

Nurses' Nook - Concussion Information

This week's information is a reprint of Page 20 in the ARHS handbook but it contains valuable information about returning from a concussion for parents of all students of all ages that might incur a head injury.

Graduated Reentry Plan:

The Freetown Lakeville School District, in compliance with the state concussion regulations, requires that all students returning to school and athletics after a concussion have a written plan for reentry. School staff, such as teachers, school nurses, counselors, administrators, speech-language pathologists, coaches and others should work together to develop and implement this plan in coordination with the student, their parent/guardian and the primary care provider. Copies of all graduated reentry plans will be kept in the student's medical record in the school nurse's office. A copy of the graduated academic reentry plan will also be kept in the student's guidance folder. A copy of the graduated return to athletic plans will be kept in the athletic trainer's (if appropriate) office.

Graduated return to academic plans are based on the knowledge that students who return to school after a concussion may need to:

- Take rest breaks as needed
- Spend fewer hours at school
- Be given more time to take tests or complete assignments
- Receive help with schoolwork, and/or
- Reduce time spent on the computer, reading, or writing¹

In order to facilitate understanding and optimal recovery for students we have divided the concussion recovery period into three phases:

The **RED** phase (student is experiencing concussion symptoms):

- Student may or may not be attending full days of school and absences, tardies, and dismissals for the concussion will be considered concussion related.
- Student will not participate in any activities after the end of the school day, including but not limited to completing makeup work, sports, clubs, band, or other extracurricular activities.
- School policies for completing makeup work and incomplete grades will be adjusted to accommodate the student's medical needs.
- During this phase use of all electronic devices is discouraged during the school day. The student may leave his/her devices home, in their locker, or check them in with the main office in the morning.
- Specific academic accommodations decided on in conjunction with the medical provider will be distributed to all teachers.
- It is up to the parent/guardian to keep the school informed of any changes in the student's condition.

¹ CDC: *Heads Up to Schools, Know your Concussion ABCs, A Fact Sheet for School Nurses*

The **YELLOW** phase (student no longer has active concussion symptoms):

- This phase begins when academic accommodations for the student have been discontinued or limited by his/her primary care provider and the student has been cleared to start return to physical activity.
- The student is now attending full days of school and completing makeup work.
- Absences are only considered concussion related with documentation for a visit with the student's health care provider.
- The student's gradual return to play (GRTP) depends on the student's past medical history and the primary care provider's current guidelines.
- This phase will at a minimum consist of six days (that may or may not be consecutive) and may be longer depending on the recommendations and protocol of the primary care provider. The graduated return to play protocol used by Apponequet Regional High School (when a specific one is not provided by the primary care provider) can be found at [this link](#).

The **GREEN** phase (student is completely symptom free at rest and at play):

- Student has completed the above GRTP and has provided clearance to the school nurse or his/her designee from the primary care provider acknowledging final clearance for all activities.
- Student is not considered cleared until all written documentation has been received.

As always, if you have any questions, please contact the nurse in your child's school.

Please note....ALL the nurses in the district have FREE medication disposal packets available for you to SAFELY dispose of any leftover medication that might be in your home. In addition medication in pill form can be taken to your local police station for safe disposal.