

Concussion Management Form

Patient Name Date of Birth Sex
 Injury Date / Time Sport / Activity

Contact Information:

Primary Care Provider
 School Contact Title
 Email Phone

Clinical Testing:

Date	ImPACT		Symptom Score	SAC	SCAT	BESS		Comments
	Normal	Abnormal				FIRM	FOAM	

The patient and their parents/guardians understand that if the athlete is not truthful and denies any symptoms or fully cooperate with ImPACT testing, they may be putting their life and health at significant risk.

Academic Accommodations:

YES, the patient requires academic accommodations
 NO, the patient does not require academic accommodations

PLEASE SEE REVERSE SIDE FOR ACADEMIC ACCOMMODATIONS PLAN

Provider Plan:

Patient must return for follow up visit
 Patient or School Contact must contact provider before return to participation
 Patient is cleared to return to sports participation when following criteria have been met:

- Reports no significant post concussive symptoms at rest
- Completes a supervised exertion protocol with no significant post concussive symptoms
- Returns to baseline or normative values on their ImPACT testing

Name of Qualified Medical Provider (please print)
 Phone Number of Qualified Medical Provider

Date:
Signature

Comments

Per Colorado State Law 25-43-101 all athletes removed from play with a suspected head injury require clearance from a qualified medical professional before they are allowed to return to participation. Qualified medic professional includes M.D., D.O., P.A, or N.P.

Graded Exertion Protocol:

Stage I	Stage II	Stage III	Stage IV	Stage V	Comments

School Contact Phone
 Date
Signature

Return to Learn Concussion Management Guidelines

Physical Interventions:

<input type="checkbox"/> Remove from PE, dance, music, etc. without penalty <input type="checkbox"/> Provide quiet environments for lunch and recess	<input type="checkbox"/> Plan scheduled breaks of 15-20 minutes throughout the day <input type="checkbox"/> Allow more frequent breaks from class	<input type="checkbox"/> Allow sunglasses for inside and outside use <input type="checkbox"/>
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Cognitive Interventions:

<input type="checkbox"/> Reduce workload in class and HW <input type="checkbox"/> Allow students to "audit" classwork <input type="checkbox"/>	<input type="checkbox"/> Remove low priority work and due dates <input type="checkbox"/> Allow notes, technology, or other alternatives for testing <input type="checkbox"/>	<input type="checkbox"/> Adjust due dates allowing extra time for work <input type="checkbox"/> Exempt or postpone large tests or projects <input type="checkbox"/>
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Sleep/Energy Interventions:

<input type="checkbox"/> Allow for unscheduled rest breaks <input type="checkbox"/> Alternate work periods with rest periods of equal length	<input type="checkbox"/> Allow student to start school later in the day <input type="checkbox"/>	<input type="checkbox"/> Allow student to leave school earlier in the day <input type="checkbox"/>
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Emotional Interventions:

<input type="checkbox"/> Allow students and teachers to have a signal for "fatigue" <input type="checkbox"/> Allow students to visit with support staff	<input type="checkbox"/> Allow students to remove themselves to de-escalate <input type="checkbox"/> Watch for secondary depression or anxiety	<input type="checkbox"/> Student may have "meltdowns" due to mental fatigue <input type="checkbox"/>
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Additional Accommodations:

Returning to Daily Activities:

- 1) If you are having symptoms of a concussion you may need extra help to perform school-related activities. Please be sure to ask your teacher for help after a concussion!
- 2) Get lots of rest. Be sure to get enough sleep at night (no late nights). Keep the same bedtime weekdays and weekends.
- 3) Take naps during the day or rest breaks if/when you feel tired or fatigued.
- 4) Limit physical activity and activities that require a lot of concentration. **These activities will cause symptoms to worsen and delay recovery.**
 - Physical activity includes PE, weight-training, running, exercise, heavy lifting etc.
 - Thinking and concentration activity includes homework, class work, reading, etc.
- 5) Drink plenty of fluids and eat carbohydrates or protein to maintain appropriate blood sugar levels.
- 6) Repeated evaluation of your symptoms is recommended to help guide your recovery. Check in with your school nurse and/or athletic trainer often.

A concussion may be caused by a blow, bump or jolt to the head, or by any fall or hit that jars the brain. This invisible injury disrupts the way the brain normally works by affecting mental stamina, as the brain must work longer and harder even to complete simple tasks. Concussions also affect reaction time, short-term memory, working memory and cognitive processing speed. Ultimately, ALL concussions are serious because they are brain injuries.

Mercy Sports Medicine

