

Return to School Recommendations



Patient Name: _____

Date of Visit: _____

School: _____

Date of Birth: _____

In the early stages of recovery after a concussion, increased cognitive demands, such as playing video games, listening to loud music, excess physical activity, and academic coursework may worsen symptoms and prolong recovery. Accordingly, a comprehensive concussion management plan will provide appropriate provisions for adjustment of academic coursework on a case by case base.

The following provides a framework of possible recommendations that may be made by the treating healthcare provider:

1. Inform the teacher(s) and administrator(s) about your injury and symptoms. School personnel should be instructed to watch for:
 - Increased problems with paying attention, concentrating, remembering, or learning new information
 - Longer time needed to complete tasks or assignments
 - Greater irritability, less able to cope with stress
 - Symptoms worsen (e.g. headache, tiredness) when doing schoolwork

Until the student has recovered, the following supports are recommended and this information should be shared with the school Guidance Department: (check all that apply)

Date of Injury: _____

- ☐ May return immediately to school full days.
- ☐ No return to school. Return on (date) _____.
- ☐ Return to school with supports as checked below.
 - ☐ Shortened day. Recommend __ hours per day until (date) _____.
 - ☐ Shortened classes (i.e. rest breaks during classes). Maximum class length: _____ minutes.
 - ☐ Allow extra time to complete coursework/assignments and tests.
 - ☐ Lessen homework load by __%. Maximum length of nightly homework: _____ minutes.
 - ☐ No significant classroom or standardized testing at this time.
 - ☐ No more than one test per day.
 - ☐ Take rest breaks during the day as needed.

Review above recommendations on (date) _____

Name of Health Care Provider

Signature

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APPENDIX I