

HAVERHILL PUBLIC SCHOOLS Return-to-Academics - CONCUSSION PROTOCOL CHECKLIST*

Name: _____ Date of Head Injury: _____

Medical Documentation (circle): MD Certified Athletic Trainer/MD Nurse Practitioner/MD Neuropsychologist/MD

Current Step	Step	Progression	Description	Reviewed
	1 & 2	Home – Total Rest and Light Mental Activity	No mental exertion – computer, texting, video games, homework. Up to 30 minutes mental exertion. Stay at home. No driving.	Student _____ RN _____
Progress to next level when able to handle up to 30 minutes mental exertion without worsening of symptoms.				
	3	School – Part Time <ul style="list-style-type: none"> • Max Accommodations • Shortened Day/Schedule • Built-in Breaks 	Provide quiet place for scheduled mental rest. No significant classroom or standardized testing. Modify rather than postpone academics. Provide extra time, extra help, and modified assignments.	Student _____ RN _____
Progress to next level when able to handle up to 30 minutes mental exertion without worsening of symptoms.				
	4	School – Part Time <ul style="list-style-type: none"> • Moderate Accommodations 	No standardized testing. Modified classroom testing. Modified decrease of extra time, help, and modification of assignments	Student _____ RN _____
	5	School – Full Time <ul style="list-style-type: none"> • Minimal Accommodations 	No standardized testing. Routine tests OK. Continued decrease of extra time, help, and modification of assignments. May require more supports in academically challenging subjects.	Student _____ RN _____
	6	School – Full Time <ul style="list-style-type: none"> • Full Academics • No accommodations 	Attends all classes. Full homework. Released for return to athletics protocol.	Student _____ RN _____

- If any post-concussion symptoms develop at any stage, drop back to the previous level and try to progress again after 24 hours.**
- You must inform school nurse of medications taken at any step of the progression to relieve headache and/or other symptoms.**
- You must check in the school nurse every day *PRIOR* to academics to review these steps.**

*Adapted from the Return to academics Protocol after Concussion/mild TBI, Oregon Concussion Awareness and Management Program. 11/16/2011

-You must show your teachers your current concussion step slip provided by the school nurse.