

NEVADA JOINT UNION HIGH SCHOOL DISTRICT

HEAD INJURY PROTOCOL: CONCUSSION MANAGEMENT PLAN

1. This plan involves the collaboration of school, family and physician to aid the student in recovering from their concussion. It includes monitoring and management of symptoms, education, physical/ academic accommodations, baseline and post- concussion neurocognitive testing, and a graduated return to activity plan.
2. All current athletes will have a baseline neurocognitive test done every two years.
3. All athletes diagnosed with a concussion must complete a minimum of a 7 day graduated return to play protocol before returning to their sport.
4. The NJUHSD Concussion Management Plan is supervised by the NJUHSD Credentialed School Nurses.
5. This plan is included in the NJUHSD Part 1: Physician Orders for Diagnosis and Management of Head Injuries and must be ordered by the student's M.D., D.O., N.P. or P.A.
6. The student and their guardians are given ongoing written and verbal education and guidance on concussion management.
7. The student is provided physical and academic accommodations as ordered and/or as needed for school success
8. **Monitoring of Symptoms**
 - The student's symptoms are monitored daily by the Health Office Staff and recorded on the Head Injury Symptom log.

- The student's symptoms are monitored through all 6 levels of the Return to Play Steps
- Symptoms are graded on a 0-10 Likert scale
 - 0= not present
 - 1-2= mild
 - 3-5= moderate
 - 6-7=severe
 - 8-9= very severe
 - 10=worst possible
- On weekends/holidays the student is given a log to complete at home.
- If the student's symptoms persist longer than 4 weeks or if they increase in severity, then the student's physician must be consulted again.

9. Return to Play (RTP) Steps

- Step 0: Student is removed from P.E. classes and all sports. They minimize all physical and cognitive activity, especially those activities that elicit symptoms.
- Completion of Step 0: When the student has 2 consecutive days of no physical or cognitive S & S of a head injury, then they may progress to Step 1 of the Return to Play Steps.
- The RTP Steps may be completed during P.E. class, sport's practice, or at home with parental supervision.
- Upon the completion of a step without recurrence of head injury S & S, the student may progress to the next step on the following day. The health office personnel may choose to have the student repeat a step if the student has had a prolonged recovery, hasn't completed the entire step, etc.
- The Health Office should communicate with the student's guardian as needed and prior to advancing to Step 4 concerning the guardian's observations of their student's signs and symptoms.

- If the student's symptoms recur while progressing through the RTP activity steps, then the student will drop back a step on the next day. If the student's symptoms recur with an activity step and persist to the next day, then the student must return to Step 0 and restart the steps.
- After the successful completion of the non-contact steps (Steps 1-3) of the RTP Steps, the school must receive written clearance (Part 2: Physician Clearance to Return to Full Activity form) from the physician prior to progressing to contact steps (Steps 4 & 5).
- Once the student has successfully completed all 6 levels (Steps 0-5) of the RTP Steps, then they may return to unrestricted activity.
- The NJUHSD School Nurses will supervise the School Health Office staff and the progression of students through the Return to Play Steps. No student can be progressed to the next step of the RTP protocol without permission from the NJUHSD school nurse. The school nurse must sign all the Student Symptom Flow forms and initial on the days that the student was advanced to the next step.

10. Neurocognitive Testing

- The Athletic Director is responsible for insuring that all current athletes have received a baseline neurocognitive test and that prior to final clearance a post- concussion neurocognitive test is completed.
- The health office will notify the Athletic Director when the athlete is ready for his post- concussion neurocognitive test.
- The post- concussion neurocognitive testing is performed any time after the student has been progressed to the Return to play steps.
- Both the baseline neurocognitive testing and the post- concussion neurocognitive testing results are sent to the physician along with the symptom flow sheet for physician review prior to final clearance being given.

11. Special Circumstances

- **Students who are NJUHSD Athletes with diagnosed concussions and whose health care provider chooses to recover the student rather than order the NJUHSD Concussion Management Plan**
 - Physicians may choose to recover their own patients that are diagnosed with a concussion.
 - If this is the scenario, it is imperative that the parent/guardian understand that prior to the student participating in current or future NJUHSD sports, they must provide an M.D., D.O., N.P. or P.A. note stating the following:

“[Name of Student] has completed a graduated, monitored return to play protocol of no less than 7 days and may return to full unrestricted sports activity on [Date]”.
- **Students who are current NJUHSD Athletes but do not complete the Concussion Management Plan that has been ordered by their physician**
 - In this scenario, the student does not complete the Concussion Management Plan for a variety of reasons such as:
 - They stop reporting for symptom checks
 - They complete through Step 3 and do not follow up with an M.D., D.O., N.P. or P.A. to be evaluated for progression to Step 4
 - A vacation break occurs
 - These students remain ineligible for both sports and PE as stated in the Concussion Management Plan ordered by the physician. This remains in effect until the student is cleared of his concussion even if a new academic year commences prior to the student being cleared
 - If the student is not participating in the ordered recovery, then the school nurse sends an email/letter to the parent and a letter to the student’s primary healthcare provider to inform them of the noncompliance. If the student does not have a primary health care provider (the Concussion Management Plan was ordered by an ER physician) then both an email and letter should be sent to the parent.