



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), Licensed Neuropsychologist, or Physical Therapist.

Name of Athlete: _____ **DOB:** _____ **Date:** _____

Following a concussion, most individuals typically need some degree of cognitive and physical rest to facilitate and expedite recovery. Activities such as reading, watching TV or movies, playing video games, working/playing on the computer, and/or texting require cognitive effort and can worsen symptoms during the acute period after concussion. Navigating academic requirements and the school setting presents a challenge for a recently concussed student-athlete. A Return-To-Learn policy facilitates a gradual progression of cognitive demand for student-athletes in a learning environment. Licensed Health Care Providers should consider whether academic and school modifications may help expedite recovery and lower symptom burden. It is important to review the academic/school situation for each student-athlete and identify educational accommodations that may be beneficial.

Educational accommodations that may be helpful are listed below.

Return to school with the following supports:

Length of Day

- ☐ Shortened day. Recommended _____ hours per day until re-evaluated or (date) _____.
- ☐ ≤ 4 hours per day in class (consider alternating days of morning/afternoon classes to maximize class participation)
- ☐ Shortened classes (i.e. rest breaks during classes). Maximum class length of _____ minutes.
- ☐ Use _____ class as a study hall in a quiet environment.
- ☐ Check for the return of symptoms when doing activities that require a lot of attention or concentration.

Extra Time

- ☐ Allow extra time to complete coursework/assignments 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 than _____ minutes continuous.

Testing

- ☐ No significant classroom or standardized testing at this time, as this does not reflect the patient's true abilities.
- ☐ Limited classroom testing allowed. No more than _____ questions and/or _____ total time.
 - ☐ Student is able to take quizzes or tests, but no bubble sheets.
 - ☐ Student able to take tests but should be allowed extra time to complete.
- ☐ Limit test and quiz taking to no more than one per day.
- ☐ May resume regular test taking.

Vision

- ☐ Lessen screen time (SMART board, computer, videos, etc.) to a maximum _____ minutes per class AND no more than _____ continuous minutes (with 5-10 minute break in between). This includes reading notes off screens.
- ☐ Print class notes and online assignments (14 font or larger recommended) to allow to keep up with online work.
- ☐ Allow student to wear sunglasses or hat with bill worn forward to reduce light exposure.

Environment

- ☐ Provide alternative setting during band or music class (outside of that room).
- ☐ Provide alternative setting during PE and/or recess to avoid noise exposure and risk of injury (out of gym).
- ☐ Allow early class release for class transitions to reduce exposure to hallway noise/activity.
- ☐ Provide alternative location to eat lunch outside of cafeteria.
- ☐ Allow the use of earplugs when in noisy environment.
- ☐ Patient should not attend athletic practice
- ☐ Patient is allowed to be present but not participate in practice, limited to ____ hours

Additional Recommendations:
