

## **Post-Concussion Cognitive Recommendations / Modifications**

Some individuals may be able to attend school without increasing their post-concussion symptoms. However, most students will require some academic modifications, depending on the nature of their symptoms, to allow for the best recovery potential.

**The following is a list suggested modifications that may be requested by the treating physician, neurologist or neuropsychologist for the student athlete to fully recover from a concussion.**

### **School Attendance**

- Half days of classes depending upon the severity
- Homebound instruction, if deemed necessary per physician, neurologist or neuropsychologist

### **Driving Restrictions**

- Student may need to be driven to school and avoid walking to school due to symptoms especially in regards to inhibited reaction times

### **Academic Modifications**

- Postpone examinations
- Limit the number of exams or quizzes in a week
- Allow for untimed tests and assignments
- Reduces the workload of assignments to allow completion of only half of assigned problems
- Reduction of class time spent on reading or writing assignments
- Allow frequent breaks throughout school day which may require a quiet area separate from others, i.e. with the school nurse or other designated area, if convenient and accessible with supervision
- Provide student with pre-printed class notes or allow student to obtain notes from peers
- Allow additional time to make up assignments gradually
- Provide tutoring as needed

### **Classroom / Environment**

- Reduction of time spent on computer
- Minimize viewing classroom instruction on large screen projectors, TVs or SmartBoards

### **Gym / Physical Education / Athletics**

- Allow student not to participate in athletics, gym, or physical education until deemed appropriate by treating physician, neurologist or neuropsychologist
- Once student has been released to participate in athletics, gym or physical education classes, the student must maintain participation based upon the Post-Concussion Return-to-Play protocol

### **Signs and Symptoms Commonly Reported By Teachers of Concussed Students**

- Increased problems paying attention, focusing on tasks, or concentrating
- Increased problems remembering or learning new information
- Difficulty organizing tasks and staying on tasks
- Inappropriate or impulsive behavior or outbursts during class
- Greater irritability, frustration, restlessness, nervousness
- Ability to cope with stress is reduced or more emotional than usual
- Answers questions slowly
- Forgets Class schedule or work assignments

***\*\*It is important that once the student has returned to school that they report to the school nurse daily in order to monitor symptoms.\*\****

**Weimar Independent School District  
Post Concussion Symptom Daily Monitoring Log**

| Athlete Name: _____           |                                    |                                    |                                    |                                    |
|-------------------------------|------------------------------------|------------------------------------|------------------------------------|------------------------------------|
| <b>Symptom</b>                | <b>Date: _____<br/>Post Injury</b> | <b>Date: _____<br/>Post Injury</b> | <b>Date: _____<br/>Post Injury</b> | <b>Date: _____<br/>Post Injury</b> |
| Headache                      |                                    |                                    |                                    |                                    |
| “Pressure in head”            |                                    |                                    |                                    |                                    |
| Neck pain                     |                                    |                                    |                                    |                                    |
| Balance problems or dizziness |                                    |                                    |                                    |                                    |
| Nausea or vomiting            |                                    |                                    |                                    |                                    |
| Vision Problems               |                                    |                                    |                                    |                                    |
| Hearing problems / ringing    |                                    |                                    |                                    |                                    |
| “Don’t feel right”            |                                    |                                    |                                    |                                    |
| Feeling “dinged” or “dazed”   |                                    |                                    |                                    |                                    |
| Confusion                     |                                    |                                    |                                    |                                    |
| Feeling slowed down           |                                    |                                    |                                    |                                    |
| Feeling like “In a fog”       |                                    |                                    |                                    |                                    |
| Drowsiness                    |                                    |                                    |                                    |                                    |
| Fatigue or low energy         |                                    |                                    |                                    |                                    |
| More emotional than usual     |                                    |                                    |                                    |                                    |
| Irritability                  |                                    |                                    |                                    |                                    |
| Difficulty concentrating      |                                    |                                    |                                    |                                    |
| Difficulty remembering        |                                    |                                    |                                    |                                    |
| Sadness                       |                                    |                                    |                                    |                                    |
| Nervous or anxious            |                                    |                                    |                                    |                                    |
| Trouble falling asleep        |                                    |                                    |                                    |                                    |
| Sleeping more than usual      |                                    |                                    |                                    |                                    |
| Sensitivity to noise          |                                    |                                    |                                    |                                    |
| Other:                        |                                    |                                    |                                    |                                    |

The Post-Concussion Symptom Scale should be used for the initial evaluation and for each subsequent follow-up assessment until all signs/symptoms have cleared at rest and during physical exertion. The school nurse will ask the athlete to grade or score the severity of the symptom on a scale of 0-6, where 0= not present, 1=mild, 3=moderate, and 6=most severe.