

Cathedral High School Concussion Procedures

What should I do if I suspect my student has a concussion?

Contact Mike Hunker as soon as possible. Mike is the point person for concussion management at Cathedral and is responsible for communicating with counselors, teachers, and coaches. Your student must also be seen by a doctor trained in concussion management which includes the use of neurocognitive testing (ImPACT). Doctors at sports medicine clinics are best suited to manage concussions since they utilize neurocognitive testing and will use evidence-based criteria to make treatment decisions.

What recommendations will the Doctor make?

Limiting mental exertion and physical activity are the hallmarks of concussion management. The Doctor will provide accommodations for school and sports based on their office exam and the student's symptoms. The purpose of these recommendations is to provide the optimal environment for healing and expedite the recovery process.

The following forms must be completed by the Doctor at the office visit, and these forms must be forwarded to Mike Hunker as soon as possible. Mike will distribute the Doctor's recommendations to the student's counselor, teachers, front office staff, school nurse and coach (if the student is an athlete).

What kinds of academic accommodations are often recommended by Doctors?

Every concussion is different and the doctor's recommendations should be based on the student's unique symptoms and findings of the neurological exam. Some common academic accommodations include;

- Modified school attendance
- Reduced workload
- Limited computer time
- Extra time for homework, projects, quizzes/tests or delaying work
- Breaks from class if symptoms worsen

How long with these accommodations be in place?

The Doctor's note should be dated, and the recommendations will stay in effect until the expiration date on the note. If no date is noted, the accommodations will stay in effect until the student is re-evaluated by the Doctor. New accommodation forms will need to be completed at that time.

What should my student do about missed assignments and makeup work?

Students should arrange a time to meet with Rebecca Heger shortly after their initial doctor's visit. Rebecca facilitates the recovery process by communicating with the student's teachers and coordinating makeup work.

When can the student resume physical activity?

Doctor's trained in concussion management will utilize the following criteria before providing written clearance for a student to return to sports and physical education class:

- The student is symptom-free for full school days
- The doctor's neurological exam administered in the office is normal
- Post-injury neurocognitive test (ImPACT) results have returned to baseline levels
- The student must be symptom-free with a gradual, multi-day activity progression. Each step of the progression will be supervised by a Cathedral High School Certified Athletic Trainer. Each step of the progression will be separated by 24 hours

The student can return to play and physical education class only after successfully completing each of the above criteria.

Who should I contact if I have any questions?

Please contact Mike Hunker, Rebecca Heger or your student's counselor if you have any additional questions.

Mike Hunker MS, LAT, ATC
Certified Athletic Trainer
ImPACT Trained Athletic Trainer
mhunker@gocathedral.com
(317) 968-7361

Rebecca Heger
rheger@gocathedral.com
(317) 968-7407