

Licensed Health Care Provider Concussion Return-To-Learn Recommendations



Licensed Health Care Providers (LHCP) are **STRONGLY ENCOURAGED** by the NCHSAA to have expertise and training in concussion management. LHCPs include the following individuals: Licensed Physician (MD/DO), Licensed Athletic Trainer (LAT), Licensed Physician Assistant (PA), Licensed Nurse Practitioner (NP), or Licensed Neuropsychologist.

Name of Athlete:	DOB:	Date:
Following a concussion, most individuals typically need such as reading, watching TV or movies, playing video go worsen symptoms during the acute period after concustrecently concussed student-athlete. A Return-To-Learn learning environment. Licensed Health Care Providers sland lower symptom burden. It is important to the accommodations that may be beneficial.	ames, working/playing on the computer and/osion. Navigating academic requirements and policy facilitates a gradual progression of concold consider whether academic and school reconstructions.	or texting require cognitive effort and car a school setting present a challenge to a gnitive demand for student-athletes in a modifications may help expedite recover
Educational accommodations that may be helpful are li	sted below.	
Return to school with the following supports:		
Length of Day		
Shortened day. Recommended hours		
≤ 4 hours per day in class (consider alternat	ing days of morning/afternoon classes to max	imize class participation)
Shortened classes (i.e. rest breaks during classes)	asses). Maximum class length of minu	tes.
Use	class as a study hall in a quiet environmer	nt.
Check for the return of symptoms when do	ng activities that require a lot of attention or	concentration.
Extra Time		
Allow extra time to complete coursework/a	ssignments and tests.	
Take rest breaks during the day as needed (particularly if symptoms recur).	
Homework		
Lessen homework by % per class, or	minutes/class; or to a maximum of	minutes nightly,
no more thanminutes continuous.		
Testing		
No significant classroom or standardized te	sting at this time, as this does not reflect the p	patient's true abilities.
Limited classroom testing allowed. No more		
Student is able to take quizzes or to		
Student able to take tests but shou		
Limit test and quiz taking to no more than o		
May resume regular test taking.	,	
Vision		
Lessen screen time (SMART board, compute	er, videos, etc.) to a maximum minutes	per class AND no more
	minute break in between). This includes read	
	font or larger recommended) to allow to kee	
	h bill worn forward to reduce light exposure.	, p
Environment		
Provide alternative setting during band or n	nusic class (outside of that room).	
	recess to avoid noise exposure and risk of inj	ury (out of gym).
	s to reduce exposure to hallway noise/activity	- · · · · · · · · · · · · · · ·
Provide alternative location to eat lunch ou		•
Allow the use of earplugs when in noisy env		
Patient should not attend athletic practice	nonnent.	
Patient is allowed to be present but not par	ticinate in practice limited to hours	
rationals allowed to be present but not par	ticipate in practice, infinited to flours	
Additional Recommendations:		
		