

# Rockhurst High School's Concussion Management Plan

At Rockhurst, we want to do everything we can to provide care to those who might have suffered head trauma either during the school day, participating in athletics or on a school trip/retreat, etc. We have worked with several local experts in the field and come up with the following program.

The key intervention for the concussed student is to place him at mental and physical (brain & body) rest. This rest period prohibits any mental or physical activity that loads the brain or body with increased energy demands while the brain is using energy nutrients to heal. A mismatch in energy supply and demand may result in persistent or worsening symptoms/signs or may result in short- or long-term complications.

As soon as possible, we recommend you take your son to a qualified medical provider or to meet with our athletic trainer so he can do an evaluation and give you a recommendation on whether further diagnosis is warranted.

All freshmen (regardless of whether they participate in athletics) and juniors who are in a sport will take a ImPACT Baseline test in order to have data of a healthy-functioning brain. Medical experts will use this Baseline as a comparison in a Post-Injury test to see if all the brain function has returned to normal. We also have our junior student-athletes take the ImPACT Baseline test.

## If your son participates in athletics:

We have coaches trained in recognizing signs if a head trauma has occurred. If they see these signs, they refer the student-athlete to our athletic trainer who will then inform the parents and student-athlete that we want them to get evaluated by a qualified physician.

## Outside of athletics, if your son feels he has experience head trauma:

He should report to our school nurse who can then check symptoms and if necessary recommend he go to a doctor to be evaluated for a concussion.

For both scenarios if your son is concussed the doctor might request that some academic accommodations be provided. Those accommodations should be provided on the clearance form in the packet which you can download and submit to the School Counselor so that teachers can be informed properly. Parents should also inform the Dean's Office if he needs to miss school due to the concussion.

The clearance form is very important for many components at Rockhurst (Dean's office, Counseling, Academics, Athletics...) and thus must be completed thoroughly. As the student progresses through the protocol, the form is to be updated by the attending physician as many times as there are updates and the school must receive an updated form with those changes in accommodations.

Once there are no symptoms, the doctor can request that the Return to Play protocol begin. This is often the time that any academic accommodations are lifted and the doctor, once again, should complete that part on the form and send it over to the School Counselor to inform teachers.

For the Return to Play protocol, our athletic trainer can take the young man through some physical exertion pieces. If he successfully completes this portion of the protocol, an ImPACT Post-Injury test is to be completed and those results will be sent, along with the Baseline to the physician overseeing his care.

A form clearance is required before your son can return to participation in athletics or other physical exerting activities such as PE.

There is no timetable for a concussed individual to be fully cleared. The brain heals at its own speed. The severity of the head trauma and the individual's own health play significant factors.

Rockhurst provides ImPACT testing at no additional cost and Return to Play protocol with our trainer at no cost. Expenses incurred from working with any doctor are the responsibility of the family and through their insurance carriers.

In addition to what we can provide for awareness & care, families are also encourage to look at the following MSHSAA links:

<http://www.nfhs.org/media/1014079/2014-nfhs-recommendations-and-guidelines-for-minimizing-head-impact-final-october-2014.pdf>

[https://www.mshsaa.org/Resources/UploadedFiles/TrainingVideos/RulesMeeting636046978211909636/presentation\\_html\\_5.html](https://www.mshsaa.org/Resources/UploadedFiles/TrainingVideos/RulesMeeting636046978211909636/presentation_html_5.html)

<https://nfhslearn.com/courses/concussion-in-sports-2>

[http://www.nfhs.org/media/1014739/parents\\_guardians\\_guide\\_to\\_concussion\\_final\\_2016.pdf](http://www.nfhs.org/media/1014739/parents_guardians_guide_to_concussion_final_2016.pdf)

### **Contacts for the Rockhurst Concussion Protocol**

Tom Kruse

Athletic Director

*Role: Oversees the protocol documentation and department which handles the ImPACT baseline and post-injury tests.*

Phone: 816-363-2036 Ext. 558

Email: [tkruse@rockhursths.edu](mailto:tkruse@rockhursths.edu)

Paul McGannon

Rockhurst Athletic Trainer

*Role: Initial medical professional to recommend if a concussion diagnosis should be sought after by the family. Provides the rehabilitation process on campus. Aids with communication between physician and school.*

Phone: 913-461-5797

Email: [pmcgannon@rockhursths.edu](mailto:pmcgannon@rockhursths.edu)

Lisa Weis, RN

School Nurse

*Role: Is a resource available for students who suspect that they might have a head trauma, can go during the school hours when our athletic trainer is not available.*

Phone: 816-363-2036 Ext 569

Email: [lweis@rockhursths.edu](mailto:lweis@rockhursths.edu)

Chris Bosco

Assistant Principal for Student Life

*Role: Coordinates with the other counselors and the student's teacher when academic accommodations are necessary.*

Phone: 816-363-2036 Ext. 519

Email: [cbosco@rockhursths.edu](mailto:cbosco@rockhursths.edu)

Mike Wickenhauser

Assistant Principal for Curriculum, Instruction and Supervision

*Role: Determines if certain academic accommodations can or cannot be accommodated or no longer offered.*

Phone: 816-363-2036 Ext. 546

Email: [mwickenh@rockhursths.edu](mailto:mwickenh@rockhursths.edu)

Rockhurst High School encourages you to work with your primary care doctors and other specialists you see fit as long as they are credentialed in the concussion management and meet the requirements to clear a student/student-athlete back into participation.

You may also reach out to Paul McGannon to get names of local healthcare providers for your choosing but Rockhurst does not endorse any specific medical providers.

# Rockhurst High School's Concussion Management Form & Clearance

Student-Athlete's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Date of Injury: \_\_\_\_\_ Date of Evaluation: \_\_\_\_\_

This form is adapted from the MSHSAA Return to Play form based on the Acute Concussion Evaluation (ACE) care plan on the CDC website ([www.cdc.gov/injury](http://www.cdc.gov/injury)). Medical providers are encouraged to review this site if they have questions regarding the latest information on the evaluation and care of the scholastic athlete following a concussion injury.

## Current Symptoms/Signs:

_____ Confusion	_____ Fatigue	_____ Emotional
_____ Memory Loss	_____ Vision Difficulties	_____ Anxious/nervous
_____ Forgetful	_____ Sensitivity to light / noise	_____ Irritable
_____ Not "feeling right"	_____ Thinking difficulties	_____ Behavior difficulties
_____ Headache	_____ Concentrating difficulties	_____ Frustration
_____ Nausea/vomiting	_____ Memorizing difficulties	
_____ Balance/coordination diff	_____ Foggy	

Initially, the concussed student-athlete may need to stay home from school in a controlled environment with no reading, no homework, no loud music or sounds (no head phones), no bright lights, no TV, no cell phone or other mobile device, and no computers.

## Attendance and Activities Accommodations

*(This form or a copy should be used for each step in the recovery)*

### Attendance

DATE: \_\_\_\_\_ No School Attendance  
DATE: \_\_\_\_\_ Limited School Attendance with Academic Accommodations  
DATE: \_\_\_\_\_ Full School Attendance with Academic Accommodations  
DATE: \_\_\_\_\_ Full School Attendance with NO Academic Accommodations

### Physical Education

DATE: \_\_\_\_\_ No Physical Education Classes  
DATE: \_\_\_\_\_ May Participate in Physical Education Classes

### Sports

DATE: \_\_\_\_\_ No Sport Practice or Competition at This Time  
DATE: \_\_\_\_\_ May be advanced back to competition after phone conversation with attending physician\*  
DATE: \_\_\_\_\_ Must return to physician\* for final clearance to return to competition  
DATE: \_\_\_\_\_ Cleared for full participation in all activities and restrictions

## Return to Class/Return to Play Details

There are no specific schedules for "mental rehabilitation" in the concussed student-athlete. The key intervention is to place him or her at brain and body rest to lessen energy demands. Activities to gradually reintroduce include reading for 15 minutes then to 30 minutes, playing a board game like checkers or chess, playing the memory game, and finally playing video games. These activities should not cause or worsen any symptoms/signs.

Step 1: No activity – complete cognitive rest.  
Step 2: Medical evaluation for academic & athletic accommodations (by a MD/DO or Neuropsychologist with expertise in head trauma\*)  
Step 3: Return to school full-time  
Step 4: Light aerobic exercise – Jogging protocol (done by trainer on site)  
Step 5: Sports specific exercises (done by trainer on site)

Step 6: Non-contact drills (done by trainer on site or coaching staff)  
Step 7: Re-take of the IMPACT test  
Step 8: Follow-up with doctor to get cleared to fully participate and concussion form is signed by doctor  
Step 9: Full contact practice (done by coaching staff) and asymptomatic

## Academic Accommodations

(please check any accommodations required, if any)\*\*)

If academic accommodations are necessary, a completed copy of the form **must be turned in by the family** immediately for any possible accommodations to be met. It is not the responsibility of the doctor or trainer.

### Workload reductions

Adjust schedule to focus on core classes.

Prioritize work for student with written instructions.

Reduce make-up work, class work, and homework by \_\_\_\_\_%.

Reduce computer work by \_\_\_\_\_%.

Reduce media-based work.

Reduce reading assignments.

Reduce visual learning (note taking, board reading) demands by providing class notes and audio-based assignments.

Permit a fellow student to provide tutorial help.

Extend assignments and projects.

Assign smaller, more manageable work load.

Avoid selecting student in classroom.

### Testing

Reduce and postpone testing.

Modify testing techniques; offer oral testing, multiple choice, or open book testing.

Extend test times.

Test in controlled environment, quiet, separate room.

### Seating arrangements

Provide classroom seating in a more controlled, less distracting environment

### Breaks/Hydration/Nutrition

Provide rest breaks for 15-30 minutes when symptoms/signs occur.

Provide a quiet rest area.

Offer drinks and snacks as appropriate.

### Quiet environments

Avoid noisy, busy, or chaotic areas such as band, assemblies/pep rallies, hallways between classes, and course work that is noisy.

Follow-up evaluation with revised academic accommodations on: \_\_\_\_\_

### Medical Office Information (Please Print/Stamp – all information is required):

Evaluator's Name: \_\_\_\_\_ Office Phone: \_\_\_\_\_

Evaluator's Signature: \_\_\_\_\_

*\*Rockhurst requires a MD/DO/ Neuropsychologist for clearance and reserves the right of refusal if the physician is not properly trained in head trauma events and care.*

*\*\* Rockhurst cannot guarantee that all accommodations can be met. The Assistant Principal of Academic Affairs will work with the counseling department and faculty to the best of the school's ability.*

**This form is to be turned in to the athletic director, Mr. Tom Kruse**