

Information on Traumatic Brain Injury

Medical documentation is required for diagnosis and accommodations

- **PRIMARY NEED IS FOR REST**
- **Usual course of recovery**
 - Expect days/weeks of recovery
 - Guard against return to physical activity (aerobic exercise or contact) while student is symptomatic
 - Symptoms can flare up/persist longer with increased physical or cognitive effort
 - Strive to achieve a balance between rest/recovery & participation/effort with accommodation during recovery
- **Most students have only several days of difficulty keeping up in school**
 - If they rest as needed
 - If they do not re-injure themselves
- **Some students may need accommodations for weeks or months**
 - More severe injuries
 - Students with multiple concussions
- **Symptoms that may make it difficult to be in class or do homework include**
 - Headache
 - Dizziness or lightheadedness
 - Ringing in the ears
 - Noise and/or light sensitivity
 - Fatigue, sleep disruption
 - Poor concentration and memory efficiency; fogginess
 - Irritability/moodiness
- **Need for awareness, involvement, and consistent message from**
 - Parents
 - Teachers
 - Counselor
 - School Nurse
 - Athletic Trainer (High School only)
 - All medical updates are required to be sent to school nurse
 - School nurse will disseminate information as appropriate
- **Encourage student self-advocacy with educational team**

ACCOMMODATIONS FOR TRAUMATIC BRAIN INJURY MAY INCLUDE:

- **Excused absence from classes**
 - Initial days off after diagnosis
 - Leave early if symptoms flare during day
 - Late arrival if sleep/fatigue problems
- **Rest periods during school day**
- **Extension of assignment deadlines**
- **Postponement or staggering of school work**
 - AVOID high stakes testing (SAT, ACT, AP, MCAS exams)
 - No more than one test/quiz per day
 - Extended time on tests or assignments
 - Develop plan to spread mid-terms or finals
 - Use of audio recorder or test reader
 - Opportunity to verbalize answers rather than writing
 - Smaller, quieter exam room to reduce stimulation and distraction
- **Preferential classroom seating**
- **Accommodate increased sensitivity to light/noise**
 - Permission to wear brimmed cap/sunglasses
 - Allow student to avoid bright/noisy places, fluorescents, large assemblies, band, chorus, cafeteria etc.
- **Adapt physical education activities or recess per medical documentation**

Medical documentation required for student's return to Physical Education/Sports/Recess

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