

## Concussion Form for Teachers/Nurses/Administrators

\_\_\_\_\_ received a CONCUSSION on \_\_\_\_\_ during their most recent athletic event. Supporting a student recovering from a concussion requires a collaborative approach among school professionals, health care providers, and parents as he/she may need accommodations during their recovery.

- When students return to school after a concussion, school professionals should watch out for:
- Increased problems paying attention or concentrating
- Increased problems remembering or learning new information
- Longer time needed to complete tasks or assignments
- Difficulty organizing tasks
- Inappropriate or impulsive behavior during class that's out of the ordinary
- Greater irritability
- Less ability to cope with stress or more emotional.

Students may need to limit activities while they are recovering from a concussion. Exercising or activities that involve a lot of concentration, such as studying or working on a computer may cause concussion symptoms (such as a headache or fatigue) to reappear or get worse.

- **This student should not participate in any Physical Education or JROTC class until cleared by a physician or Certified Athletic Trainer.**

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 writing.

Circled/Highlighted below are the following symptoms that they may be experiencing.

- Headache/pressure
- Nausea
- Dizziness
- Poor Balance
- Sensitivity to Light
- Sensitivity to Noise
- Fatigue
- Difficulty Concentrating

Signature: \_\_\_\_\_

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