PIERCE COUNTY MEDICAL SOCIETY

Return to School After Concussion

Student Name _____ Birthdate _____

School _____ Grade _____

Date of Concussion _____

A concussion is a mild injury to the brain that temporarily changes how the brain normally works. It is usually caused by a sudden blow or jolt to the head, although children often bump or hit their heads without getting concussions. Signs and symptoms of a concussion include dizziness, headache, vomiting, confusion, acting dazed, forgetting what happened before or after the injury, and being "knocked out." A person does NOT need to be knocked out or lose consciousness to have had a concussion. Other words or terms for a concussion include mild traumatic brain injury (mild TBI) and mild closed-head injury.

Student may return to school on (Date) _____

PHYSICAL ACTIVITY

- ❑ Student is FULLY limited and can NOT participate in any activities
- ❑ Student is PARTIALLY limited and can participate in the following activities only: _____

_____

- ❑ YES, Student can return to RECESS and PE activities
- ❑ Student has NO limitations and can return to full participation

ACADEMIC ACTIVITY

- ❑ Student may return to full participation without limitations.
- ❑ The following cognitive accommodations are recommended for this student:
  - ❑ Gradual re-integration to school (e.g., student returns part-time before resuming a full schedule)
  - ❑ Student not asked to do all missed work
  - ❑ Rest time or breaks as needed during the day
  - ❑ Overall homework and class work load reduced
  - ❑ No use of computer or other video equipment until after _____ (DATE)
  - ❑ No testing until after _____ (DATE)
  - ❑ Other: _____

Student has been counseled on how to self-manage this concussion ❑ Yes ❑ No

Student may resume full participation in all activities after _____ (DATE)

Student is to be re-evaluated on _____ (DATE) and may NOT resume full participation until cleared.

Heath Care Provider Comments

Health Care Provider's Signature Telephone Fax

Health Care Provider's Printed Name or Stamp Date

Routing	Parent	Trans	Nurse	Teacher	PE	SPEC	HRA	Kitchen	Sec-Principal