/event, the careful and systematic return to the classroom will be planned following a review/discussion with parents/guardians, physician (documentation), and school staff (administrator, psychologist, teachers, counselor and nurse). Ongoing communication will be paramount in the student's successful return to the classroom setting. The Appoquinimink School District recognizes that the key to a successful recovery is both physical and cognitive rest and has developed the following guidelines to assist the student with a successful return to classroom.

Following the diagnosis of mTBI, the following guidelines have been developed and are required prior to the student's return to the classroom:

PRE-RETURN MEETING:

Parent/Guardian is required to attend a pre-return meeting with school staff that may include school administrator, psychologist, teachers, counselor, and nurse. At this time, the following information will be reviewed:

- 1. PHYSICIAN/CLINIC DOCUMENT:** will clarify the date of concussion diagnosis, presenting symptomatology, clinical treatment with recommended accommodations that reflect both attendance, physical and environmental accommodations, for classroom success. Physician notes for ongoing absences and tardies are required and will be provided by parents/guardians.
- 2. IMMEDIATE POST-CONCUSSION ASSESSMENT AND COGNITIVE TESTING (IMPACT) ASSESSMENT TOOL:** Available for review if completed.
- 3. ACUTE CONCUSSION EVALUATION (ACE) ASSESSMENT TOOL:** Available for review if completed.
- 4. CONCUSSION CLINIC NOTES:** All documentation should be provided to school nurse when a follow up appointment is completed with the concussion clinic or other treating physician/provider.
- 5. PAIN SCALE ASSESSMENT TOOL:** Pain assessment tool (ranking 1 to 10) to be made available and serve as a common language for students and school personnel when evaluating pain level along with recommended interventions for pain relief.
- 6. CONSTANT FORMS: STATE OF DELAWARE CONSENT TO RELEASE INFORMATION AND NEMOURS LINK:** Both consent documents ensure communication between the school and health care provider to ensure that care is consistent and comprehensive. If student is being treated at a Nemours Pediatric Clinic or AI duPont Hospital for Children, the *Nemours Link* consent form

will be completed, allowing the school nurse to gain access to hospital records and documentation to best serve the needs of the student as they re-enter the classroom.

- 7. **CONCUSSION IN THE CLASSROOM:** The *Concussion in the Classroom* pamphlet, designed by AI duPont Hospital for Children will be given to school staff involved with the student's education. This reference document provides the staff with a baseline understanding on classroom re-entry following a concussive event.
- 8. **ESTABLISH SCHOOL SCHEDULE:** As per medical orders an adjusted school schedule if ordered by a physician will be made to accommodate the students health needs.
- 9. **DAILY CHECK INS:** If a student is on an adjusted school day, such as ½ day schedule, the student must check in with the school nurse daily and as needed.

PARENT SIGNATURE _____ **DATE** _____

STUDENT SIGNATURE _____ **DATE** _____

NURSE SIGNATURE _____ **DATE** _____

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