mTBI in Pediatric Patients Management Plan Decision Support  
Return to School

Recommendations:

1. Patient is excused from school for \_\_\_\_\_days.  
    **Q: How to determine the number of days?**
2. Patient is permitted to return to school and activities while school professionals closely monitor the student. School professionals should observe and check in with the student for the first two weeks and note if symptoms worsen. If symptoms do not worsen during an activity then this activity is OK for the student. If symptoms worsen, the student should cut back on how much he or she does that activity and may need some short term support at school. Tell the student to update his teachers and school counselor if symptoms get worse.

Accommodations:

* + - No physical activity during recess
    - No physical education (PE) class
    - No after-school sports
    - Shorten school day
    - Later school start time
    - Reduce the amount of homework
    - Postpone classroom tests or standardized testing
    - Provide extended time to complete school work, homework, or take tests
    - Provide written notes for school lessons and assignments (when possible)
    - Allow for a quiet place to take rest breaks throughout the day
    - Lessen the amount of screen time for the student, such as computers, tablets, etc.
    - Give ibuprofen or acetaminophen to help with headache (as needed)
      * Decision question: “Is the patient experiencing headaches?”
    - Allow the student to wear sunglasses, earplugs or headphones if bothered by light or noise
      * Decision question: “Is the patient bothered by light or noise?”
    - Other:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Q: What factors are used to determine which accommodations are recommended?**