

SPORTS RELATED CONCUSSION/TBI PROTOCOL

If an athlete is suspected of having sustained a concussion or TBI (Traumatic Brain Injury) he or she will be removed from competition immediately and will not be released back into their respective sport until they have been cleared by a Physician, Athletic Trainer or another qualified allied healthcare professional. Please click on the following link for current legislation. <http://www.mass.gov/dph/injury>

The entire healthcare professional team involved in the evaluative and rehabilitative process must consult with one another and make a sound clinical judgment regarding the athlete's return to play status.

Academic accommodations will be provided when deemed necessary, pending documentation from a physician in accordance with the WPS "Information and Guidelines Relating to Traumatic Brain Injury".

Evaluation:

1. Acute evaluation SCATII (on sideline)
2. Recommendations to family and athlete regarding return to school (24-48 hours of rest from academics and other cognitive function) i.e. Video gaming, text messaging, computer use, TV.
3. Recommend a Physician/MTBI specialist if needed
4. Follow-up testing when asymptomatic

Sport Related Concussion Rehabilitation Protocol

ImPact neurocognitive testing can only be performed when asymptomatic (no symptoms) for 24 hours. Student athlete will progress sequentially through each rehabilitation phase and may not progress to the next phase until asymptomatic for 24 hours.

Phase 1

Post injury (*ImPact* follow-up test #1)

If scores within normal reliable change index, athlete may begin non impact rehab protocol.

Phase 2

Exertion (non impact)

Phase 3

Sports Specific rehab (*ImPact* follow-up test #2)

Follow-up scores fall within normal reliable change index, student athlete may begin light contact workouts.

Phase 4

Light Contact

Phase 5

Full Contact practice (*ImPact* follow-up test #3 following practice)

Follow-up scores fall within normal reliable change index, student athlete may return to full activity with no restrictions.

Adopted: July 25, 2017

REF: Policy JJIF, Concussion Management Policy

WPS Information and Guidelines Relating to Traumatic Brain Injury

Information and Guidelines Relating to 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; foginess
 - 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

Revised: July 25, 2017

REF: Policy JJIF, Concussion Management Policy
Policy JJIF-R, Sports Related Concussion/TBI Protocol