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# Concussion Management In Schools

*A concussion is a mild traumatic brain injury.*

A concussion can be caused during sports or as result of an accident. It is important that school staff understand concussions and how to help students recover while still allowing them to learn.



A student who has sustained a concussion may have a wide variety of symptoms. Each concussion is unique and the time to recover varies between individuals. There are some students who sustain a concussion and have short term symptoms and can return to normal activities quickly. However, approximately 20% of concussions have prolonged symptoms. These symptoms may include dizziness, “feeling in a fog”, headaches, visual disturbances and sleep disturbances.



The visual component of their symptoms may cause increased symptoms with activities such as computer work, taking notes from the board to write them down, or even just taking notes. It may be more beneficial for a student to have handouts of notes so that they do not have to look back and forth to take notes.

Students who have sustained a concussion may also have increased symptoms when being in a loud/busy hallway or cafeteria.

It is important that any student who is suspected of having a concussion is evaluated by a healthcare provider who is educated in concussion management. If a student has prolonged symptoms it may be necessary to implement a 504 in the school setting for modifications. It is important to understand that students who have sustained a concussion may be having increased difficulty with school and sleeping which may lead to anxiety and irritability.

### Classwork modifications for students with concussion:

- Handouts instead of taking notes from board
- Peer note taker—allow student to take in information without increasing symptoms
- Shorter assignments/modified caseload
- Allow more time to complete assignments and tests

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