



## **Return to School Plan-Home Concussion Management** **(Appendix E)**

### **The Initial Rest to Step 2 of the Return to School Plan is the Home Concussion Management Plan**

**The Home Concussion Management Plan is the first two steps before a student, that has been diagnosed with a concussion, can start the Return to School Plan. The following steps will be followed if the student has received a diagnosis of concussion from doctor or nurse practitioner. Medical Concussion Assessment (Appendix D Part 2) would have had to be completed and signed off by a doctor or nurse practitioner. The parent/guardian/caregiver monitor and sign off on each step.**

Each step must last a minimum of 24 hours.

#### **Initial Rest**

**Focus: 24–48 hours of relative cognitive rest:**

Activities permitted if tolerated by student:

- short board/card games;
- short phone calls;
- photography (with camera); and
- crafts.

Activities that are NOT permitted at this stage:

- tv;
- technology use (for example, computer, laptop, tablet, iPad, cell phone (for example, texting/games/photography));
- video games;
- reading; and
- attendance at school or school-type work.

**The student moves to Step 1 when symptoms start to improve or after resting 2 days maximum (whichever occurs first).**

Parent/Guardian/Caregiver Sign off completed Initial Rest Step: \_\_\_\_\_

Date: \_\_\_\_\_



## **Step 1**

### **Focus:**

- light cognitive (thinking/memory/ knowledge) activities; and
- gradually increase cognitive activity up to 30 minutes. Take frequent breaks.

Activities permitted if tolerated by student:

- activities from previous stage;
- easy reading (for example, books, magazines, newspaper);
- limited tv;
- limited cellphone conversations;
- drawing/building blocks/puzzles; and
- some contact with friends.

Activities that are NOT permitted at this stage:

- technology use (for example, computer, laptop, tablet, cell phone; and
- attendance at school or school type work.

### **The student moves to Step 2 when:**

- the student tolerates 30-minutes of light cognitive activity (for example a student should be able to complete 3-4 of the permitted activities in Step 1) and has not exhibited or reported a return of symptoms, new symptoms, or worsening symptoms; and
- the student has completed a minimum of 24-hours at Step 1.

However:

- the student must return to the previous step for a minimum of 24-hours when they have exhibited or reported a return of symptoms, or new symptoms.

At any time, the student must return to a medical doctor or nurse practitioner when they have exhibited or reported a worsening of symptoms

Parent/Guardian/Caregiver Sign off completed Step1: \_\_\_\_\_

Date: \_\_\_\_\_



## Step 2

**Focus, gradually add cognitive activity (as per activities permitted). When light cognitive activity is tolerated, introduce school work (at home and facilitated by the school).**

Activities permitted if tolerated by student:

- activities from previous stage;
- school-type work in 30-minute increments;
- crosswords, word puzzles, sudoku, word search; and
- limited technology use (for example, computer, laptop, tablet, cell phone).

Activities that are NOT permitted at this stage:

- school attendance.

**The student moves to Step 3a found on Return to School Plan Appendix F when:**

- the student tolerates the additional cognitive activity (for example a student should be able to complete 3-4 of the activities permitted in Step 2) and has not exhibited or report a return of symptoms, new symptoms, or worsening symptoms; and
- the student has completed a minimum of 24-hours at Step 2.

However:

- the student must return to the previous stage for a minimum of 24-hours when they have exhibited or report a return of symptoms or new symptoms; and
- the student must return to a medical doctor or nurse practitioner when they have exhibited or reported a worsening of symptoms.

Parent/Guardian/Caregiver sign off completed Step 2: \_\_\_\_\_

Date: \_\_\_\_\_

**NEXT STEP:**

**Please call the school to arrange a Return to School Plan Meeting. Please have these forms.**